

# Masculinity: Reading List

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[www.lewiswedlock.com/book](http://www.lewiswedlock.com/book)

This curated reading list explores what it means to be a boy or man in today's world — from stories of growth and grief to powerful reflections on identity, love, race, and resilience. Whether you're a teacher looking to open up conversations in the classroom or a student seeking honest, relatable reads, these titles offer a fresh take on masculinity and challenge the stereotypes we're so often handed.

From poetry and personal essays to fiction and non-fiction, each book invites you to think, question, and reimagine. Perfect for sparking discussion, deepening understanding, and making space for more inclusive, emotionally honest conversations.

## **Mask Off: Masculinity Redefined** *by JJ Bola*

A concise yet profound exploration of masculinity, patriarchy, mental health, and feminism. JJ Bola delves into how masculinity is often a performance shaped by societal norms, using examples from various cultures to challenge prevailing myths.

- [Pluto Press](#)
- [Amazon UK](#)

## **What is Masculinity? Why Does It Matter? And Other Big Questions** *by Jeffrey Boakye & Darren Chetty*

This insightful book encourages readers, especially young people, to think critically about masculinity, its origins, and its impact on society. It poses thought-provoking questions without prescribing definitive answers, fostering independent thought.

- [Author's Website](#)
- [Amazon UK](#)

## **Long Way Down** *by Jason Reynolds*

A powerful novel-in-verse that follows a teenager's internal struggle with revenge during a 60-second elevator ride. The book has received numerous accolades, including the Printz Honor and Coretta Scott King Honor.

- [Amazon UK](#)

## **Twenty-Four Seconds From Now... A Love Story** *by Jason Reynolds*

A tender and introspective narrative capturing the emotions of young love and the significance of intimate connections in adolescence.

- [Simon & Schuster](#)

## **John's Turn** *by Mac Barnett*

A heartwarming children's book about a boy named John who overcomes his nerves to share his talent during school assembly, celebrating individuality and courage.

- [Author's Website](#)
- [Candlewick Press](#)

## **Being a Boy** *by James Dawson*

An honest and comprehensive guide for teenage boys navigating puberty, relationships, and self-identity, addressing topics from physical changes to emotional well-being.

- [Amazon UK](#)

**Safe: On Black British Men Reclaiming Space** *by edited by Derek Owusu*

A compelling anthology of essays by Black British men discussing identity, masculinity, and the challenges of navigating society, aiming to redefine narratives and reclaim space.

- [Amazon UK](#)

**Time To Talk: How Men Think About Love, Belonging and Connection** *by Alex Holmes*

An insightful exploration into modern masculinity, where Alex Holmes shares personal experiences and challenges societal norms to encourage men to embrace vulnerability and connection.

- [Trigger Publishing](#)
- [Amazon UK](#)