

NOUGHTS & CROSSES SEQUENCE:

Notes for Readers



Noughts + Crosses MALORIE BLACKMAN

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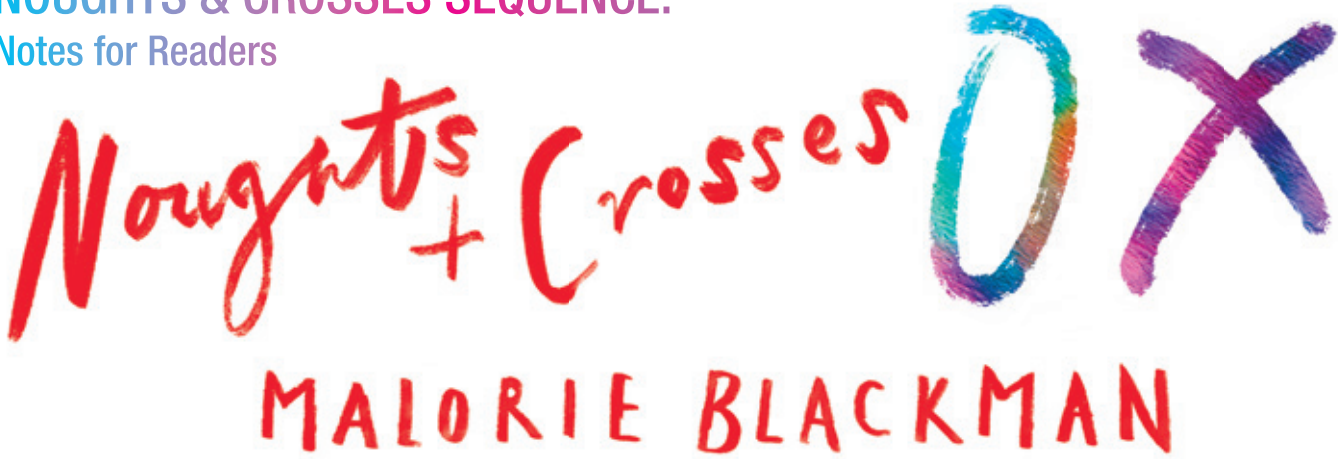
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The storyline

Callum is a Nought – a second-class citizen in a world run by the ruling Crosses. Sephy is a Cross, the daughter of one of the most powerful men in the country. And in their world, noughts and Crosses don't mix. As tension escalates and a bomb explodes, both Callum and Sephy are drawn into the conflict while they struggle to be together.

The author

MALORIE BLACKMAN is acknowledged as one of today's most imaginative and convincing writers for young people. *Noughts & Crosses*, the first book in an award-winning sequence, won several major awards and has been made into a powerful stage production by the RSC. Malorie was honoured with the Eleanor Farjeon Award in 2005 in recognition of her distinguished contribution to the world of children's books; and became an OBE in 2008 for her services to Children's Literature.

What the critics say . . .

'Will linger in the mind long after it is read' *Observer*

'Inspires the reader to wish for a world that is not divided by colour or class' *Sunday Times*

'Intelligent, emotional and imaginatively wicked' Benjamin Zephaniah

QUESTIONS FOR YOU TO THINK ABOUT

1. AN UNEQUAL SOCIETY

Noughts & Crosses is set in a world where one group within society are treated as second-class citizens due to the colour of their skin – an apartheid society. Although this has clear parallels with the history of our own world, Malorie Blackman has reversed the more familiar historical situations so that the group discriminated against are those with white skins- noughts.

- How well does this reversal work in making you see things from another perspective?
- *The Sunday Times* states that the book 'inspires the reader to wish for a world that is not divided by colour or class'. Do you agree?
- Does the book feel inspiring in this way to you?
- How does the discrimination in this society affect something so simple as a trip out to Celebration Park?
- Consider this day out from the perspectives of both Callum and Sephy. Does anything make you angry?
- Are there any elements/details about discrimination which surprised you?

2. THE POWER OF WORDS TO HURT

'Blank by name, blank by nature,' says Lola, a classmate of Sephy's (page 87); and Callum is horrified when Sephy (chapter 5) uses the term 'blankers' in the heat of the moment.

- How hurtful are derogatory terms of this nature? What does it say about the person who uses them?
- Is Callum's father, Ryan, right when he defends his use of the term 'blanker' by saying (chapter 28), 'We name it, we claim it.'?
- What terms are used by the Noughts to describe the Crosses? How do you think Sephy would feel if Callum described her in such a way?
- What is the best way to respond if faced with someone using a similar term about yourself?

3. SEPHY AND CALLUM

We first meet Sephy and Callum on a beach, thinking of their futures – and of each other.

- How different are their expectations of the future? Their ambitions? How realistic are they?
- They kiss for the first time but Sephy is not keen. When do you think she begins to think of Callum as more than just a friend?
- How difficult is it for Sephy and Callum to have a relationship, given their different backgrounds? What problems still exist between people who fall in love, yet have different family backgrounds – whether by race, religious belief or class attitudes?



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4. FIGHTING FOR EQUALITY

The Noughts who want equality are fighting the injustice and working towards equality in more than one way. One approach is that of the Liberation Militia – and the other from Alex Luther and his protests.

- Callum's parents, Ryan and Meggie, take opposing views (chapter 28); which do you think has the stronger argument?
- Can violent protest ever be justified?
- What is the attraction of the LM to the Noughts who get involved?
- How does Sephy decide to get involved? (see chapter 89) How does she feel she can make a difference?
- If you were Callum, which route would you follow? And if you were Sephy?

5. THE LIBERATION MILITIA – AND THE MCGREGORS

At different times throughout the book, each of the McGregor men become involved in the Liberation Militia: first Ryan and Jude, then Callum.

- Why do Ryan and Jude join in the first place? What triggers them to become active in the fight?
- After his early resistance, why does Callum become involved? How does he change as a result?
- Do you feel that any of them deserve what happens to them? If so, why? If not, why not?

6. A SINGLE CHOICE

- How does Jasmine's choice to sack Meggie affect both families?
- What do you think might have happened if Jasmine had stood up to Kamal and stood by her friend?

7. A MISSED MEETING

Callum races to catch up with Sephy as she leaves for boarding school. But he is too late. How do you think the story would have developed if he had been able to reach her before she left?

- How does Sephy feel when she believes Callum has chosen not to be with her?
- What effect does their parting have on each- and on their choices from this point onwards?

8. THE KIDNAP

Why do you think Callum is prepared to be involved in this plot? How can he betray Sephy like this?

- If the ransom demand had been successful, what do you think the LM would have done with Sephy? What would have happened to Callum?
- Why does Jude hate Sephy so much, right from the beginning? Why does he blame her for so much that has gone wrong for his family?

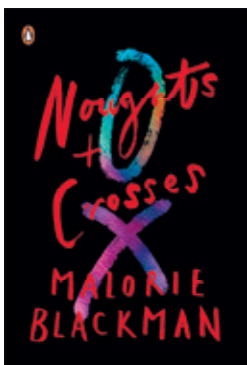
9. FINAL CHOICES

Kamal Hadley offers choices to both Callum and Sephy (chapters 114-115).

- What would you do if you were in Callum's position? Or if you were in Sephy's?
- If either had agreed to what Kamal wanted, do you think there could have been a future together for them?

10. AND FINALLY . . . THE ENDING

- Did the ending surprise you? Did you expect the author to save Callum and allow Callum and Sephy to be together at the end?
- Do you feel the book would have been weaker if she had allowed a happier ending? Or more enjoyable?



NOUGHTS & CROSSES SEQUENCE:

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Knife Edge

MALORIE BLACKMAN



The storyline

Sephy is a Cross, a member of the privileged ruling class in a world where paler-skinned Noughts are treated as second-class citizens. But her baby daughter has a Nought father, now dead. And his brother, Jude, blames Sephy for his death. As Sephy struggles to raise her child, Jude plans his revenge. Ultimately, as Jude faces justice for his actions, his life will depend on Sephy – and on her choices. Once again, she is forced to take sides . . . This second book in the *Noughts & Crosses* sequence is a powerful exploration of revenge and hatred – and of the nature of truth and justice.

The author

MALORIE BLACKMAN is acknowledged as one of today's most imaginative and convincing writers for young people. *Noughts & Crosses*, the first book in an award-winning sequence, won several major awards and has been made into a powerful stage production by the RSC. Malorie was honoured with the Eleanor Farjeon Award in 2005 in recognition of her distinguished contribution to the world of children's books; and became an OBE in 2008 for her services to Children's Literature.

What the critics say . . .

'A powerful story of race and prejudice' *Sunday Times*

'Every bit as exciting and intelligently written as one would expect. Both moving and thought-provoking' *Observer*

'Devastatingly powerful' *Guardian*

QUESTIONS FOR YOU TO THINK ABOUT

1. THE BACKGROUND SOCIETY

Knife Edge is set in a time when the ruling Crosses treat the Noughts as second-class citizens. The story itself is intensely personal but Malorie Blackman has used snippets from newspapers and other media at varied intervals to show the background against which this story is set.

- How well do you think this works?
- Are there any particular incidents described which made you think differently about anything as a result of seeing them from a different perspective?

2. JUDE'S LAWS

Jude lives his life according to a number of rules; eg: Never trust a Cross. Ever. (chapter 3). How many rules can you find within the book?

- Why do you think Jude has made up rules to live by?
- Do they work for him?
- How do these rules affect how he treats others around him?

3. SEPHY AS A MOTHER

In *Knife Edge*, we first meet Sephy just after she gives birth to her daughter – and is terrified.

- 'I've never felt so scared,' she says. Do you think this is a common reaction to becoming a parent for the first time? What else do you think Sephy is scared of at this point?
- Sephy is aware that motherhood has changed her. How is she different from the girl readers first met in *Noughts & Crosses*?
- Do you feel that her baby being in a Special Care Baby Unit (SCBU) makes it harder for Sephy to bond with Callie Rose?

4. MINERVA

Sephy's sister Minerva visits her in the hospital and talks of her own ambition to make it as a journalist.

- How does she try to use her relationship with Sephy to further her career?
- How does Sephy use Minerva to help her get information?
- Do you think the two sisters can ever be real friends?



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5. SEPHY'S CAREER AS A SINGER

Singing with Sonny and the other band members is a way for Sephy to help support herself and her baby. But her first experiences show that discrimination is rife in this world (chapter 33).

- How does Sephy deal with the discrimination?
- Is there another way she could have handled this better?
- What would you have felt if you were in the audience? In the band?
- And do you know of any historical parallels to this in our own world? Do you think the music business today has any elements of prejudice in the way musicians from different backgrounds are treated?

6. JUDE'S PREJUDICES

Jude is a member of the Liberation Militia, fighting for equality for Noughts. Yet he is also prejudiced against the Crosses eg: his statement on seeing a mixed-race couple in chapter 15 that 'the only nought women who went with daggers were skanks'.

- In what other ways does Jude show his hatred for Crosses?

7. JUDE AND CARA

We first meet Cara in chapter 9 when Jude and Cara meet.

- Was the tragedy that is to come inevitable?
- Why do you think Jude does what he does?
- Do you think Jude ever shows any remorse?
- His mother, Meggie, says that she believes Jude is innocent; do you think she really believes in his innocence or can't face the truth?
- How would you feel if Jude was your son/brother/friend? What would you say to him?

8. SEPHY AND JUDE

- Why do you feel Sephy decides to help Jude? Are her motives believable?
- How does Jude turn this to his own advantage – and what effect does this have on Sephy's life?
- What do you think would have happened if Sephy had not stood up for him?

9. RAINBOW CHILD

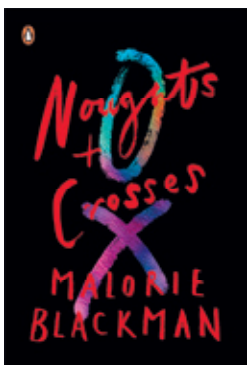
Sephy calls Rose her 'rainbow child' and Malorie Blackman has used the image of the rainbow to divide the book into sections, each with a list of words to help reflect the mood of the piece.

- How effective is this device?
- Can you think up your own list of words to relate to each section?

10. AND FINALLY

The book ends with a dramatic episode between Sephy and Rose, with Meggie stepping in at the right moment.

- Do you think Sephy meant to hurt Rose? If not, what was she trying to do?
- Was her desperation inevitable given what has happened in the story?
- What do you think happened to Rose as a result of this scene?





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Checkmate

MALORIE BLACKMAN



The storyline

Malorie Blackman originally intended *Checkmate* to be the last title in the *Noughts & Crosses* sequence and has described it as ‘an incredibly challenging book to write’ that took her two years. The story moves forward sixteen years to show how the past has a powerful effect on the present with Rose, Sephy’s daughter, growing up-and learning the truth about her past. For Sephy has told her nothing of her father and she is given only a skewed point of view when she meets up with her Uncle Jude, who hates Sephy and will not stop at using Rose to get at her. As Rose takes her first steps away from Sephy and into Jude’s world, he is leading her into a dangerous, deadly game – a game of very high stakes that can have only one winner . . .

The author

MALORIE BLACKMAN is acknowledged as one of today’s most imaginative and convincing writers for young people. *Noughts & Crosses*, the first book in an award-winning sequence, won several major awards and has been made into a powerful stage production by the RSC. Malorie was honoured with the Eleanor Farjeon Award in 2005 in recognition of her distinguished contribution to the world of children’s books; and became an OBE in 2008 for her services to Children’s Literature.

What the critics say . . .

‘Another emotional hard-hitter, the bluntly told and ingeniously constructed story of Callie Rose . . . again it is painfully close to the knuckle about race, sex, politics and family relationships, but after much anger and despair the trilogy ends with hope’ *Sunday Times*

QUESTIONS FOR YOU TO THINK ABOUT

1. THE TRUTH ABOUT THE PAST

It is clear in Chapter 10 that Sephy is not telling her daughter, Rose, the truth about her father – that he was a member of a terrorist organization.

- Do you think she is right to keep the truth from Rose?
- If she had told Rose, at what age do you think Rose would have been ready to learn the truth?
- How does Rose feel when her neighbour, Tobey, tells her about Callum McGregor?
- What would you feel if you discovered a story like this in your own family?

2. WHAT’S WRONG WITH ROSE?

When Lucas asks this question in chapter 18, unconsciously reflecting the prejudice of his father, it is Rose’s first real awareness of discrimination.

- How does Sephy try to explain it to her daughter?
- Are there other moments in her childhood where Rose is discriminated against because of her dual heritage? How does she, or Sephy, deal with any incidents like this?
- How do you think she feels when she overhears her mother and grandmother talking about her friend Tobey and Meggie wanting her to ‘do better’?

3. DISCRIMINATION AGAINST NOUGHTS

Checkmate is set mostly at least a decade after the events in *Noughts & Crosses* and *Knife Edge* but it is clear that there is still a strong sense of the Noughts being considered inferior to the ruling Crosses.

- Sephy says (chapter 21) that ‘things have got better . . .’ while Meggie believes that ‘this society expects the least and condemns the most when it comes to my son, and Tobey, and all other nought men’. Which of the two is right?
- Is Meggie right when she states that being with Tobey or any other nought could cause problems for Callie Rose?
- If you have read the earlier books in the sequence, what has changed for the better since then? Or has nothing changed?



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4. ROSE . . . OR CALLIE?

- Why does Sephy always call her daughter only 'Rose' as she grows up?
- Why does Callie Rose decide she wants to use her full name (chapter 49) and do you understand her reasons?

5. 'A LITTLE SEED HERE . . . A SPLASH OF WATER THERE'

- Jude grooms Callie slowly into becoming an instrument of his revenge.
- How does he initially gain her confidence and trust?
- What experiences does he lead her towards to ensure that she will agree with him more and more?
- And when do you think she makes the final decision to commit herself fully to the cause of the L.M. Do you find her motives believable? Do you think you would be prepared to do the same in similar circumstances?
- Can an act such as that planned by Jude ever be justified for political purposes?

6. DYING OF EMBARRASSMENT

- When Jasmine is diagnosed with cancer, Sephy claims that her gravestone could easily read 'Here lies Jasmine Hadley. She died of embarrassment.' What does she mean?

7. TWO LETTERS . . . AND A MOTHER AND DAUGHTER

- In chapter 71, Jude shows Callie Rose one letter written by her father Callum to her mother, Sephy. What effect does reading this letter have on Callie Rose?
- Sephy then produces a second letter (chapter 94). How different is this from the first letter? How does Sephy explain the existence of the two letters and do you believe her?

8. NATHAN . . . OR SONNY?

- How do Sephy and Callie Rose resolve their problems while they are in the cellar? What truths about her mother does Callie Rose now learn?
- Who do you think Sephy will choose to spend her life with?
- Why do you think she finds it so hard to forget the past and move on?
- What do you think will influence her decision?

9. LUCAS . . . OR TOBEY?

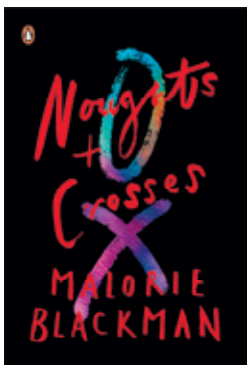
- What are the differences in the way Callie Rose feels about the two boys?
- Who do you think she should go out with? Why?

10. THE ISIS HOTEL CONFRONTATION

- Were you surprised by the arrival of Meggie in the room?
- What do you think would have happened if Jude had answered her question about Cara Imega differently? Would Jasmine still have carried out her plan?
- Were you shocked by this ending?

11. AND FINALLY

- A review in the *Sunday Times* says that 'after much anger and despair the trilogy ends with hope'. Do you agree with this view? Why?





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The storyline

The world of *Noughts & Crosses* – where the paler-skinned Noughts are treated as inferior, second-class citizens to the dark-skinned Crosses – is changing. Equal rights are being introduced, but for those who have grown up amidst the discrimination, the changes are still too slow. For Tobey, a Nought boy living in the deprived area of Meadowview, his only way out is through education – a way out he is determined to pursue. But it's going to take him years before he can stop struggling. And his best mate Dan has some ideas for how to improve the present. It just involves making a few deliveries . . .

Little does Tobey realize how his choices can have far-reaching effects – effects that bring down violence not only on himself, but also on his girlfriend Callie Rose.

The author

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What the critics say . . .

'I love, love, love these books. They're tense, immediate, colloquial, and heart-breaking. And they speak directly to your innermost self, utterly without fear. *Double Cross* comes highly recommended by Bookbag' www.bookbag.co.uk

QUESTIONS FOR YOU TO THINK ABOUT

1. EQUALITY BETWEEN NOUGHTS AND CROSSES

Double Cross is set in a time where the apartheid of *Noughts & Crosses* is beginning to be consigned to history. The Equal Rights Bill is wending its way through government, and it is clear that Tobey is among a number of Noughts who now have the opportunity to go to Heathcroft High, a good school, and to aim for university in their future. Yet how much has actually changed for many members of society?

- Dan tells Tobey, 'You're a Nought, Tobey. And going to your fancy school isn't going to change that.' (pages 30-31). Tobey is angered by this defeatism; but is he right when he says that Noughts 'don't need Crosses to keep us down with that kind of thinking. We'll do it to ourselves'?
- Compare the ambitions of both Tobey and Dan. How different are their expectations? And what does Dan mean (page 409) when he says he is in his 'proper place'?
- Are Tobey's ambitions realistic? In chapter six, there is a discussion between himself, his mother and sister, about their futures – and possible problems ahead. How are Tobey's choices influenced by his being born a Nought in a society where this automatically excluded him from many opportunities as he grew up?
- Can education be seen as a way out of poverty? Is this a valid option for those in Tobey's world who begin with disadvantages? What about in our own society?
- Are there other areas in society shown within the book where the old Noughts/Crosses divide still exists? eg: employment opportunities.

2. THE GANGS

Meadowview is described as being an area where the streets are ruled very much by two different gangs – Alex McAuley, and the Dowds. And as Dan points out to Tobey, there is no such thing as no-man's-land for those who live there.

- How valid is Dan's belief that everyone needs backup to get through the present?
- Dan believes that 'protection' is necessary for survival. How dangerous is this view? How does it escalate problems and how could beliefs like this be changed?
- What is 'slipping' (page 58)? Is this a problem for young people in our own society?



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3. 'IT'S EASY MONEY'

- Is there any such thing?
- Discuss how tempting Dan's offer is to Tobey; why does Tobey agree to make the first deliveries when he knows that he will be getting involved in something illegal? What are the pros and cons for his getting involved?
- How easy would it be for Tobey to say 'no' to McAuley after he agrees to work for him? Is it ever possible to walk away once one is involved in any gang activity?
- If the shooting hadn't happened, do you think Tobey would have continued to work for McAuley after the first deliveries? If so, how different do you think he would have become as a person? Would he and Callie Rose still have been together as a couple?

4. AFTER THE DELIVERIES . . .

- How does Tobey feel when he discovers what he has actually delivered?
- 'If the police come knocking, I'm not going down alone.' Why does Tobey say this to Dan (page 120)?
- Do you think he meant it? Does Dan believe him? - Do you think this threat leads to the incident in the Wasteland?

5. AFTER THE SHOOTING

- When Callie is shot, Tobey refuses to tell Sephy what he knows or what he saw. Why won't he talk to Sephy? What are his reasons for staying silent? Was he right?
- What do you think would have happened if he had told Sephy all he knew?
- Or if he had told the police?
- The police complain that Meadowview residents have 'three monkeys disease: see no evil, hear no evil, speak no evil.' What do they mean? What difference would it have made if Tobey or anyone else in the Wasteland at the time had spoken up after Callie's shooting? Would you have spoken up if you had been present? If not, why not?

6. POLICE ATTITUDES

- Tobey recalls an incident in which he overheard two Cross police officers dismissing the killing of a Nought youth as 'blankers killing blankers'. How would this experience affect Tobey's view of the police as a whole afterwards?
- From the varied incidents in the book which feature the police, do you think these officers were representative of the force as a whole? If so, why? If not, why not?
- And how much harder does a single incident like this make the work of decent officers such as DI Boothe, who want to work with all Meadowview residents towards making their streets safer?
- Do you believe that the gang leaders would have police officers working for them? Why? When Tobey first meets Rebecca Dowd (page 216) she is not as he expected her to be.

7. REBECCA

- What did he expect her to be like? Why?
- Rebecca's life may look good from the outside, but what problems does she face as a result of being the daughter of Vanessa Dowd? What are her family's expectations for her? And how limited are her opportunities?
- What are the plus points? Would you like to be in her situation?
- What would it be like to face life as a possible kidnap victim or target? To know that your father and uncle had been killed by a rival gang?
- Does she deserve what happens to her in any way?
- And could Tobey have saved her life by taking her to McAuley as he is asked to?
- Tobey can't understand how he and his mother hadn't noticed Jessica's drug use. What might have given her away?

8. JESSICA

What signs did they miss?

- When he finds his sister in trouble in the bathroom, does he do the right thing by not calling for help? What would you do if this was your sister/brother/friend?
- Jess tells Tobey she does drugs not to find an answer, but as a way 'to not mind so much about the question' (page 363). What do you think she means?
- As the book concludes, do you think Jessica will have stopped any drug use – or do you think she would continue?



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9. TOBEY

Tobey begins the book as Mr Laid-back – determined to keep his head down and to avoid confrontation. Throughout, Malorie Blackman shows a real change to Tobey’s character – elements of his personality that come through as a result of what happens to him.

- Compare his reactions to Lucas and his friends when he first meets them outside the school, when he is with Callie (page 80), and later when he is very involved with both gangs (page 328). How differently does Tobey behave? Which way of dealing with the insults works the better for Tobey? How would you deal with a similar confrontation?
- Dan tells Tobey he is finally seeing ‘the real you’ (page 316). What does he mean? Has Tobey changed so very much? In which ways?
- Are McAuley and the Dowds correct when they assess Tobey and recognize elements in him that they identify with? Is Tobey becoming more and more like those he begins by despising?

10. CALLIE AND TOBEY TOGETHER

Sometimes I don’t understand Callie. At all . . . Damn, but she’s complicated.

Sometimes I don’t understand Tobey. At all . . . Damn, but he’s dense.

- With this pair of statements, Malorie Blackman clearly shows how both Callie and Tobey are confused about their relationship – and what the other is thinking. Why is there this misunderstanding between them? Do you understand how their relationship develops in the first part of the book – until they become more than friends?
- What does Callie believe about Tobey’s past relationships? Is she right?
- And what does Tobey believe about Callie’s previous boyfriends? Is he right?
- Why is Callie keen to ‘cool it’ after they have made love? What is Tobey not able to tell her to convince her of his feelings? Are girls more ready to express their feelings about their relationships than boys? Or are they prone to what Tobey calls ‘those girly let’s analyse-the-thing-to-death talks’?
- Callie’s friend Sammi advises Callie to let Tobey know what she feels or ‘he’s going to take what Misty keeps offering’. What does she mean? And what pressures are there on girls to feel this way in their relationships?
- Why is Tobey pushing Callie away at the end? What is he so afraid of?

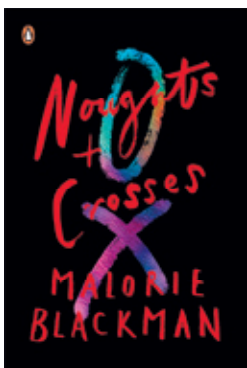
10a. THE FUTURE

- Both Callie and Tobey have feelings of guilt to resolve – Callie about the bomb that killed her Nana Jasmine, and Tobey about those who have been hurt as a result of his actions, especially Rebecca. Do you think they can come to terms with these feelings? Should they ask for outside help?
- What do you think the future holds for them now?
- Do you think they will stay together?

10b. CALLIE AND TOBEY TOGETHER

For those of you who have followed the story of Callum and Sephy, Sephy and Jude, Callie Rose and Tobey through the previous three novels in the *Noughts & Crosses* sequence . . .

- Do you feel that the events in *Double Cross* are an inevitable result of the events beforehand?
- Has the author taken the story forward into a new dimension that was exciting, challenging and totally believable for you?
- Do you want to know what happens for Tobey and Callie Rose now?
- And for the next generation?
- How many generations do you think it will take for the inequalities of the past to fade?





MALORIE BLACKMAN



MALORIE BLACKMAN has written over fifty books and is acknowledged as one of today's most imaginative and convincing writers for young readers. She has been awarded numerous prizes for her work, including the Red House Children's Book Award and the Fantastic Fiction Award.

Malorie has also been shortlisted for the Carnegie Medal. In 2005 she was honoured with the Eleanor Farjeon Award in recognition of her contribution to children's books, and in 2008 she received an OBE for her services to children's literature. She has been described by *The Times* as 'a national treasure'. Malorie Blackman was the Children's Laureate 2013–15.

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DITCH THE LABEL

YOUR WORLD, PREJUDICE FREE

We are one of the largest pro-equality and anti-bullying charities in the world.

Our award-winning work spans across the UK, USA and Mexico; promoting equality and empowering people aged 12-25 to overcome bullying. We are a digital charity, which means that most of our support is provided online through our website and partnerships with games and social networks.

Each month, thousands of people benefit from our pioneering digital support programs. We have a team of digital support mentors who provide one-to-one and group help and produce widely used self-help guides and materials. We don't just talk about bullying - we help people through things such as mental health, racism, coming out and low self-esteem. In 2016 we directly helped 542,000 young people and this is set to rise to 1.5 million in 2017.

We're scientific in our approach.

We produce pioneering research to understand the changing nature and trends of bullying. We then use our research as a starting point for innovation and share our findings with other charities, educators and the general public.

We believe the language we use to talk about bullying is vital in changing perceptions and implementing change. With this in mind, we encourage people, as well as the media at large, to cease using disempowering labels like 'victim' and 'bully' as a means to shift societal perceptions and change the narrative around the subject.

Support

It is vital for people to understand that they are not bullied because of the colour of their skin, a disability, their sexual or gender identity, but because of attitudes towards these unique factors. We work hard to support people through bullying issues and to gain the lifelong skills and techniques to solve issues themselves.

We don't just help those who experience bullying.

We see bullying as a behavioural issue. Like all behaviours, there is a root cause and a remedy for change. We understand the root causes and we provide the remedies for change. Not only do we help those who have been bullied, but those who are doing the bullying too, because there is no such thing as a 'bully' or 'victim'. It's a behaviour and not an identity.

To access support, visit our website here: www.DitchtheLabel.org and click on Get Help.

You can join our Community here: www.ditchthelabel.org/community/