



Reading4Normal Book Club

Guidance Notes

Yasmin Rahman *This Is My Truth*

We hope that you enjoy reading *This Is My Truth*. The novel features best friends Amani and Huda, who are jealous of each other's seemingly easy life until they become aware of the worries and hardships that the other experiences. It is a story about friendship, family, being brave, and telling the truth. The book incorporates important and sometimes challenging themes, such as religion, the care system, and domestic abuse. It also asks important questions about how to do the right thing. The Reading4Normal Book Club is all about your responses to the novel, especially how it makes you feel about your own life.

As you read *This Is My Truth*, you might want to note down any examples of things that seem normal or ordinary to you:

- write down the page number
- add a short description of what's going on in your example
- add a sentence or two about how this example makes you feel and how it is similar or different to your life now

Here are some suggestions from the book to get you started:

pp. 1: Waking up in the morning
pp. 2: Having breakfast
pp. 17: Social media
pp. 60: Hobbies and homework
pp. 92, pp. 293: School

There are no right or wrong ways to complete this activity, so just have some fun with your responses. You can also write about other bits of the novel that interest you if you would like – how you feel about the characters, the storyline, or the style.