Bookbuzz

BookTrust

Benefits of reading for pleasure

Reading brings the pleasures of escapism, discovery, involvement, reflection and self-empowerment.

Reading and Mental Health

Reading enhances young people's awareness of mental health, offers emotional support, eases stress and boosts self-esteem and happiness.

Personal Outcomes

Reading and Social Mobility

Reading breaks down social barriers, helps all children do better at school and improves job prospects.

External Outcomes

Reading and Empathy

Reading nurtures young people's open-mindedness, emotional intelligence and empathy.

Social Outcomes

Reading and Social Engagement

Reading brings people together and can encourage young people's interest in the community.

Social Outcomes

Further reading:

Reading and Mental Health – Lakey et al., 2017. Culture, sport and wellbeing: Findings from the Understanding Society youth survey
Reading and Empathy – Guarisco et al., 2017. Reading Books and Reading Minds: Differential Effects of Wonder and The Crossover on Empathy and Theory of Mind
Reading and Social Engagement – Hays, 2017. From Fiction to Fact to Potential Action: Generating Prosocial Attitudes and Behaviors Using Young Adult Literature
Reading and Social Mobility – Sammons et al., 2015. Subject to Background: What promotes better achievement for bright but disadvantaged students?