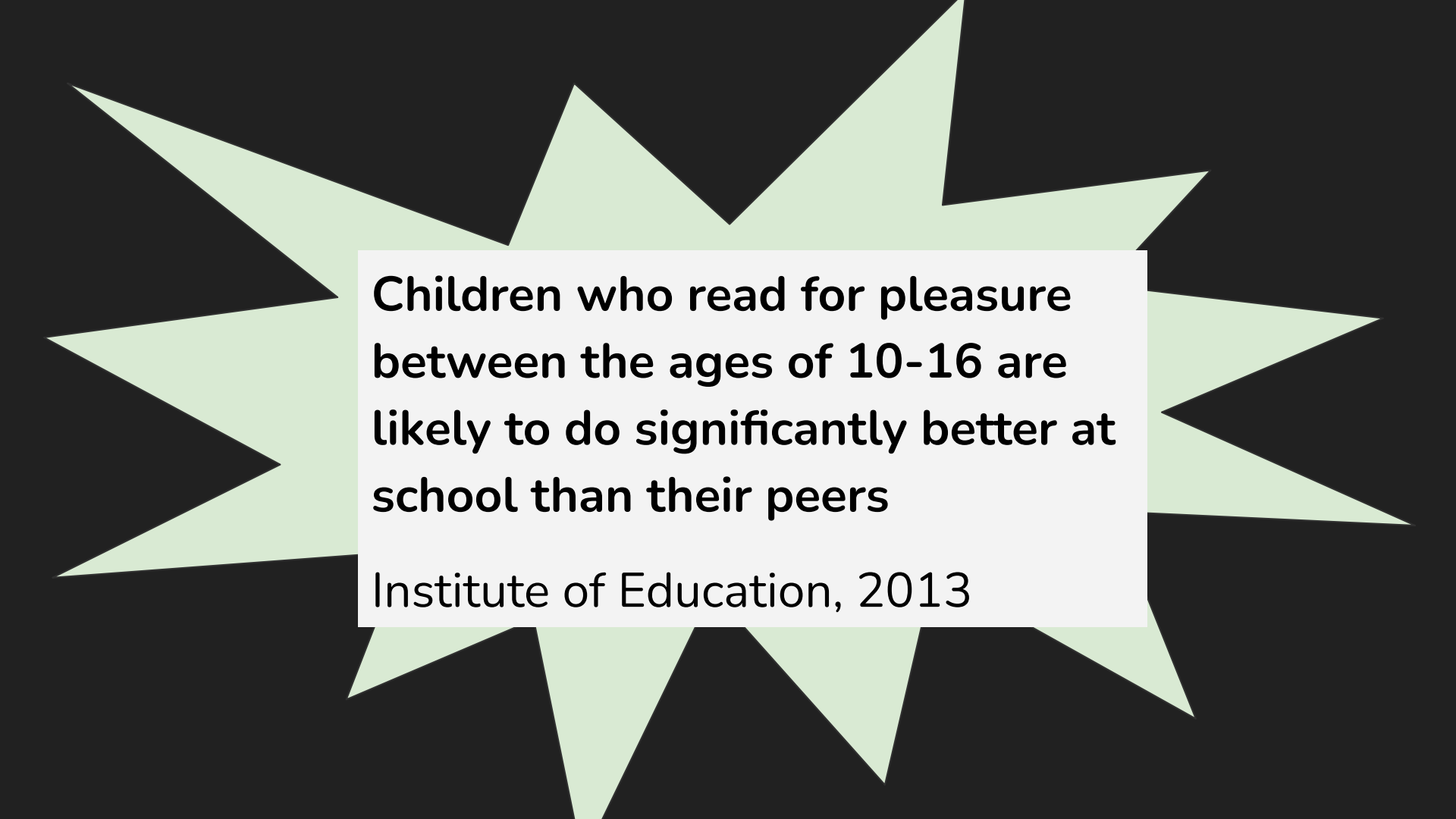




**Why Reading is  
Important**

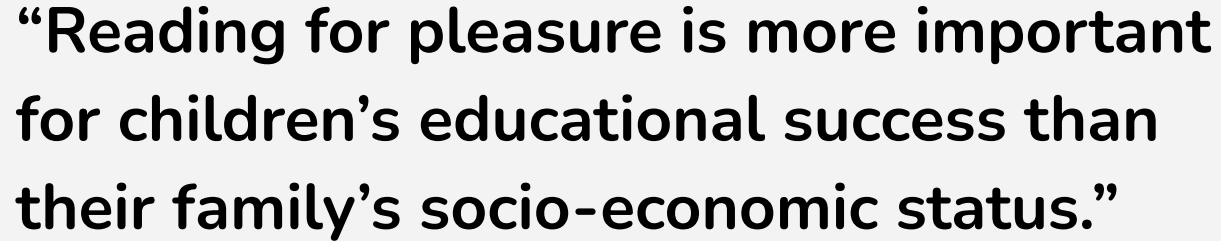


**Reading =  
Good Grades**



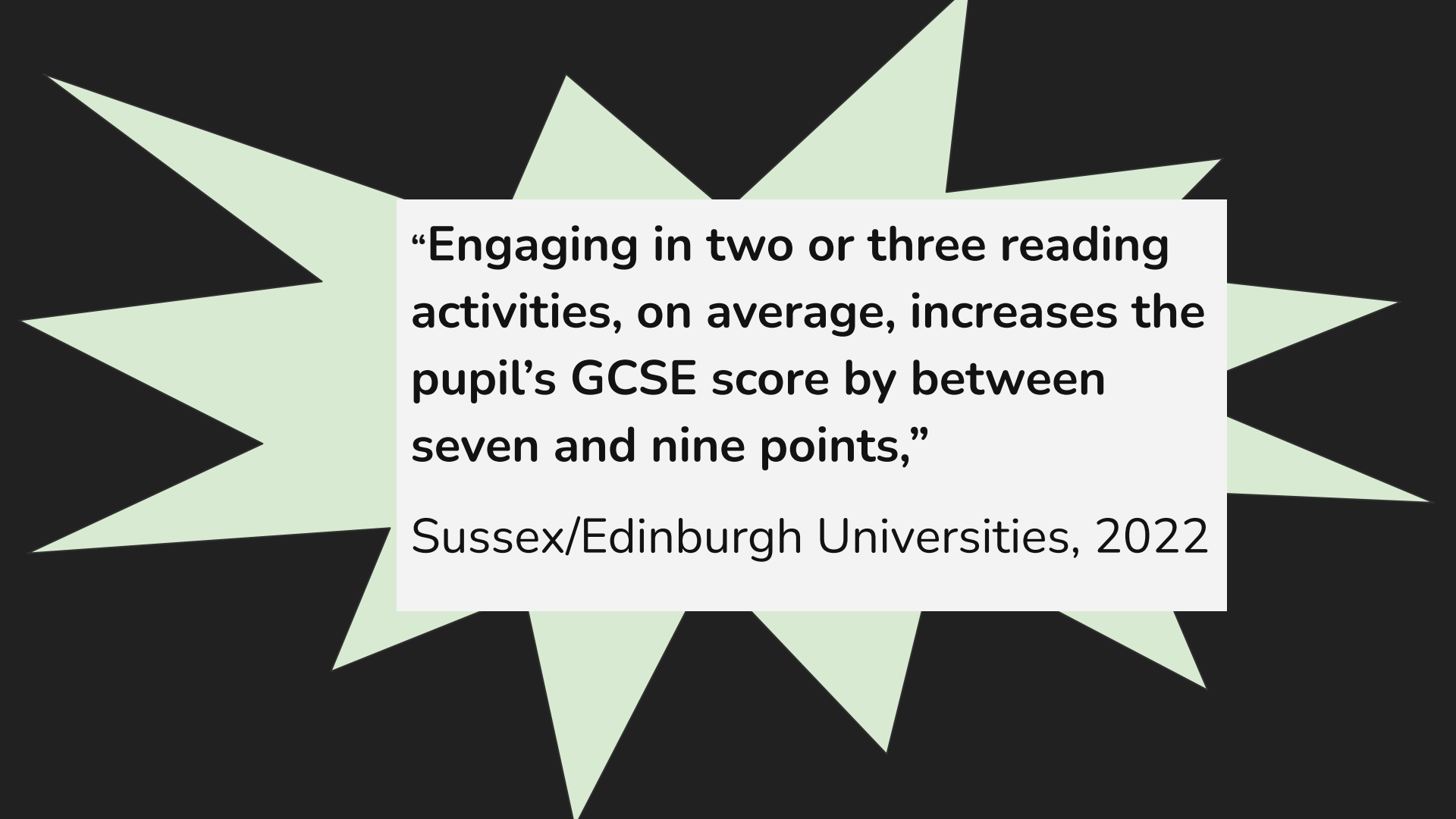
**Children who read for pleasure  
between the ages of 10-16 are  
likely to do significantly better at  
school than their peers**

Institute of Education, 2013



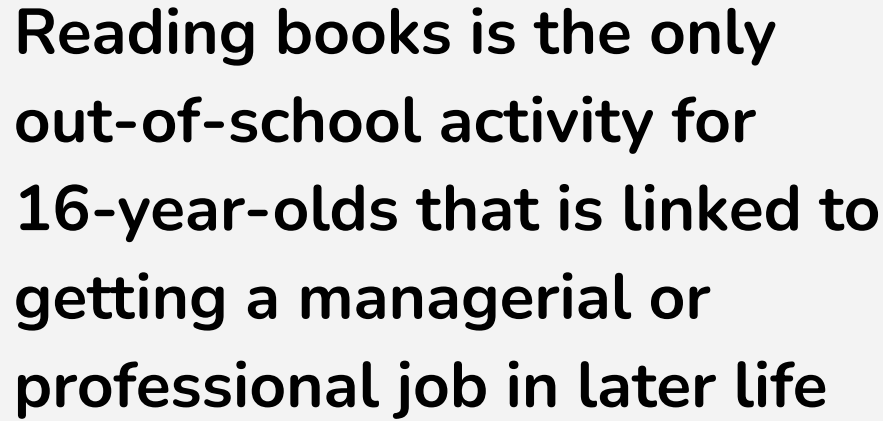
**“Reading for pleasure is more important for children’s educational success than their family’s socio-economic status.”**

Organisation for Economic Co-operation and Development, (OECD), 2020



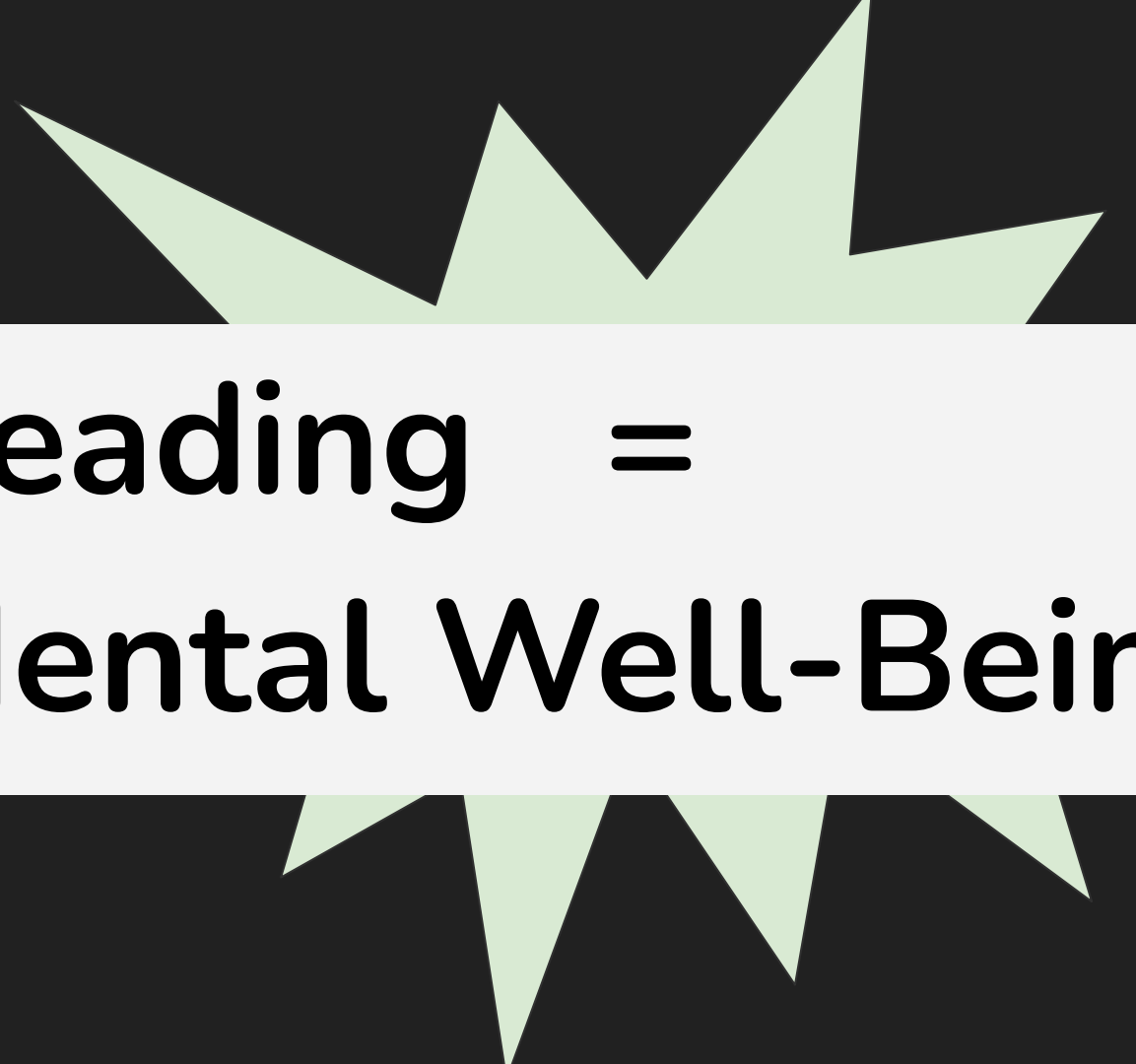
**“Engaging in two or three reading activities, on average, increases the pupil’s GCSE score by between seven and nine points,”**

Sussex/Edinburgh Universities, 2022




**Reading books is the only  
out-of-school activity for  
16-year-olds that is linked to  
getting a managerial or  
professional job in later life**

Oxford University 2011



**Reading =  
Mental Well-Being**



**“Children’s mental health experts  
said that the lure of fictional  
characters engaged children in  
stories and helped them to  
explore their own feelings.”**

National Literacy Trust, 2019




## Reading can help you to:

- Relax and refresh your mind
- Smile and laugh
- Work through your worries or problems.
- Understand other people better
- Be more open-minded and tolerant.
- Take risks while staying safe.

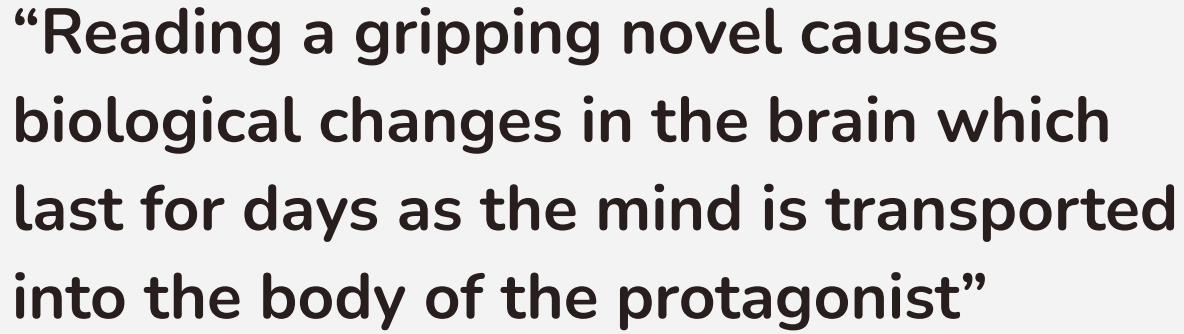


**Is All Reading  
Equally Beneficial?**



**“Some books are more effective than others – and reading fiction yields far more benefits for pupils than other forms of reading material.”**

Institute of Education, 2019



**“Reading a gripping novel causes biological changes in the brain which last for days as the mind is transported into the body of the protagonist”**

**Emory University USA, 2013**

## Does the Medium Matter?

“There is a clear advantage to reading a text on paper, rather than on a screen, where shallow reading was observed”.

Columbia University, 2024