

NIGHT SHIFT

By Debi Gliori

Hot Key Books

2018 Kate Greenaway Medal shortlist,
eligible for Amnesty CILIP Honour

'A visual jewel... a beautifully illustrated narrative which offers respite from the inexorable cycle of depressive illness.' *Judging panel*



UNIVERSAL DECLARATION OF HUMAN RIGHTS

Article 1: We are all born free and equal. We should all be treated in the same way. We have reason and conscience and should act towards one another in a friendly way.

ABOUT THIS BOOK

This book takes a tender and honest look at depression and how it feels to live with it. It follows a girl who is suffering. Because people find it hard to put into words how they feel when they're depressed, the author uses illustrations to capture her feelings, isolation and struggle. There is hope and solidarity, too, by showing you're not alone and there can be a 'shift'.

Night Shift is a result of the author's own experiences of depression and she hopes it will help explain what it feels like and what people are going through. The book shows that mental health needs to be talked about and understood. It reminds those suffering to have hope, and to recognise that they have the right to dignity and support. It's also an insight into the language we use when talking about mental health; certain language can be dismissive and cause offence.

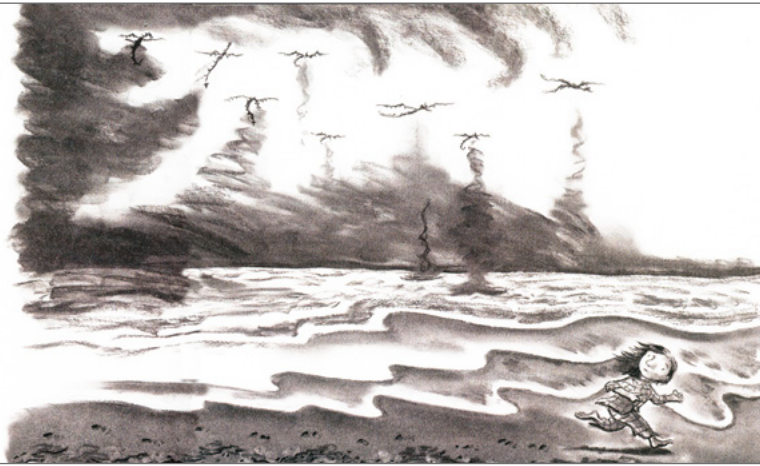
HUMAN RIGHTS IN THIS STORY

Right to dignity; to freedom from discrimination; to the best healthcare possible for wellbeing; to support when we need it; to be treated with respect and compassion.

QUESTIONS TO EXPLORE HUMAN RIGHTS

- How do you think the girl feels?
- What are the physical and mental effects of depression?
- Pick out a drawing and describe it. What does it mean?
- Why are responses like 'chin up' and 'think of the starving millions' unhelpful when we are unhappy or unwell?
- Why did the author choose a dragon to represent depression? See author note at the back.
- What would you say to the girl?
- Do you have days when you feel down or angry or sad? How do you cope?
- How can we look after each other, and ourselves?

And one day I dragged myself out to run, with the dragons not far behind, reminding me this was pointless, that I couldn't possibly outrun them, and that I was too weak to even think about trying.



And something shifted.



ACTIVITY

Select an emotion and draw it as an animal.

RESEARCH

Find out ways in which we can look after our own mental health.

***Night Shift* draws on the author's own experiences of depressive illness. 'When we are in the throes of the severest forms of this illness, many of us are hardly able to speak at all, far less articulate how we feel... it is why I have used images to illustrate this bleak territory.'**

WE ARE ALL BORN FREE AND EQUAL

The atrocities of World War II sparked a determination to protect the rights of all human beings everywhere. On 10 December 1948, the General Assembly of the United Nations adopted the Universal Declaration of Human Rights. The preamble says it must be shared, learned by children and be a part of all our lives.

When using these notes, you can download for reference:

- Universal Declaration of Human Rights simplified version, especially useful for younger children [amnesty.org.uk/udhr](https://www.amnesty.org.uk/udhr)
- United Nations Convention on the Rights of the Child [unicef.org/crc](https://www.unicef.org/crc)

For more free educational resources from Amnesty International go to [amnesty.org.uk/education](https://www.amnesty.org.uk/education)



The CILIP Carnegie & Kate Greenaway Children's Book Awards

