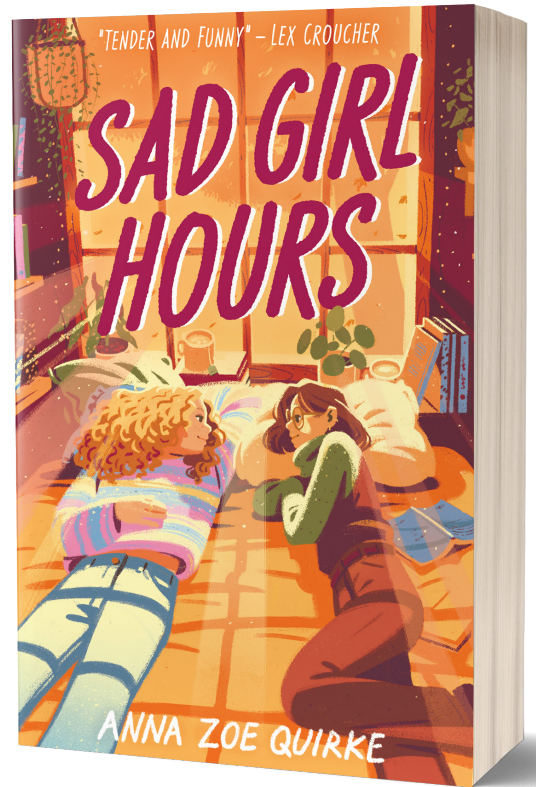


SAD GIRL HOURS

YA BOOK CLUB DISCUSSION GUIDE

Saffron struggles with seasonal affective disorder (SAD) and is dreading autumn and winter. She took time off in her first year at university and can't afford to do the same this year if she's going to achieve her dream of being an astrophysicist. She's managed to keep it a secret from her friends - fearing that they won't want to spend time with her if they see her at her lowest - but it's getting harder. Especially when she meets Nell.

Nell - wannabe poet, autistic and proud, and lover of autumn and winter - is determined to show Saffron everything these seasons have to offer. The two grow close, and when Saffron confides in Nell, romance blooms. But with Saffron struggling to keep a lid on her mental health and Nell figuring out her own sexual identity, things soon spiral out of control.



A DUAL-PERSPECTIVE SAPPHIC ROM-COM PERFECT FOR FANS OF
CASEY MCQUISTON AND ALICE OSEMAN.



Anna Zoe Quirke is a queer and autistic author and librarian from the North of England. She currently lives in Manchester with her wife, Rachael, and their very angry tortoise, Sheldon. They're at their happiest writing stories about queer and neurodivergent people finding and claiming their place in the world, exploring the literary wonders of the UK, or making a big ol' mess in the kitchen baking things for their loved ones. Their debut novel *Something to be Proud Of* was nominated for the Carnegie Medal for Writing.

BOOK CLUB DISCUSSION QUESTIONS

1. Do you notice the changing seasons, how do they affect you? Do you have a favourite season, and why? What do you know much about Seasonal Affective Disorder? If you had to do an Autumnal and Winter bucket list, what would your list look like? Would it be similar to Nell's?
2. Part of the reason the Nell and Saffron connect is that they both are really passionate – Nell about poetry and Saff about the stars. Do you have something that you're really interested in and why? What does that look like in your life? Is there anything else that you'd love to try or to learn more about?
3. Nell talks about some of her favourite poets – Mary Oliver, Maya Angelou, Langston Hughes and Sylvia Plath to name but a few. Do you read much poetry, and do you have a favourite poet? What might inspire you to write poetry?
4. Saff loves the stars and is really excited to see the Northern Lights! Have you seen them before? Is space a subject that you've thought much about and why? Is it something you'd be interested in learning more about?
5. For the characters, going to university gives them a chance to explore new sides to themselves and to meet people who bring out the best in them. When do you most feel like yourself – it is in a certain place, doing a specific activity or with different people?
6. The importance of talking to people comes up throughout the book and it's a pivotal moment when Saff opens up to Nell about her SAD. What do you think about the importance of sharing your feelings? Have you been in a situation before where talking to someone has helped?
7. Saffron is really surprised to learn that she can get support for her mental health from the university. Are you aware if your school, workplace, university or any other groups you are involved in provide mental health support and what that involves? What do you think they could do better?
8. Sexuality is a key discussion point between Nell and Jenna. Nell hadn't known that there was an ace spectrum – is that something you've heard of? They also talk about the assumptions people make about them. What are some of the ways we could go about preventing assumptions and combating stereotypes?
9. Saffron's relationship with her parents is hard, and they don't make an effort to understand her, so when Nell's dads buy her the perfect gifts and Vivvie's parents make vegetarian food especially for her, she's really taken aback. How do you show your loved ones that you care? Is there something that people can do that makes you feel loved?
10. How many Yorkshire puddings is too many?