



CHRIST THE KING SIXTH FORMS

Are you book powered?

Why reading is essential to developing skills and learning in your life.
Reading facts on *proven power of reading* from the Reading Agency

Research shows that reading for pleasure can promote better health and wellbeing, aids in building social connections and relationships with others and is associated with a range of factors that help increase the chances of social mobility.

Read the Reading Agency reports into the [benefits of reading for pleasure and empowerment](#) (BOP Consulting, 2015) and of [creating a society of readers](#) (Demos, 2018), or explore more reading facts below.

Skills and Learning

Proven power of reading

- Reading for pleasure is more important for children's cognitive development than their parents' level of education and is a more powerful factor in life achievement than socio-economic background.⁶ 16-year-olds who choose to read books for pleasure outside of school are more likely to secure managerial or professional jobs in later life.⁷
- Having books in the home is associated with both reading enjoyment and confidence. Of children who report having fewer than 10 books in their homes, 42% say they do not like reading and only 32% say they are 'very confident' readers. For children who report having over 200 books at home, only 12% say they do not like reading and 73% consider themselves 'very confident' readers.⁸

- Children who read books often at age 10 and more than once a week at age 16 gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly. ⁹

Adults - Proven power of reading

- Per capita incomes are higher in countries where more adults reach the highest levels of literacy proficiency and fewer adults are at the lowest levels of literacy. ¹⁴
- Reading extensively and for pleasure can foster the development of stronger reading habits and increase literacy skills at a greater rate than through formal literacy lessons. ¹⁵

Connected Communities

Proven power of reading

- 19% of readers say that reading stops them from feeling lonely. ¹⁹ This is backed up by a study analysing social connectedness which found that reading books significantly reduces feelings of loneliness for people aged 18-64. ²⁰
- Participation in shared reading groups is linked to enhanced relaxation, calmness, concentration, quality of life, confidence and self-esteem, as well as feelings of shared community and common purpose. ²¹
- Higher literacy skills are associated with a range of positive societal benefits, including having a stronger sense of belonging to society and being more likely to trust others. ²²
- Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities. ²³ For example, reading Harry Potter has been shown to improve children's attitudes toward stigmatized groups such as immigrants, refugees, and members of the LGBT community. ²⁴

Health and Wellbeing

Proven power of reading

- An online poll of over four thousand people from a representative sample in the UK revealed that regular readers for pleasure reported

fewer feelings of stress and depression than non-readers, and stronger feelings of relaxation from reading than from watching television or engaging with technology intensive activities. ²⁸

- Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns. ²⁹
- Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction. ³⁰

References

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