ROSIE JONES



MOVING UP

Illustrated by Hayley Wells

BEAT THE BULLIES, MAKE FEARLESS FRIENDSHIPS AND DEAL WITH FUNNY FAILS

wren & rook

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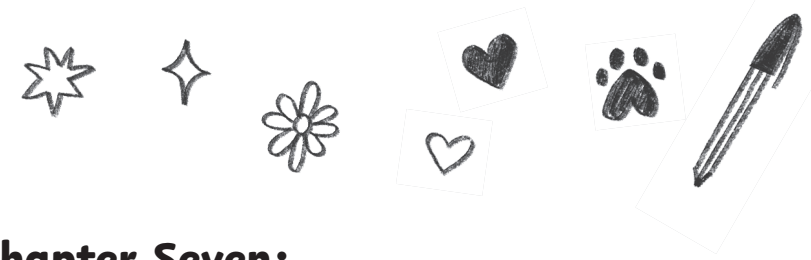
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INTRODUCTION



Hello, my name is Rosie Jones.



Technically, I am an adult but I don't feel like one. I'm addicted to *Candy Crush*, I get way too competitive when I play board games (especially Scrabble) and my favourite evenings are the ones where I curl up on the sofa with a friend and watch a romantic comedy (*Pretty Woman* is my favourite, but I also love *Heartstopper*.)

I don't know everything about life; I don't think anybody does.

But during my twelve thousand-*ish* days on the planet (yes, I did use a calculator to work that out because I am not that good at arithmetic), I think I now have a pretty good idea of how life works, and how to live each day to its best and its fullest.

So, this book is my attempt to pass on my wisdom to you through stories and things that I've learned along the way. But before we get going, here's a little bit about me so you know who you're talking to.

WHO AM I?

My full name is Rosie Luisa Jones. Luisa is Spanish because my nana (Dad's mum) is Spanish, so we went to Spain in the summer holidays every year to see his family. I also have thick brown hair, dark brown eyes and I tan easily because of my Spanish genes. I can't speak Spanish though, which I'm really sad about. I always say I'm going to learn but I never do. Maybe next year!



I am a comedian and a writer (obvs, how else would you be reading this book?) and I live in East London with my friend Laura. We have a cat called Floofy. He is **MASSIVE** and is currently lying on my lap as I type this chapter. He's giving me a look that basically says, *How dare you attempt to work? You should be tickling my belly instead!*



I didn't always live in London, I actually grew up in a place called Bridlington (or 'Brid' as we called it). It's a seaside town on the East coast of England, in Yorkshire. Most of the stories I talk about in this book happened in Brid. I love going back there now, but, if I'm honest, when I lived there I found it quite boring. There wasn't much to do there and I would spend a lot of time daydreaming about one day moving to a big city like London or Manchester.

I have a disability called cerebral palsy, which is a brain condition that affects my speech and my walking. When I was little, it made things harder for me because people

would judge me on my disability before getting to know the real me (I talk about my disability and how it made things more difficult for me on page X).

I am also a gay woman, which is another thing I talk about later in the book (on page X). It is important for me to mention I am gay, because it is a big part of who I am, and looking back now, I spent a lot of my time at school feeling sad and ashamed to say that I liked girls in a certain way.

A FEW OTHER THINGS ABOUT ME, SO YOU *REALLY* KNOW WHO YOU'RE TALKING TO:



- I love dungarees. I own more than twenty pairs . . . I know, it's a problem.
- My favourite day is Sunday. I love to go for a walk with my friends and then have a MASSIVE Sunday roast.
- I love reading. All kinds of books. When I was younger I collected bookmarks.
- Even though I enjoy spending time with my friends and family, I also enjoy spending time on my own. There's nothing I like better than going for a walk, having a nice warm drink and having a big old think.
- My favourite person in the world is my brother Ollie. He's five years younger than me and lives in Canada, so I miss him loads.
- Spring is my favourite time of the year. I especially love the first day of the year when you can go outside without a coat on; I feel so free!





- Like a stereotypical Yorkshire lass, I love a brew. It's got to be Yorkshire Tea, of course, and preferably with a good choccy biscuit.



- I travel a lot for work and love staying in posh hotels, mainly because I like to steal the fancy soap! I always like coming home though because nothing beats your own bed.



- Ever since I was little I have loved writing quizzes. During lockdown, I hosted a weekly Zoom quiz for all my friends, for over a year. It was so fun.
- It's my dream to one day live in Brighton with two dogs. I've already decided to name them 'Billy' and 'Dolly' after my favourite comedian Billy Connolly and my favourite singer Dolly Parton. I love the seaside and I am obsessed with the idea of growing old by the beach.



How would you describe yourself to somebody who didn't know you?

What are ten fun facts about yourself?

What makes you, you?

WHAT IS THIS BOOK ALL ABOUT?

Whether you have been given this book as a gift or have picked it up yourself because you love the cover (it's awesome, isn't it?*!*), I really hope you find it useful in some way.



If I am honest, I wish I'd had a book like this when I was growing up. I remember sometimes feeling lonely and confused, and it felt like everything was changing around me all the time. This could be fun and exciting, but it also felt big and scary. I was making new friends, having first crushes and obsessing over popstars (a band called Steps were my favourite). I was meant to do all of this **AND** fit in my homework? How?



If you also feel like this, then don't worry – I have your back*!* In this book I share my funny tales of when I got these problems right (and a bit wrong). This book is here for you no matter what, and I'm always ready to give you a little helping hand when things feel a little bit tough.





Oh, I nearly forgot to tell you my favourite part of the book! At the beginning of every chapter, I have included a snack and drink suggestion to enjoy as you read. Now, these are optional, so don't feel like you need to drink and eat **EXACTLY** what I suggest, but I thought it would be a fun little addition.

A book is **SO** much more than words on a page, it's about the experience of reading. Take your time, read wherever you want to, and read at your own pace . . . it's not a race.



A list of places you could read this book (add your own suggestions):

- In bed
- On your favourite chair
- Outside
- At school
- Up a tree
- On holiday
- In the car
- On the floor with your legs in the air
- Out loud with your friend
- In space!







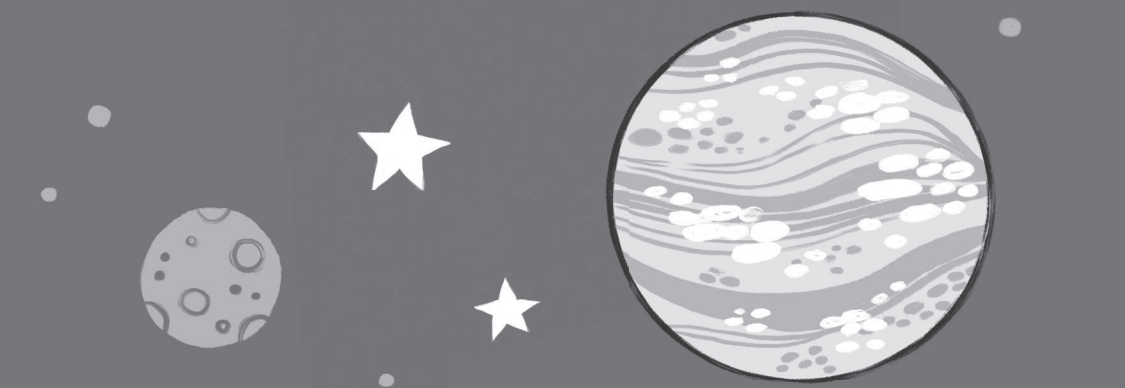




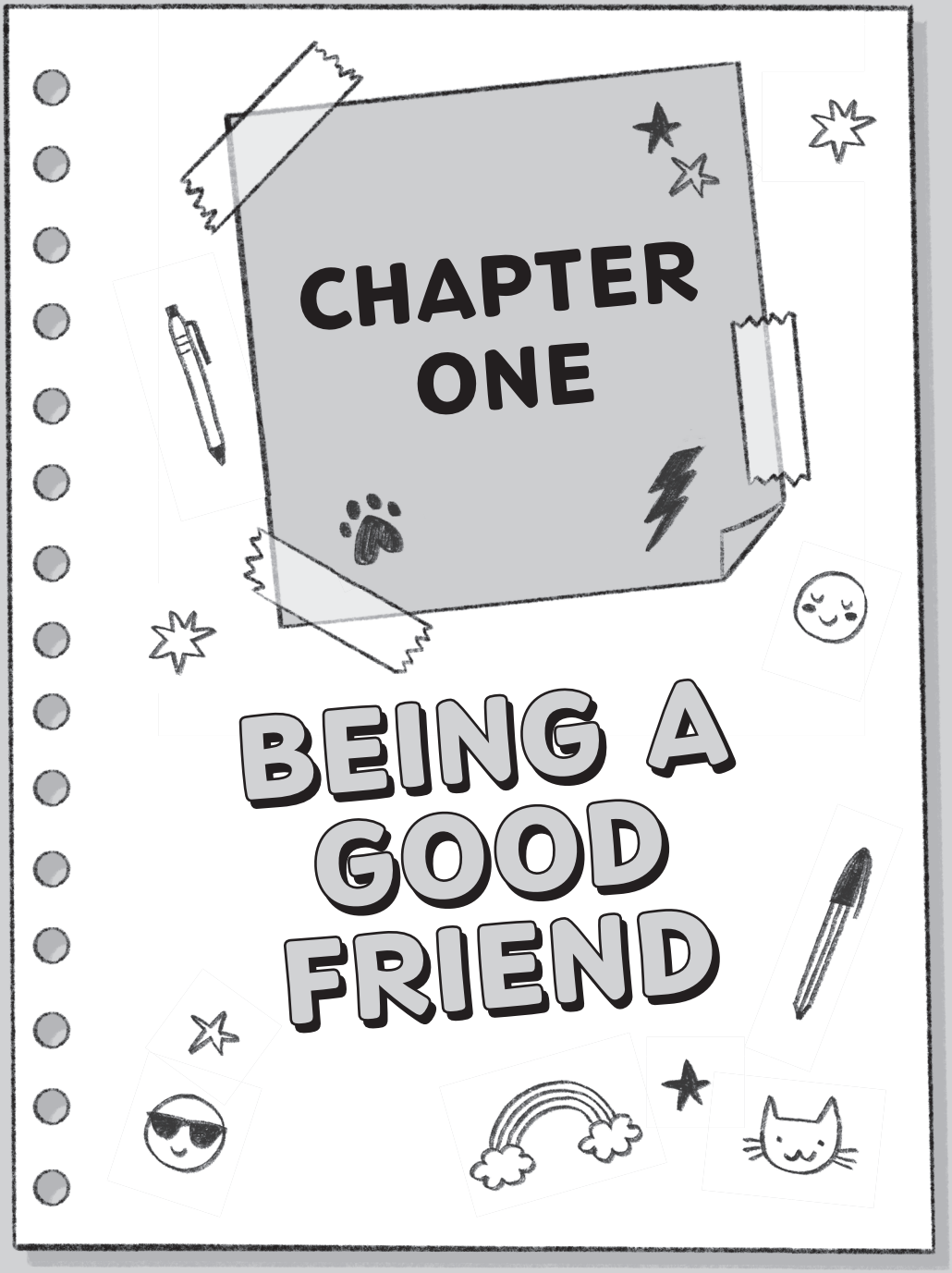


Okay, the last suggestion was a joke but if anybody out there **DOES** read this book in space, then let me know (send me a picture!) because that is seriously cool.

Right, I think I've said everything I need to say for now, so let's dive straight in!






CHAPTER ONE
BEING A GOOD FRIEND

PAIRING SNACK

Revels

Like friends, you'll like some more than others, and that's okay!





PAIRING DRINK

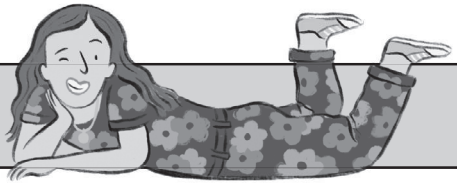
Orange juice and lemonade

Like a good friendship, they're both very different but it works!

I SHOULD READ THIS WHEN . . .

I am unsure about a friend or I want to be a better friend.

ROSIE'S RAMBLINGS



My friends are the most important things in my life (apart from my family – Mum, if you're reading this, I love you!) but making and keeping friends can be tricky.

When I first started school I became best friends with a girl in my class, and for years we did everything together. We'd sit together every day, hang out at the weekends and we'd play games in the park. Our favourite game was British Bulldog (a bit like tag where you have to run from one point to another without getting caught). As we got a bit older, we realised that we didn't have a lot in common. We didn't fall out or argue, we just stopped being friends one day.

Then, when I went to secondary school, I became friends with two girls who had been best friends since primary school. I felt lucky to be their friend and I slowly began to change bits of my personality in the hope they would like me more. For example, they didn't like it when I talked loudly (they said it was 'stupid') so I began to talk quietly, and eventually less and less. I soon became somebody I didn't recognise, all because I wanted to please my new friends.

It was only when I realised I was spending more time being who *they* wanted me to be rather than who *I* wanted to be, that I became brave enough to speak up. I then started to make friends with people who liked me for *me* and didn't expect me to change my personality to be their mate.

QUESTION:

Do I change my personality when I am around certain friends? Would they still like me if I didn't change?

Over the years, I have made and lost a lot of friends. Sometimes I feel sad about the friendships I've lost and I miss them every day. But with each of these friendships, I found myself wondering whether they liked me for me or for who I was pretending to be? Once I realised they liked me for who I was pretending to be, I knew they weren't being good friends at all.

There are lots of things that make a good friend and sometimes it's hard to be one, but here are a few things that I think make a good one.

A good friend should:

- **Be the person who is there for you when you're not feeling great. They should offer you support, kind words, listening ears and a warm hug when you need it.**
- **Be the person who will celebrate with you during the great times. Even if they're jealous that you got a good grade or are going on holiday, they still want to celebrate with you. If you're happy, they're happy.**
- **Enjoy being in your company. Even if you're not doing anything terribly exciting, just being together is good enough for them.**
- **Consider your feelings. You can't always do what they want to do.**
- **Understand that even if you don't talk every day, you can still care about each other.**

- **Be nice to your other friends. Sometimes our friends want to keep us for themselves, but a good friend knows how to share your attention and be kind to your other friends.**
- **Be somebody who you can be your silliest self with, even if that is a complete goofball!**



Think about what kind of friend you are. Do you do these things for your friends, or do you sometimes forget?

Friendship is a two-way street. We should treat people the way we'd like to be treated. If you find yourself forgetting to do some of these things, then take a moment to think how you could start being a better friend. It's okay if we're not always good friends, everyone makes mistakes, but we should always try our best to be our best.

As I get older, I have fewer friends than I used to, but they all mean so much to me. I try to see them every few weeks, but sometimes because of work or distance, I can only see them a few times a year. We keep in touch though by calling each other and messaging every few days.

I have different friendships with different people, too. Some people I like to talk to every day and others I hardly ever talk to, but when we meet up it feels like we've never been apart.

Here's are some of my friends and the different friendships I have with them.



TIM

WHO IS HE?

I lived with Tim when I first moved to London twelve years ago. He is Australian and now he lives back home in Melbourne.

WHY HE IS MY FRIEND?

Because we have the same sense of humour! Nobody makes me laugh as much as Tim.

HOW OFTEN DO I SEE HIM?

Because I live on the opposite side of the world to Tim, I only see him once every few years when I visit Australia to perform my comedy shows. When I do see him, it feels like nothing has changed. We're still good friends.

WHAT DO I LIKE MOST ABOUT HIM?

Even though we can go months without talking to each other, I know that Tim is always the same, and we know how much we love each other. He's still my funny, silly partner in crime!

SARAH



WHO IS SHE?

Sarah is my friend from school. We have been friends since we were ten, so that means we have known each other for nearly twenty-five years. Boy, that makes me feel old!

WHY SHE IS MY FRIEND?

When we were younger, we became friends because we liked the same music. We liked dancing around the living room together and singing loudly. Now we are friends because we love going to the theatre together and catching up on the old times.

HOW OFTEN DO I SEE HER?

Like me, Sarah now lives in London, so I see her every other week, which makes me very happy. After school, Sarah travelled a lot with work so I didn't see her for

nearly ten years. When we got back in touch, we picked up right where we left off. I am proud to call her my oldest friend.

WHAT DO I LIKE MOST ABOUT HER?

I love how even though we're older and don't dance in the living room together (well, sometimes we do), we are still friends and closer than ever. I hope we sing loudly together even when we're old ladies (and our mums can't tell us off for being too loud any more!).



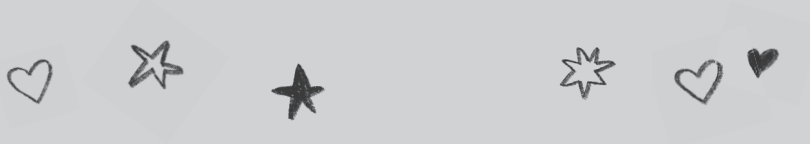
ASH

WHO ARE THEY?

Ash is my tour manager and I have only known them a few years, but we became close quickly because we are very similar and love to make each other laugh. We are able to balance having fun together with working together.

WHY THEY ARE MY FRIEND

We have similar senses of humour and the same opinions on some of the big, important things. We also both love a good Sunday lunch (Ash makes the best roast gammon).



HOW OFTEN DO I SEE THEM?

If I'm on tour, I see Ash every day. We never run out of things to say to each other, quite the opposite. The more I see Ash, the more I have to tell them. We can talk for hours and hours and hours.

WHAT DO I LIKE MOST ABOUT THEM?

I love how Ash and I can talk about everything. The fun stuff, the silly stuff, the serious stuff and the important stuff. If I ever have a problem, big or small, Ash is there for me. Ash is my rock and the friend I would call if I ever needed help.

I have so many brilliant friends and these are only three of them. Growing up, I thought it was important to have one best friend but, as I get older, I realise I'm lucky to have lots of different, interesting friends in my life who all play different roles.

What do you like about your friends? What roles do they have in your life?

MAKING FRIENDS

Making friends can sometimes feel difficult no matter how old you are. *But what if they don't like me?* I always think. *What if they think I'm boring?*

I remember when I first moved to London after university. London is home to nearly nine million people, and I didn't know a single person. Super scary! I felt lonely and I didn't know how to make new friends as an adult (I didn't have lots of people around me who were my own age like you do at school). But I met people at work and asked what they did for fun, and I tried to make them laugh (I *love* making people laugh). Before I knew it, I had lots of friends.

I have now lived in London for twelve years, and I am pleased to say that most of my friends live near me. My friend Allie even lives on my road, which is great when I run out of milk!



TIPS FOR MAKING NEW FRIENDS




- Be confident. Say hello to them first and don't be afraid to strike up a conversation.

- Ask them questions to find out what they're interested in. It's good to have things in common because that usually means you won't run out of things to talk about.

- Suggest hanging out at lunchtime or even after school. By spending time with each other you can figure out if you'll be good friends!

- Think about what you like and what you're interested in. Is it a sport, an activity or a hobby? Look into whether there are local classes or clubs you could join. You'll already know you have one thing in common with the friends you make there.

FALLING OUT

Even as adults, people don't really talk about friendships ending. It can be tough and losing a good friend can feel like losing a right arm. But, sometimes, it's the right thing to do and best for you both to stop being friends. There can be a few different reasons for this. Maybe you don't have a lot in common with each other any more, or maybe it's something more serious. Maybe they're not treating you like a friend should.

Of course, there are many things you can do before you completely stop being friends with someone.

Here are some ways you can help a friendship that isn't feeling quite so good any more:

1.

Be honest with them. Are they doing and saying a few things that have been upsetting you or making you feel angry? They might not realise they are doing this. Tell them when they upset you so you can talk it through and, hopefully, they'll stop and you can become good pals again.

2.

Have you been hanging out in big friendship groups, and you miss one particular friend? I sometimes find this happens, so it can be useful to remember to hang out with friends one on one. Arrange a day just for the two of you. It will probably be what you both need!

3.

Has something changed in either of your lives that has affected your friendship? Maybe they moved away or have a new friend? Ask them to visit or offer to visit them and meet their new friend. They're probably missing you just as much as you miss them.

If you're still struggling to make your friendship work, then it's okay to take a break and stop talking to them for a bit. This could be just a couple of days or a week. Think about how it feels not to speak to them. Did you miss them or did you feel relieved not to be with them?

If you're feeling relief more than anything, then that could be a sign the friendship isn't working as well as it used to and it might be time to part ways. When you stop being friends with somebody it doesn't mean you have to stop being friends with them *forever*. Maybe you're just in different places right now and will pick up your friendship later down the line. Nothing is set in stone.

Try thinking about why you haven't been getting on so well. Is it because you keep disagreeing? Sometimes it's useful to have friends who have different opinions, because it helps you understand another point of view. Just because you disagree with a few things they say doesn't mean you should stop being friends completely. I have friends who I don't agree with, but as long as we are kind and respectful of each other's beliefs, we won't properly fall out.

A healthy discussion with different opinions is totally different from an argument. Just remember not to be too mean or personal.

YOU'VE GOT A FRIEND IN ME

Having good friends is such an important part of life, and I don't know what I would do without my pals. They cheer me up when I'm down and celebrate with me when I'm happy. I hope I do the same for them.

I think the trick to having a good friend and being a good friend is to ask yourself:

- **Do they care about me and how I'm feeling?**
- **Do I care about them and how they're feeling?**

The obvious way to work this out is to ask your friend how they are feeling. Some people find it hard to communicate through talking, so all you need to do is let them know you are there for them. This could be by messaging them, giving them a big hug, or by sending them a little note, like this one:

Dear Allie,

I am so glad we're friends. I love it when we make hot chocolate together, and I love it when we sit on the sofa and we talk for hours and hours. I love you almost as much as I love your dog, Linda!

Lots of love,

Rosie x

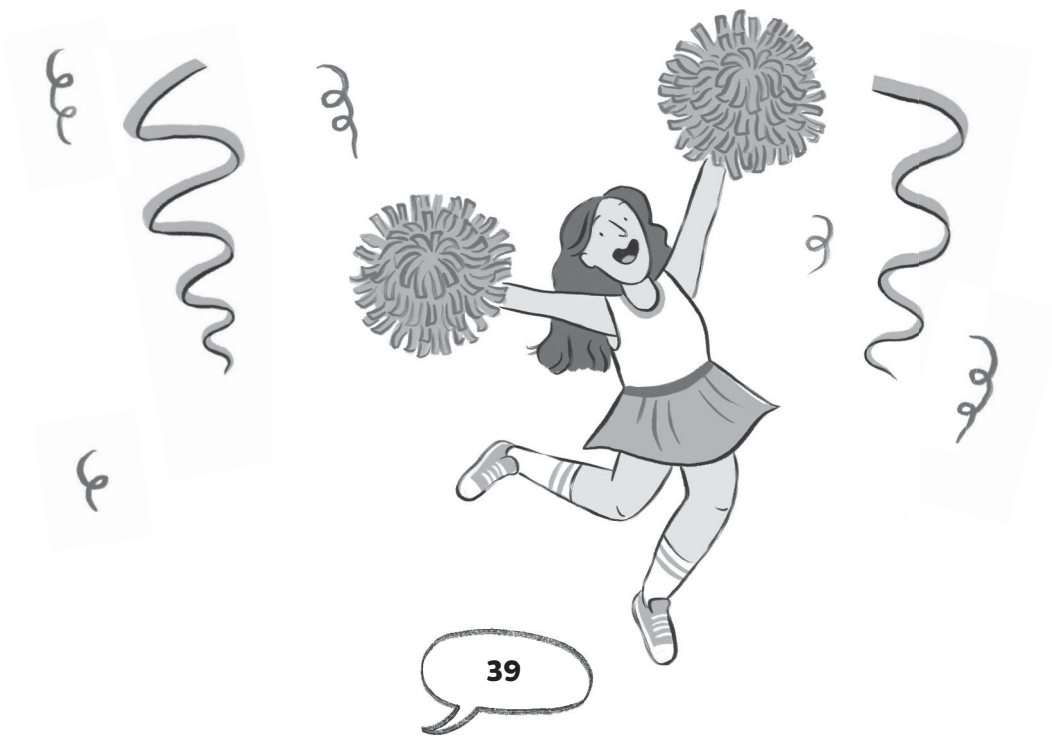
ROSIE'S ROUND-UP!



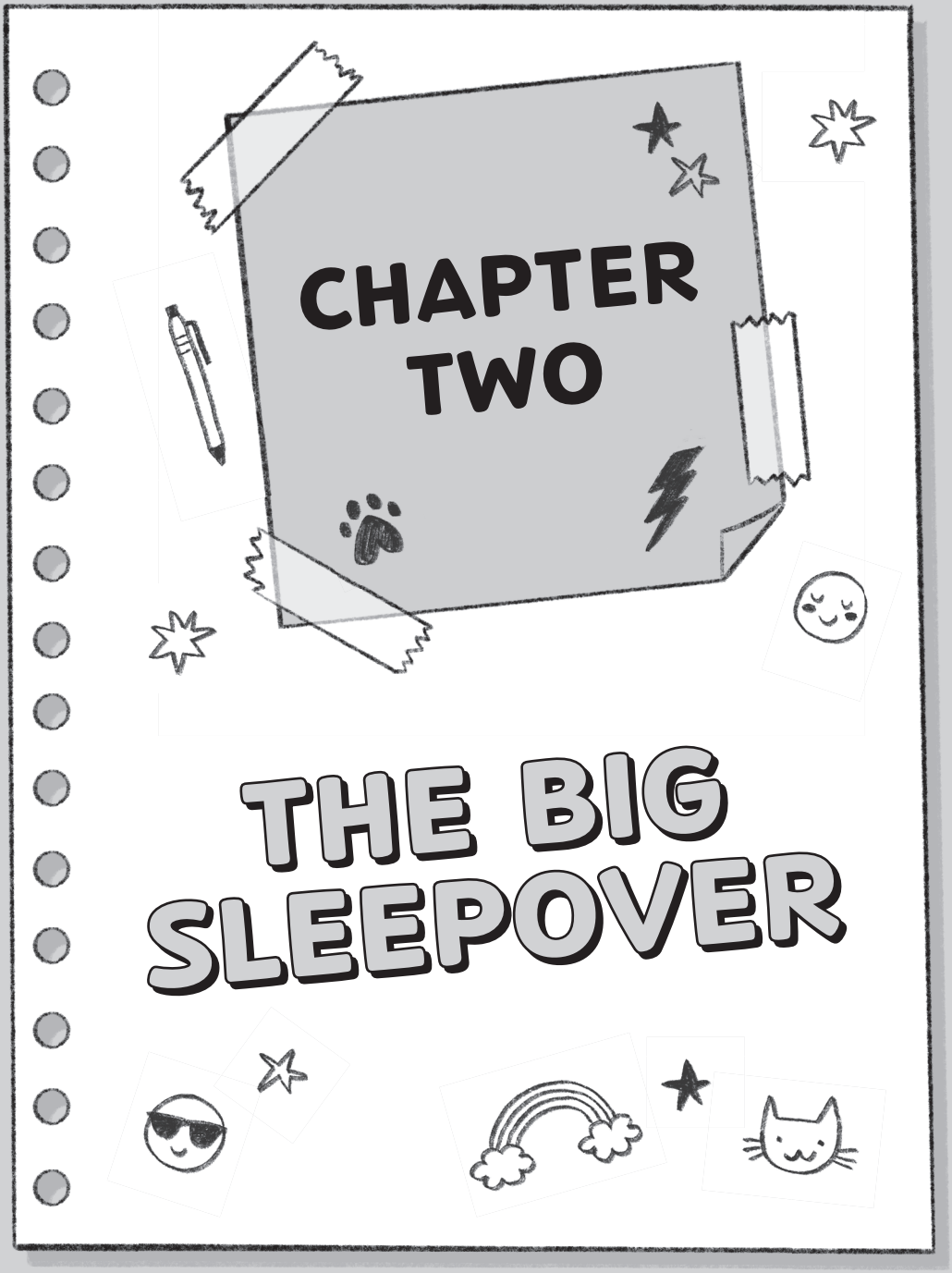
Friends are such an important part of life, and I don't know where or who I would be without my brilliant pals.

My friends lift me up, celebrate me, and make me feel less alone in the world.

Three cheers for all our buddies!






CHAPTER TWO
THE BIG SLEEPOVER

PAIRING SNACK

Pringles or your favourite salty snack

THE ultimate sharing snack. Can your arm reach to the bottom of the tube to get the last of the crisps? One time, I nearly got my hand stuck!





PAIRING DRINK

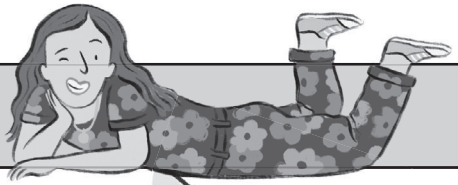
A fizzy drink

It could be a healthy, fruity one and I will give you extra points if you team this up with an epic burp.

I SHOULD READ THIS WHEN . . .

I am going to a party and I am feeling a little bit worried about it.

ROSIE'S RAMBLINGS



When I was at school, sleepovers were my favourite thing *ever*. If my mum and dad had let me, I would've had a sleepover every day! But, unfortunately, they always made me wait for the weekend and the holidays.

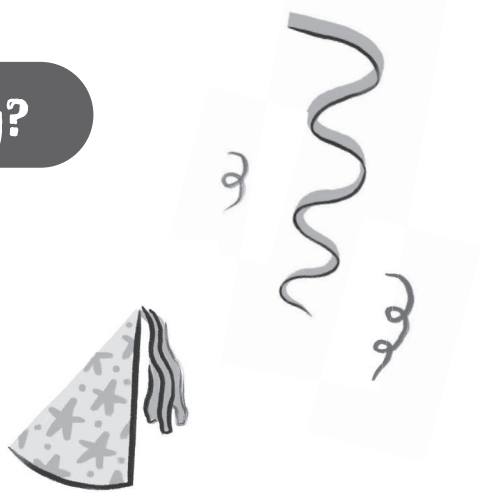
Even now, I **LOVE** having a sleepover and my friends come over all the time for a duvet day, where we watch films on the sofa and eat loads of snacks.

There are a few secrets to planning (and attending) the perfect sleepover or party, and I am going to tell you them all now – you are **WELCOME!**

Who are you inviting?

This is arguably the most important part of a sleepover or party – the guest list!

Who are the lucky people on the list?



When I was younger, I thought the sign of a good party was how many people came. The more, the better. For a birthday one year I literally invited the entire class, even though I wasn't really friends with half of them.

I thought that inviting lots of people would mean I was popular and being popular was good. But over time I realised it's not about quantity, it's about quality. It's about inviting good, fun people. And, most importantly, people you enjoy spending time with.

Another thing to think about is whether the people you've invited will get on with each other? Think about their personalities. Do they have things in common? What do you do with each of these friends when you hang out? Are the activities similar? That's a sign they'll get on well. My favourite thing is when two of my friends, who don't know each other, get on. It's like matchmaking for friends!

It's good to have a balance of different personalities, too. You can't have ten very **LOUD** people because that would be hilariously chaotic!





Totes awks

While it's important to get your guest list right, it's just as important to be kind and not exclude a friend just because you don't think they're cool enough (or another silly reason).

Honesty is the best policy. If you decide not to invite a friend, tell them that you're arranging a sleepover but you would prefer to hang out with them separately, at another time. If you don't tell them, then they might find out anyway and the secrecy will hurt them even more.

Big group, little group, cardboard box

Even though I have lots of friends and I love being sociable, I often find big social groups overwhelming. I don't know who to talk to and sometimes say weird things when I meet people for the first time because I feel awkward.

I often find I have a better time when I hang out with just one or two friends. It means we can chat properly

about things I probably wouldn't talk about with a big group of people. I can be honest with them.

Of course, big parties are fun, too. I love the days where I can dance, dance and dance until it feels like my feet are going to drop off!

Parties are also a good place to meet new people and make friends, which is always very fun!

You're the host, not the leader

Even if your friends are coming to your house to hang out, it doesn't mean everybody has to live by your rules!

When you're thinking about what to do together, think about what **EVERYONE** would like to do. Is there something fun and different you could all make together? Do you all like the same kind of movies? Find an activity that everyone would enjoy.

When I was at school, we didn't have Netflix, Disney+ or any of the other streaming services. We just had video shops. Me and my two best friends would walk to the

video shop, spend ages choosing a film, then rent it out for the evening. When we **FINALLY** decided on a film, we'd go to one of our houses, dive under our duvets and watch it with a pile of popcorn.

Lights, camera, action!

My friends and I are always creating new ideas for TV shows, and we spend whole weekends together writing, filming and editing the shows. Is there a new comedy, gameshow or quiz show you can create together and then film or play out?

When you are creating a TV show, there are so many different things to think about, such as writing scripts, filming, costume, makeup and acting in front of the camera. Make sure you and your friends choose jobs that are suited to your strengths. Don't forget a runner, too! In my opinion, this is one of the most important jobs when you're making a TV show, because runners make sure that everybody is happy, have everything they need, and are fed and watered. A runner needs to be able to make a cracking cup of tea!

You also need to decide what type of show you are making. Is it a comedy show, a gameshow, a drama with lots of action or a documentary? My favourite show to make when I was younger was a quiz show. I would write out the questions and ask my parents to be contestants.

Once you've filmed your TV show, watch it back! Is it as good as your thought it would be? I'm sure it's brilliant!

Don't worry if you're overwhelmed

Parties and sleepovers are so much fun but they can also feel a bit scary.

If you ever feel overwhelmed and you're not enjoying yourself, then don't be afraid to go home. It's good to step out of your comfort zone every so often, but it's also okay if it feels too much and you need the comfort of home.

Sometimes I go to parties and realise I'm not enjoying myself. It could be because I don't know the other guests very well and find them hard to talk to, or it could be

because I'm feeling tired and not very sociable. So, I go home and it feels **SO GOOD** to be in my own space and climb into bed!

Don't worry if you don't feel sociable one hundred per cent of the time. Nobody does. It's always useful to spend some time on your own too because it makes you appreciate it more when you hang out with other people.

Imaginary parties!

I love to plan imaginary parties for when I am older (and super rich!). Why not plan your own imaginary party?

Things to consider for your imaginary party:

- Who are you inviting? Remember, this is *your* party, in *your* imagination, so you can invite ANYBODY. I'm definitely inviting Taylor Swift!
- Where are you having your party? Is it in a castle, on a mountain, on a desert island or somewhere way more cool?

- What music are you playing? Are you going to have a band or a DJ or my favourite . . . KARAOKE!
- What food are you making? Or even better, what restaurant are you ordering food from?
- Do you have a theme? Is it pyjamas or fancy dress? I love fancy dress!
- And the most important question . . . *am I invited?*



You never know, your imaginary party could give you an idea of things you can do for your next *actual* party.

Parents aren't thaaaat bad

When I went to my friends' houses for sleepovers, I'd sometimes find myself chatting with their parents. It's good to remember that even though they're grown up, parents can be still kinda cool - honest!

Even if you don't hang out with them ALL night, it still might be quite fun to play a game with them or watch something together. You might all have a great night hanging out!

Don't be lazy – make it!

It's easy to order things online that come straight to your door, but it can be a lot more fun to make things with your friends when they come over.

Make your dinner! How well do you and your mates work together on a task? Together, can you decide what you're making and who is doing what? Maybe one of you doesn't want to cook, so they're in charge of making the table look fantastic. You could even all go grocery shopping together. Can you buy all the ingredients for the cheapest price?

You could try the £1 challenge where you each have to buy toppings for your pizzas for less than £1. Do you think you can do it? If you're cooking up a storm in the kitchen, remember to ask your parents or caregivers for help. We don't want a fiery kitchen sleepover...!

Birthdays – to party or not to party?

Every year near my birthday (24 June, thanks for asking. I'll be expecting a birthday card from you all!), I start to worry about what I should do.

Sometimes, there seems to be loads of pressure to do something super sociable for your birthday. Often, people expect you to have a party or to at least do *something* for it.

But remember – it's *your* birthday. You should do whatever you want to do. This could be going to the cinema with a group of friends, going for dinner with one friend, or just hanging out with your family (which is pretty much what I do every year).

Be aware of everybody else

The best sleepovers happen when everybody is having fun and that's why it's so important to be aware of all your friends, and how they're feeling through the night.

Maybe one friend is being more quiet than usual. Without making it too obvious, maybe when you have a moment alone together, ask them if they're okay and if they're having a fun time? They might just feel tired, or they might have something they would like to talk to you about. Either way, it's *always* good to check in on somebody and how they're feeling.

Don't be offended either. They're probably having a good time in your company, but they're not feeling themselves. It's okay to be quiet around your friends but they'll appreciate you checking in.

Snacks are so important – but be careful of the sugar rush!

One time, my mates came to my house for a sleepover. It was super fun and we spent the whole night eating lots of snacks and playing games.

Obviously, I **LOVE** snacks and I got way too excited. My dad made us pizzas and I ate all of mine, *plus* all of my friends' crusts. And I ate nearly a whole tub of strawberry ice cream. We then jumped up and down on my bed. I was so excited that my friends were around,

I started showing off in front of them. I had eaten so much that when we sat down to play a board game . . . I vommed all over the Monopoly board. There was vomit everywhere! It was totes embarrassing. In the end, my tummy ache was so bad, I had to go straight to bed.



Don't do what I did – stop eating when you're full!

Why not try some healthy treats at your next sleepover too like yoghurts with fruit toppings and popcorn.

ROSIE'S ROUND-UP!



The most important part to any party or sleepover is having a fun time. You shouldn't ever feel like you need to host something just because people expect it.

Everybody is different, and a party is whatever you want it to be. The bottom line is: if you're with the right people, anything you do will be fun!

Stop worrying and just enjoy hanging out!





Why not try Rosie Jones's hilarious series The Amazing Edie Eckhart!

