

So, you're thinking about hosting a book club?

We're so glad you're interested in joining this conversation. Here are some prompts to help you get started.

Step 1: Decide what kind of book club you want

Your book club can be as informal or structured as you like. Here are some options:

Informal options

- **Casual conversations:** Invite a few friends or family members to read the monthly book selection and chat over coffee, dinner or a group text.
- **Family book night:** Read the preschool book with your kids, then reflect together using the questions in the guide.
- **Pop-up chats:** Post on social media or in a local group to find others reading the same book. Meet up in person or online for a discussion.

More structured options

- **Traditional book club:** Schedule monthly meetings where everyone reads the same book and discusses it using the guide. Rotate hosts or meeting locations.
- **Community-led club:** Host a book club through your local library, workplace or community centre. Invite people from diverse backgrounds to share perspectives.

Step 2: Plan your first meeting

1. Pick your format

- **In person:** Host at someone's home, a café or a library.
- **Online:** Use Zoom, Teams or other platforms for virtual discussions.

2. Share the book and guide

Make sure everyone knows which book to read and where to find the discussion guide. Selections are available on the [Commissioner's Book Club website](#).

3. Choose a discussion style

Decide whether one person will lead the conversation or if the discussion will happen more organically.

Step 3: Use the discussion guides

The discussion guides are designed to help your group explore the book's themes and connect them to human rights. Here's how to use them:

1. Start with the summary

Review the discussion guide's book summary together to ensure everyone is on the same page.

2. Dive into the themes

Discuss the human rights themes highlighted in the discussion guide.

- How do they relate to the characters or story?
- Do they connect to your own experiences or community?

3. Reflect and share

Use the discussion guide questions to spark conversation. Encourage everyone to share their thoughts. Conversations regarding human rights themes aren't always comfortable or smooth, and sometimes leave people feeling confused, embarrassed, angry, sad or unsure. It is okay, and sometimes even helpful, to feel uncomfortable in these ways because it can help us to reflect on what actions we can take to make things better.

- Decide if you want to develop a group agreement to create a space where people show mutual respect and listen attentively to what others share. Some suggestions we have seen in group agreements include listening actively, being present, being open to new ideas, showing gratitude when people share and how differences of opinion will be held.
- Identify ways for everyone to participate and to be heard. For example, consider taking turns speaking around a circle or pausing from time to time to invite those who have not yet spoken to have the opportunity to contribute.
- Take breaks. Go outside or stop for a movement break. Pause for snacks!

4. Take action

End with a discussion on how the group can apply what they've learned.

Step 4: Keep it going

Here are some tips for maintaining momentum:

- **Set a schedule:** Choose a regular meeting time, like the first Wednesday of every month.
- **Rotate roles:** Have members take turns leading discussions or hosting.
- **Mix it up:** Alternate between the adult and preschool book selections or choose both!
- **Stay connected:** Create a group chat, email thread or social media page to share updates, reminders and reflections.

Step 5: Spread the word

Invite others to join your book club and help build a culture of human rights. You can:

- Share your club's experiences on social media.
- Partner with schools, community groups or local businesses to host events (resources are available on [our website](#)).

Why start a book club?

Starting a book club isn't only about reading—it's about connecting with others, learning from diverse perspectives and inspiring action. Through storytelling, you can foster empathy, deepen your understanding of human rights and help create a more inclusive community.

Ready to begin? Visit the [Commissioner's Book Club website](#) to download this month's book selections and discussion guides. Together, let's read, reflect and connect!