

Hygée ÉDITIONS Hygée Éditions offers fun and thoughtful books for kids, pre-teens and teens!

These books are brought to life by a dream team of children's authors, illustrators, journalists, psychologists, and science experts—all working together to make big, tricky topics easier to understand.

From emotions and illness to grief and growing up, picture books and documentaries gently explore the kinds of questions kids often wonder about but don't always ask.

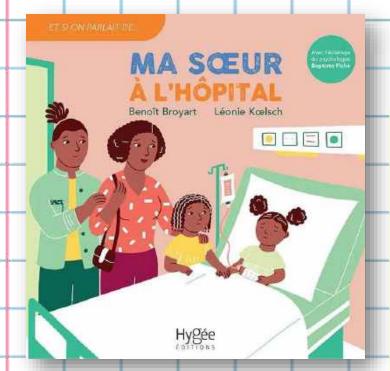
The goal? To help them feel seen, supported, and a little more ready to handle life's ups and downs—while **keeping their minds and hearts healthy**.

Hygée's books are also here to lend a hand to parents, teachers, and healthcare heroes, offering clear, comforting answers when young readers need them most!

66

<u>Series</u>

"What if we talked about..."



Thematics: Hospital.

Family Illness

Fears

Author:

Benoît BROYART

Illustrator: Léonie KŒLSCH

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm

Hygée

MA SŒUR À L'HÔPITAL My Sister in the Hospital It's Marget is were werried. Here I

It's Margot is very worried. Her little sister, Clémentine, had to be rushed to the hospital for appendicitis surgery. Although the doctor assured her it was a minor procedure, Margot remains worried—it must be painful!

What if Clémentine doesn't wake up after the operation?

While visiting her sister, Margot discovers the hospital environment. In the colorfully painted corridors, she meets a child suffering from a chronic illness and the friendly and competent nursing staff. Since this visit, the hospital has become a little less frightening for Margot...

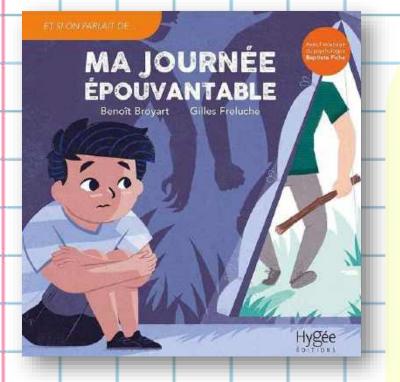
This children's picture book explores the theme of hospitalization and aims to ease the anxieties associated with this experience. The illustrated story is followed by six pages of nonfiction, presented in the form of a dialogue between the child narrator and a psychologist, to help young readers understand and manage the fears and questions associated with the hospitalization of a loved one.

- Help to explain hospitalization to children.
- A tool to overcome fears related to a loved one's hospitalization.
- Reassuring illustrations for young readers.





"What if we talked about..."



Author:

Benoît BROYART

Illustrator:
Gilles FRELUCHE

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics: Bullying Violence Bullying

MA JOURNÉE ÉPOUVANTABLE My Terrible Day

Today, everything seems to be starting well for Timéo. On vacation for a week, he arrived the day before at the Sunflower campsite with his parents and older sister. However, despite the sunshine, the day doesn't go as planned. In the morning, returning from the showers, he witnesses a violent fight between two children. Screaming, hitting... Timéo runs away, not knowing how to react. In the afternoon, near the pool, he sees a little boy being robbed by two older boys.

- This picture book addresses the daily violence a child may face: fights, arguments, bullying... This violence can occur anywhere and at any time.
- How can we understand this behavior and how can we deal with it?
- After the story, a discussion with psychologist Baptiste
 Fiche helps us understand these violent situations
 and determine the best approach to take to deal with
 them.

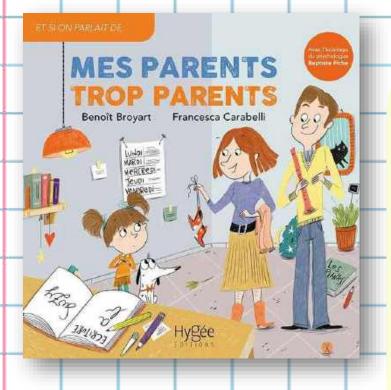








"What if we talked about..."



Family Pressure

Author:

Benoît BROYART

Illustrator: Francesca

CARABELLI

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm

Hygée

MES PARENTS TROP PARENTS My Way-Too-Parenty Parents

A picture book about parental pressure.

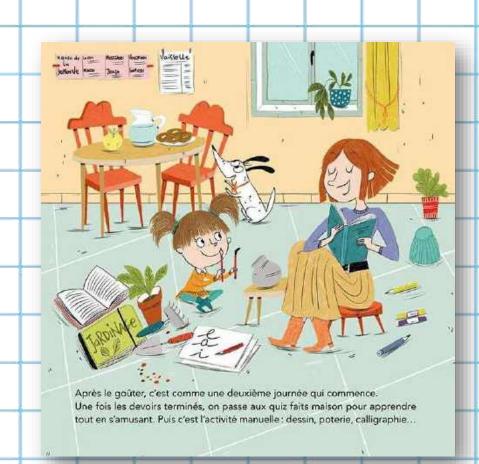
As soon as Suzy gets home from school, she jumps into the busy schedule her parents have planned for her. After homework, it's quizzes, crafts, or sports—if there's time. Wednesdays are packed with basketball, clarinet, and English lessons.

For Suzy, this is just normal life. She doesn't realize that her parents are overinvested and trying to be the best parents in the world.

But one evening, Suzy feels tired. She doesn't want to do anything at all. What she really wants is to spend a relaxed Wednesday at her friend Lola's house...

How can she tell her parents that enough is enough—without upsetting them?

- Understanding when parents get too involved and how it affects everyone.
- Tips for balancing activities and free time.
- A relevant and timely topic.

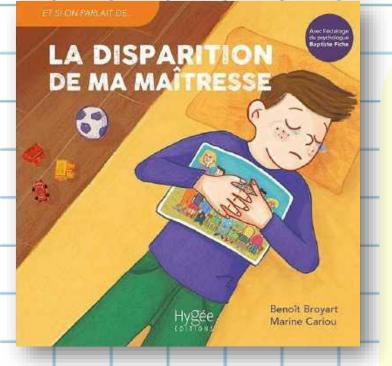




Et avant le repas, maman cale toujours une petite séance de sport « Enfile tes baskets, Suzy. Aujourd'hui, parcours santé. Tu m'en diras des nouvelles! »



"What if we talked about..."



Author:

Benoît BROYART

Illustrator:
Marine CARIOU

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics:

Grief

Family Dialogue

School ons

LA DISPARITION DE LA MAÎTRESSE When the Teacher Went Away

A touching and delicate book to address the loss of a loved one and the emptiness it leaves behind.

This morning, Victor notices the absence of his teacher.

From the moment he arrives at school, there's a strange atmosphere. Victor senses that something is wrong.

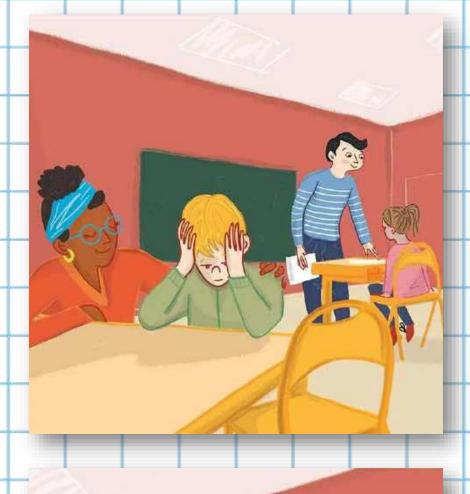
When the principal, accompanied by the new teacher, breaks the news to the students, Victor's world falls apart. His teacher passed away the day before in a car accident.

Unlike his classmates, he doesn't cry and refuses to accept the death of his beloved teacher.

As the weeks go by, Victor has to face the truth... He is deeply sad. Everything seems to be going wrong.

How can the others like this new teacher? In his room, Victor looks at a class photo from the previous year. So many good memories...The day Victor is finally able to cry, his mourning can truly begin, and he will start to feel some relief.

- Gently supports children through grief.
- Helps little ones share their feelings.
- Brings families closer through open talks.



Pendant le reste de la matinée, on joue pour faire connaissance avec le nouveau maître. On nous propose aussi de parler avec une dame, une psychologue, pour exprimer ce que l'on ressent.

Puis les autres se remettent à travailler, comme si de rien n'était.

Comme si ... Madame Ramery, ma maîtresse préférée, n'avait jamais existé.

Cette journée est la pire de toutes les journées.









"What if we talked about..."



Family. Adolescence

Loneliness Emotions

Author:

Benoît BROYART

Illustrator: Laurent RICHARD

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm

LA CRISE D'ADO DE MON GRAND FRÈRE

My Big Brother's Teenage Meltdown

This picture book gently explores some of the more complicated moments in family life: Adolescence-a time of transition between childhood and adulthood-can be confusing, even upsetting.

At home, Theo feels lost. His beloved older brother, Swan, doesn't want to play with him anymore.

For the past few weeks, Swan has been ignoring him, preferring to stay in his room or hang out with his friends. Tensions between Swan and their parents are constant.

What's going on at home? Theo wishes he could understand...

"Your brother is a teenager now, Theo. You'll have to get used to it. He's growing up. Everything is changing for him. Adolescence isn't an illness. Don't worry."

Adolescence isn't an illness? Easy to say. Then why does Swan have all those spots on his face? How do we deal with the changes that come with adolescence? How can we communicate with a teenager in crisis? What should we do when someone we love starts taking risks?

This book explores those tricky family moments and growing pains that come with adolescence. With guidance from a psychologist, it offers helpful advice and gentle support to help children navigate these emotional storms with greater calm and understanding.



Ce matin, l'ai terminé un niveau sur ma console. Quand je frappe à la porte pour le dire à Swan, j'entends une voix bizarre Mouais, qu'est-ce qu'il y a encore?»



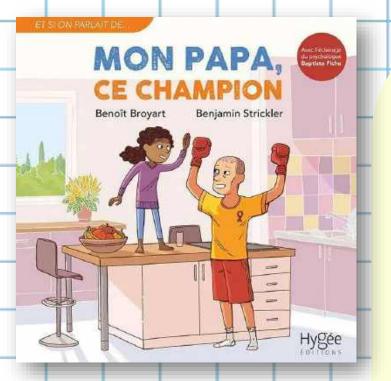
Il est onze heures et ses volets sont toujours férmés. J'allume la lumière Swan se met à crier: «Mais dégage, le nain de lardin! Éteins ca et laisse-moi

que mes parents appellent le médecir

Picture Book / Non-Fiction

<u>Series</u>

"What if we talked about..."



Author:

Benoît BROYART

Illustrator:
Benjamin

STRICKLER

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm Thematics: Cancer

Family Illness

Loss otions

MON PAPA, CE CHAMPION My Champion Dad

A book to remind us that we don't have to face illness alone – and to help children express and understand their emotions.

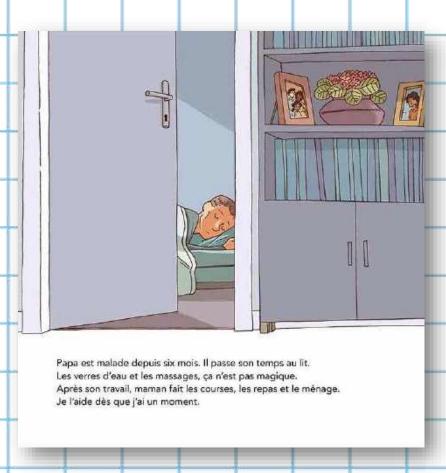
Lilou's dad, passionate about cycling, swimming, and running, usually spends a lot of time training. But for the past few weeks, his running shoes have stayed in the closet.

Lilou is worried: her dad, normally so full of energy, now seems exhausted.

Soon, she learns the truth – her father has cancer. But he's determined to fight the illness. To Lilou, her dad is a true champion.

What is this disease? How can parents talk to a child about a serious diagnosis and help them through such a difficult time? How do we prepare for – and live through – the possible loss of a loved one? These are the questions explored in this children's picture book, supported by the thoughtful guidance of a psychologist to help families approach illness with calm and compassion.

- A gentle way to understand feelings about illness.
- Encourages open dialogue between parents and children.
- An inspiring story of courage and resilience.





J'en ai assez de ce cancer.

Quand je rentre de l'école, j'ai des choses à raconter... et personne ne m'écoute. On s'occupe tout le temps de papa, mais qui s'occupe de moi?

Cette maladie, j'aimerais qu'elle nous fiche la paix.



Picture Book / Non-Fiction

<u>Series</u>

"What if we talked about..."



Author: Benoît BROYART

Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics: Alzheimer Grandparents

Family Grandparents

MON PAPY TÊTE EN L'AIR My Forgetful Grandpa

A book to encourage children to think about an illness that may affect someone they love and helps guide them through their questions with compassion and understanding.

Zoe's grandfather is coming to stay with her for a few days before moving into the retirement home where he'll soon be living.

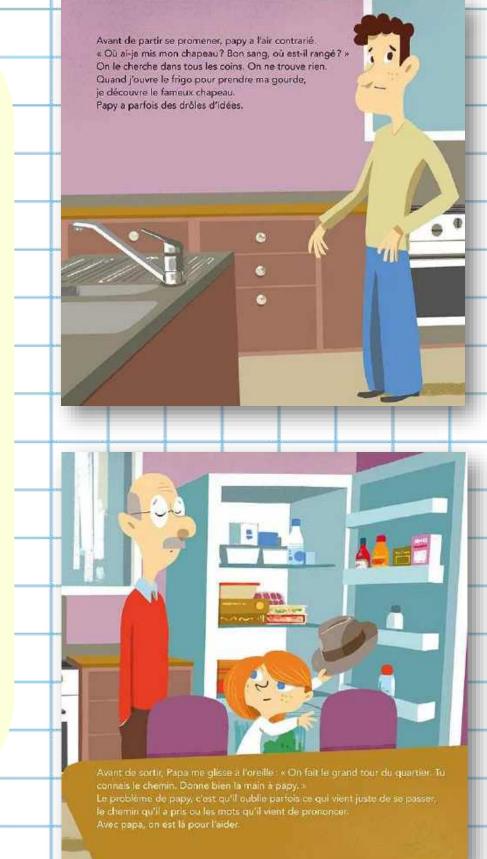
Zoe is thrilled to spend time with him – even though she's noticed he seems a little confused lately. This visit is sure to be full of surprises...!

This picture book gently and thoughtfully explores the theme of degenerative illness (Alzheimer's disease) from a child's point of view.

How does Zoe see her grandfather? Why does he sometimes seem confused? What challenges is he facing? Why does he need to be watched more closely?

The story is followed by a conversation between a child and a psychologist. The psychologist's intervention helps explain the illness, its symptoms, and the difficulties it brings – and offers practical advice for helping someone living with Alzheimer's.

- A sensitive approach to Alzheimer's disease for children.
- An insightful dialogue between a child and a psychologist.
- A valuable tool for families and healthcare professionals.

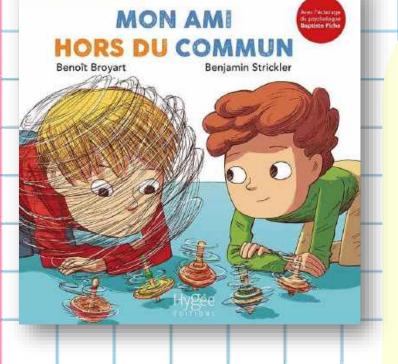




Picture Book / Non-Fiction

<u>Series</u>

"What if we talked about..."



Friendship Autism Eriendship Kindhess

Author:
Benoît BROYART

Illustrator: Benjamin

STRICKLER

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm MON AMI HORS DU COMMUN My Extraordinary Friend

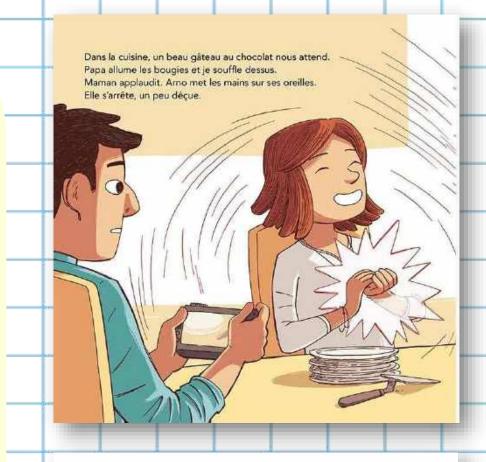
This picture book helps readers think about autism and encourages a compassionate view of this condition and of difference.

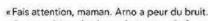
At school, Arno stays alone and doesn't speak to anyone during recess. One day, a younger classmate notices him and decides to invite him to his birthday party. Having an older friend is quite rare and special!

This children's book gently and thoughtfully addresses the topic of autism. How does the young narrator see his new friend? What makes Arno unique? What challenges does he face? And how can we interact with someone who is autistic?

The book includes an illustrated story followed by six informative pages in the form of a dialogue between a child and a psychologist.

- A touching story about friendship and difference.
- Approaches autism with sensitivity and care.
- Features advice from a psychologist to better understand autism.





Bon appétit», chuchote alors papa. Ouf, mes parents ont compris.
 Avant de manger, Arno replace les cuillères à droite des assiettes.
 S'il préfère, je n'y vois pas d'inconvénient.

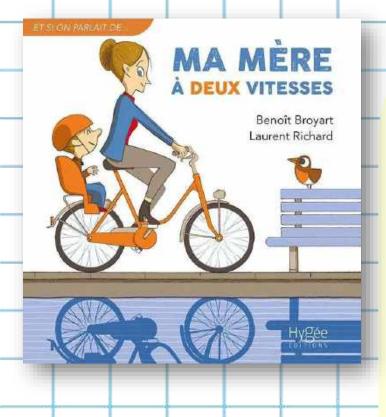






Series

"What if we talked about..."



Author: Benoît BROYART

Beholf BROYAR I

Laurent RICHARD

Illustrator:

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm Thematics:

Ripolar

Family

Bipolar

Emotions

disorder

disorder

disorders

MA MÈRE À DEUX VITESSES My Mom Goes Two Speeds

This children's book gently explores bipolar disorder. It offers families and healthcare professionals a cha

It offers families and healthcare professionals a chance to help children understand a condition that may affect someone they love, while guiding them toward a calm and hopeful perspective on the illness.

Through the twelve months of the year, the author compassionately and insightfully depicts the sometimes-difficult daily life of a child whose mother lives with bipolar disorder.

At the end of the book, two double-page spreads – created with the help of a psychologist – explain the disorder and support children in developing a peaceful attitude toward it.

Laurent Richard's soft, colorful illustrations and Benoît Broyart's carefully crafted text invite young readers to connect with the character and enjoy this simple yet deeply emotional story.

- Approaches bipolar disorder with clarity and kindness.
- Includes expert advice from a psychologist to better understand the condition.
- Features gentle, colorful illustrations to engage children.



En janvier, des qu'elle rentre du travail, maman nettoie la maison. De la cave au grenier et du sol au plafond. Rien ne lui échappe. Pas un grain de poussière. Pas une araignée! Ma mère est une tornade!



Le soir, après manger, elle s'attaque à l'escalier. Avec papa, on vient l'aider. Chacun frotte pour que tout soit propre. On chante tous les trois à tue-tête. Rien ne nous arrête.



6 MIS

S ANS

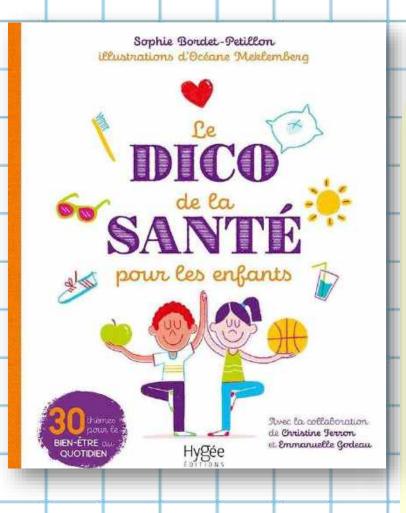
Author:
Sophie BORDETPETILLON

Illustrator: Océane MEKLEMBERG

Clinical psychologist:
Christine FERRON

Lecturer and Researcher: Emmanuelle GODEAU

72 pages 19 x 23 cm



Health Dictionary

LE DICO DE LA SANTÉ The Health Dictionary for Kids

A must-have guide for everyday well-being!

This first dictionary introduces children ages 7 to 11 to the world of health in a fun, accessible way—covering physical, mental, and social well-being.

The body is an incredible machine: a skeleton to stand tall, muscles to move, a brain to think... Of course, we need to take care of it to stay healthy. How? By eating well, staying active, getting enough rest, and keeping clean.

But taking care of your body isn't enough to feel truly well. To feel good, everyone needs to find their place among others and in their environment, learn to recognize their emotions, and understand their rights.

All of these topics are covered in this health and well-being dictionary. Designed for kids to read on their own, they will find valuable information, helpful tips, and smart advice they can carry with them for life.

- A guide all about kids' health and well-being.
- Featuring vibrant, engaging illustrations by Océane Meklemberg.
- Written by a team of experts: a well-known children's author, a public health doctor, and a health education specialist.



Grandia à petita no

La croissance, c'est le fait de grandir. Les as s'allongent, les muscles se développent, le cerveau se madifie, l'ensemble du corps change. Et les vétements doviennent trop petits... Que de changements de la naissance à l'âge adulte! Pourtant, on reste la même personne...

Grandir, c'est aussi s'ouvrir au monde et aux autres. Grandir, c'est apprendre à chalsir, prendre des décisions, savoir dire NON à quelque chose qui représente un danger. Grandir, c'est devenir autonome pour, un jour, pouvair voler de ses propres ailes.

Quelle aventure! Heureusement, on a toute la vie pour cela

Se titre du la surae serve service

À CHAQUE ÂGE SA TAILLE*

A la neissance, les bébés mesurent en regienne 50 cm. Ensuite lle grandissent d'environ 25 cm en un an l

À 4 ave, un enfant mesure près d'un mêtre.

Entre 7 et 11 ans seviron, le corpe grandis de 5 a 6 cm par an. Durant cette période, les filles et les garçons grandissent de la même façon.

Ver 10, 11 ces le hauer de filles en la place.

Vers 10-11 ans, la plupart des filles ont un pic de orbissance. Elles unétent de grandir vers 14-15 ans.
Vers 12 ans, les garçans ont souvert un pic de croissance. En cénéral, les s'arritent de grandir vers 16-17 ans.

LA TAILLE MOYENNE DES ADULTS

Aujourd'hui, en France, une fernme mesure en moyenne 154 metre à l'âge adulte, un homme 1.76 mètre. Mais ce ne sont que des moyennes. On peut ôtre plus pait su plus grand. Avec l'âge, le corps a tendance à se tassir. En vieillissant.

Notre taille dépend de celle de nos parents, mais aussi de notre environnement : les populations du Nard de l'Europe sont en magemne plus grandes que celles du Sud. Elle dépend aussi de la qualité de notre alimentation, de notre santé, etc. il y a un siècle, nos anoêtres mesuraient



LA CROISSANCE À LA LOU

Lorsque tu vas voir le médecin, il le mesure et reporte ta taille et ton poids sur la courbe de croissance de ton camet de sonté. Il y a une courbe pour les filles, une pour les garçons. Tu peux le regarder l'







<u>Series</u>

"Don't worry, I've got this!"

Author: Sandra LABOUCARIE

Illustrator: Clothilde

Psychiatrist: Carmen SCHRÖDER

48 pages





DELACROIX

Sleep Adoleschanges

Sleep otions 18 x 24 cm

LE SOMMEIL ET MOI Sleep and Me

Sleep is essential for a balanced life! This book offers teenagers practical advice and simple explanations to understand the importance of sleep, debunk common myths, and improve their well-being and school success.

Today, one in two teenagers suffers from a lack of sleep. This practical and informative book explains why sleep changes during adolescence.

Twelve common myths are examined, with easy-to-understand explanations and tips to help teens realize that sleep is crucial for their development, emotional management, and that sleep deprivation affects their health, social relationships, and academic performance.

"I want to stay up later!", "When I sleep less, I'm in a bad mood...", "I like to look at my phone in bed to fall asleep"...These are just some of the statements this book explores, because sleeping is not a waste of time – quite the opposite!

- · Tips to understand why sleep is so important during adolescence.
- Effective recommendations to improve sleep quality, essential for a balanced life!
- Simple explanations and practical advice to debunk twelve common sleep myths.

















Series

"Don't worry, I've got this!"

Author: Sandra LABOUCARIE

Illustrator: Leslie PLÉE

Doctor: Sophie CHA

Lecturer and Researcher: Pascale PETIT-SENECHAL

48 pages 18 x 24 cm



SANDRA LABOUCARIE

AVEC L'EXPERTISE DE

les filles et les garçons

Hv@ée

Sport Adolescence Health
Stereotypes Health



The body needs at least one hour of exercise every day.

This book is aimed at teenagers, their parents, and caregivers. They will find clear explanations about the benefits of sport for physical and mental health, as well as tips to encourage physical activity and maintain good health.

and how gender stereotypes influence teenagers and their parents, contributing to this lack of physical activity.

"Is moving around the same as playing sports?", "Can you do too much sport?", "Are there sports for girls and others for boys?", "Are there medical reasons to avoid sports?"

This book answers teenagers' questions and encourages them to get moving!

- Tips to include physical activity in daily life.
- Explanations of the health benefits of sports.
- An analysis of gender stereotypes in sports.

LE SPORT ET NOUS

Sport and Us

This book debunks twelve common myths about sports for teenagers, providing clear explanations and practical advice to encourage young people to stay active, while breaking down gender stereotypes in sports.

Just like eating or sleeping, physical activity is essential.

They will also discover why sexism still exists in the world of sports



- Si tu es une filte et que tu aime courir, frapoer dans un batton, ne loiss personne te traiter de garçon manqu

CONSCILS

u es une fille brès réussie l Si tu es un garçon, et que tu es seut à personne te traiter de fille, etc. Et d'abard pourquoi être une filte serait une insulte :

- Être le seut garçon ou la seule fille dans un cours ou un entroinement, ce n'est pas toujours simple | Mais si c'est le cas sois fier (ou fière) d'assumer les envies Et puis, être le seul ou la seule, peut apoir aussi des quantages : La concurrence





y a-t-il plus de filles ou





À l'école, au collège, il y a souvent des borème peur les filles et d'autres pour les garçons, mes ne sont gas justifiés, car il peut atre une fille et un garçam. L'écart ser lutôt lié à une pratique sportive en club en est aven fixant des abjectifs alus élevés che a garçons. Ils laissent croire que les garçons





<u>Series</u>

"Don't worry, I've got this!" PR REBECCA SHANHLAND

LES ÉMOTIONS

Harmannes de Lavifetéervonges

Mieux les comprendre pour mieux les vivre

Emotions Teenagers

Adolescence

Author:
Sophie BORDETPETILLON

Illustrator:
Lavilletlesnuages

Clinical psychologist: Rebecca SHANKLAND

48 pages 18 x 24 cm LES ÉMOTIONS ET MOI

Emotions and Me

This practical and informative guide gathers advice to help teenagers learn how to manage their emotions. It helps young people identify, express, and understand their feelings to live better with them and take care of themselves and others.

Joy, sadness, anger, disgust, love... We need to learn how to live well with our emotions!

The thrill of getting "likes" on Instagram, the fear of public speaking, the disappointment after losing a sports game, the pride of a good grade in math... Our emotions enrich and color our days, no matter our age.

Twelve common myths are explored, each with clear explanations and practical tips to help teens recognize, express, and manage their emotions for a calmer experience!

- Tips for handling emotions every day.
- Engaging illustrations to make reading enjoyable.
- Expert advice to understand and manage emotions.



JE M'EMPORTE AU MOINDRE TRUC!

L'AVIS DE L'EXPERT

La college declarate lors d'une frantzione, d'une blaccate, d'une le la violence et détures une réalion à on ne la régule pas. L'a opprime le bound être de la violence de la population de haroblement, elle permet de population la violence de s'affirmer.

Quand his soften moute, on a le centrupé but plus fort, on as tend, en cert les polege, en pout moit sorte de fragges. Un coup, une insulte sont vit

se pasee à l'imbineur de soi. Ce recul peut éviter une réact Mais on n'y arrive pas toujours. Dans ce cas, en peut y re qualles attuations me mottent en celere? Qu'ai je à gi Quela beseinn ne aont pas satisfaits ? "muse du me moments de colère ou de la reporter sur quelqu'un qui n'



Régute la colère

 Inutite de frapper dans un coussin ou un punching-batt pour to faire sortir : ceta neua faire que l'entretenir! L'o plutôt prendre l'air, marcher, respirer fort...

 Une fois cotmé(e), tu peux alter voir la personne qui l'o énerué(e) Exprime-lui ton ressenti : « Je me suis senti blessé(e) quand... »
 « J'ai besoin de... » (éuite le « tu » accusateur). En comprenant mieux ce qui s'est passé pour toi, elle peul avoir envic de demonder pardon, de a réapres, la restation

 La communication non violente peut aider à identifier une frustration un besoin caché derrière une émotion et à trouver une réponse adaptée.

Si to calère débande trop souvent confie-toi à un psychotogue, un infir mier scotaire qui pourra l'opprendr des techniques pour diminuer l'inten sité d'une émotion, notamment pa la réspiration.





Coi, lorsqu'ils sont agressés par exemp exqui les incite à se differelar ou lorsque i de leur beuch est frustré (dormir, merger, reproduire), ce qui enfraîne de l'agressive Les grands mammilines resentant aussi di job, de la trictesse. Cos amotives para depoleur aur de ct à leur adaptation. Les élépha d'un troupose éprouvent de la trictesse qui l'un d'oux meart, tout comme les chie souvent, à la departion de leur maître. I différence des harmans, ils n'ont pus





Accessor as electrical in

Hygée



<u>Series</u>

"Don't worry, I've got this!"

Hygée

SANDRA LABOUCARIE

MARIE QUARTIER

LE HARCÈLEMENT

ET (PAS) MOI

L'essentiel

pour y faire face

Author: Sandra LABOUCARIE

Illustrator: Léonie KŒLSCH

Specialist:
Marie QUARTIER

48 pages 18 x 24 cm

LE HARCÈLEMENT ET (PAS) MOI Bullying and (Not) Me

Understanding and dealing with bullying.

Twelve common myths about bullying are examined, with simple explanations and practical advice to help teenagers recognize bullying situations, adopt the right reactions, and find solutions and support within themselves or from those around them.

This book provides clear explanations to understand how bullying works and practical tips to help teens cope, whether they are victims, bystanders, or even bullies themselves.

"Is bullying the same as teasing?", "If I'm bullied, does that mean I'll never have friends?", "If I step in, will people call me a snitch?"

- Clear explanations about how bullying works.
- Practical advice to deal with it effectively.
- Encourages speaking out to fight bullying together.



SONT LES PLUS POPULAIRES DU COLLÈGE...

In y a pour de profit type ni de harceleur ni de harcele. Mois dans "effetgroupe, la dynamique du harcelement peut favoriser des effets de popularit En clair, estui qui harcelement neut favoriser des effets de popularit certains popularitàs. C'est peut-ètre à eaul moyen qu'il ait bouve, le pu pour être entouric, cemarque, et avoir de l'influence aur les autres.

C'ast dangereux, même pour lai, car être populaire he veut pea dire être apprécie. Dans un contexte et un groupe différents, dans une autre alasse par exemple, il maure peut être pes cette place de mercar, de calai qui uence un autres. Et le souvenir de ce rails meneçant risque de lui celler à la presu et de

Le fait d'être harceleur est una question de place dons un groupe, pas de personnalit



L'empethie en s'anner

 Entraîne-toi à faire preuve d'empothie, c'est-à-dire à te mettre à la place de l'autre, à regarder une situation de son point de uue. Demande-toi par exemple; «Qu'est-ce que je ressencemple; «Qu'est-ce que je ressen-

 Réfléchis à ce qui fait la popularité de certains élèves; ant-its un talent particulier? Ou suscitent-ils surtout

?? QUESTION
Comment te sens-tu quand tu e: auec ces étéces « papulaires »: plutôt tranquille ou

DES ÉMOTIONS OUI PARALYSENT

L'âlève qui harcèle, qui intimide, ne se renu pas bujours comple de ce que pui essentia l'élève harcéle, du mai qui lest en train de faire Souvene, pris dans l'effet de groupe, il esenglué dans ace émotions sa propre angoleo et une socrie d'escétution filbrile, dans le rira dans la cruauté. Comme le gruupe encouragi la surienchôre, la violence peut d'installer, se buralise. Mais cette spirale peut étre stoppée se quelqu'en intervient énappreunt à chacun à se mettire à la place de l'élève buroilé. Car souvent des érrotions, comme la peur qué parallyse empédient octés capacité à être empériraire.



LE MARLING ET MACHINES SINT DE NOS PONLANCI DE COMPRE.



<u>Series</u>

SOPHIE BORDET-PETILLON

DR HELENE DONNADIEU-RIGOLE

LE CANNABIS

ET (PAS) MOI

L'essentiel pour m'informer

Addiction Cannabis

Addiction Cannabis

"Don't worry, I've got this!"

Author:
Sophie BORDETPETILLON

Illustrator: Clémence LALLEMAND

Specialist: Hélène DONNADIEU-RIGOLE

48 pages 18 x 24 cm

LE CANNABIS ET (PAS) MOI Cannabis and (Not) Me

With quirky and humorous illustrations, this book offers clear answers and practical recommendations to understand the effects of cannabis on health, the risks of a "bad trip," and addiction.

Thanks to the explanations and advice of addiction specialist Hélène Donnadieu-Rigole, this book gives readers all the right reasons not to start smoking—or can help those who already do to stop if their use becomes problematic.

"Cannabis is just a plant, it's natural." "It's a soft drug, it's not dangerous..." "There's no harm in trying a joint just once..." This book tackles common questions and breaks down misconceptions about cannabis.

- Clear answers on the effects of cannabis.
- Practical advice to avoid or stop using it.
- Modern illustrations to engage teenagers.



L'AVIS DE L'EXPERTE

Cella pout d'un farmant de furirer avec des copans pour essaves, pour aitre un tette, pour airrégrat a un groupe... It ain, à le différence true pretiers vetre d'alecci àu d'une première digrectio, un première ploi pour entre des contraits de la command de la commandat de la commandat

Program ou programs

(type contropted to). Calulas manifesto per dels has Dans de cas, il est eventent consulté de consulte Futter un port, destinata la porte brusité à d'au compagnes flobles, voire intépensables. Situ et avantent expérimente le compté, minudans pour l'inder les insues il adiriction, et pas de

Oue faire en cas de « bad trio » ?

Our force en cos de « dud trip » ?

Si tu es scol(e), essaie de ne pas
paniquer. Si tu lis peux, cuove
la fendire, étendo-toi, respine
profondament et attenda que
ça passe. Le miesix est de ne pas
rester scul(e), de faire appel
a une personne de confisione.

Si tu es en présence de quelqu'un
qui se sent mai, étenda-le
si possible dans un endroit natine,
roste à des cottés et ne charche
pas à le biaim parler à tout prix.
Rassure-le jusqu's ce que les effets
disparaissent.
Si pend commissione, appelle

« T'EN VEUX ?

Un jour, en soirée, en vacances ou au collège, on te dira poutètre : « Ten evus ? » Alors nieux vaut avoir préparé une phrase à l'avance pour refuser poliment et fermement : « Je. n'al pas besoin de ça pour mamuser...» Appartenir à un groupe ne nécessite pas forcément d'en adopter toutes les hébitudes. Si tu connais les risques auxquels tu l'exposes, il te sera plus facile de refuser Et oser dire « non » renforcera l'estime que tu as pour toi, et celle des autres pour toi. Ale confiance en tes choix,



de la PREMIÈRE EXPÉRI-MENTATION en France. 9,1 % DES ÉLEVES DE 3º ont expérimenté en 2021,

MÊME UN PREMIER JOINT PEUT PROVOQUER UN "BAD TRIP ".

t int disigne than à ramation administrative poor essayes :





<u>Series</u>

"Don't worry, I've got this!"

Author:

Sophie BORDET-**PFTILLON**

Illustrator:

Océane **MEKLEMBERG**

Child psychiatrist:

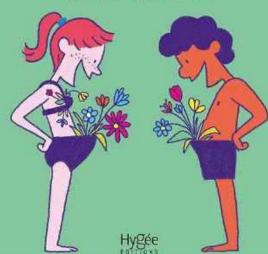
Marie Rose MORO

48 pages 18 x 24 cm

PR MARIE ROSE MORO LA PUBERTÉ

SOPHIE BORDET-PETILLON

L'essentiel pour la vivre sereinement



Puperty Body.

LA PUBERTÉ ET MOI Puberty and Me

Puberty is a time of major physical and emotional changes.

This book, illustrated in a fun and modern style, helps teenagers better understand and accept these transformations, so they can feel good about themselves-both in their minds and in their bodies.

Puberty brings big changes to the mind, body, and heart, and it often goes hand in hand with adolescence. It's easy to feel a bit lost during this time-and that's totally normal!

With playful, colorful, and modern illustrations, this book offers simple, reassuring answers to help navigate this stage with confidence.

With plenty of helpful advice, this book supports teens in making sense of it all.

"Is puberty the same as adolescence?"

"Why am I sweating so much?"

"Why do I have mood swings?"

This book answers all these questions-because when we understand what's happening inside, we feel better both in our bodies and in our minds!

- Reassuring answers to help understand puberty.
- Colorful, modern illustrations to spark interest.
- Tips for handling physical and emotional changes.













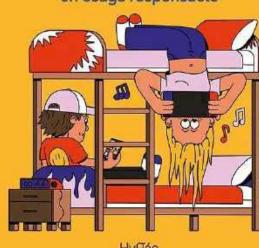


<u>Series</u>

"Don't worry, I've got this!"

DR SERGE TISSERON LES ÉCRANS LO DES TORBORISMENTO DE LA COMPANSIONE DEL COMPANSIONE DE LA COMPANSION

L'essentiel pour un usage responsable



Screens Health Teenagers

Author:
Sophie BORDETPETILLON

Illustrator:
Alexandre NART

Psychiatrist: Serge TISSERON

48 pages 18 x 24 cm

LES ÉCRANS ET MOI Screens and Me

With technology everywhere these days, it's super important to help young people understand how screens affect their health and how to stay safe online!

Game consoles, tablets, smartphones, social media... digital tools and the internet offer amazing possibilities!

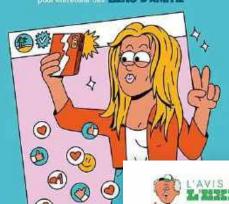
They're great—as long as you know how to use them smartly and safely.

Addictive design, too much screen time, fake news, data tracking, shocking images, online privacy... This illustrated book gives clear, simple answers and smart tips to help you become a confident and responsible digital user.

- Practical tips for safe and smart internet use.
- Fun, modern illustrations to grab your attention.
- A playful yet informative guide to digital life.

Je rêve dêtre Populaire Sur les Réseau e

> POUR 9 ADOLESCENTS SUR 10 SMARTPHONE OF ESSENTIEL



L'AVIS DE L'EXPERT

On a tous envie d'être apprécié et reconnu. Et, sur les réseaus sociaux, en est invité à poster toujours plus d'ailos perso pour récolter plus de « likes », de-

servieys ou de petoss farmmes. Mais lesseuses socieux ne mélatem pas toujours les vaisne : chacun essain du sy montrer plus frouvaux, uis beau et plus intéressant qu'il n'est en réalité. nombre de « likes » nu dit pas la valeur de la

Et un « like » n'est pas forcement un ami gagné. Un ami est une personne en qui on a confiance, qui



ASTUCES

Choisis un bon mot de passe (le nom de ton snimal préféré associe à tenée de naissance de trondes par exemple)

pe tompese, par exempley. Tègle les paramières de confidentialité en te mantum profil en mode privé. Tu peux demander le both de partitie

r làide à un advite. ormeste-toi uniquement aux personnes. orais dans la vie réelle et en qui tu as con

connais dans la vie résile et en qui tu as confuir Si tu manques de reconnaissence, ne cherc pas à capter plus d'atternion sur l'inemet. Cherc plutôt des amis dans le visie vie.

participate and an expension of the participate of

a confience en nous, et avec laquelle on na pas peur d'être soi-même. Ce n'est pas un simple contact

avec qui on écharge des photos et de la munique. Pour rester populaire, on peut être centé d'en fine toujours plus sur soi, et d'accepter toujours plus de contects, au risque d'etaler se vie privée devant tout le monde. Noublie pas qu'il y a teures sortes de personnes ser les révesues endires, y sompris des personnes ser les révesues endires, d'ont certaines pouvent se cacher domère un taux profit.

En plus, à force d'afficher sa vie, on risque de pessite trop centré aux sos. Et finalement de passe de con chire à reference :

A OURL AGE PEUT ON ALLER

A partir de 13 ann, en général, est bancoup de réseaux sont des sites annérientes nomine à une les interdeaux le cultorie de de des de la complete de des des de la complete de sign. On considére anne grun enfant a retement la materiré et la commissance des bomes proliques pour les utiliser sans risques. Els Prence, la loi a fixé la mujertif numérique - à 15 ann. Avont est age, tes pasents doivent autorises de vous est age, tes pasents doivent autorises de la complete de la la fixe de la mujertif que la 15 ann.

QUESTION Que t'apportent



ON ETHNOCOLLABORA MOREOVANE PO

Hygée