

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.

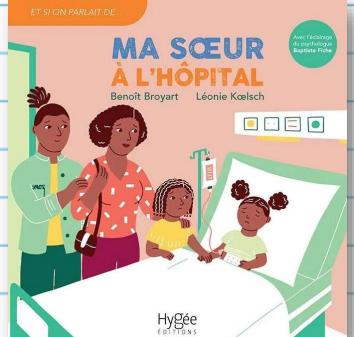
The goal? To help them feel seen, supported, and a little more ready to handle life's ups and downs—while **keeping their minds and hearts healthy**.

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!



Series

"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 SO My Sist It's Margo Clémentine appendicitis it was a mir must be pai

MA SŒUR À L'HÔPITAL My Sister in the Hospital

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.





Series

"What if we talked about..."



Author: Benoît BROYART

Illustrator:
Gilles FRELUCHE

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm



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.









<u>Series</u>

"What if we talked about..."



Family Pressure

Author:

Benoît BROYART

Illustrator: Francesca

CARABELLI

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm



MES PARENTS TROP PARENTS My Way-Too-Parenty Parents

A picture book about parental pressure.

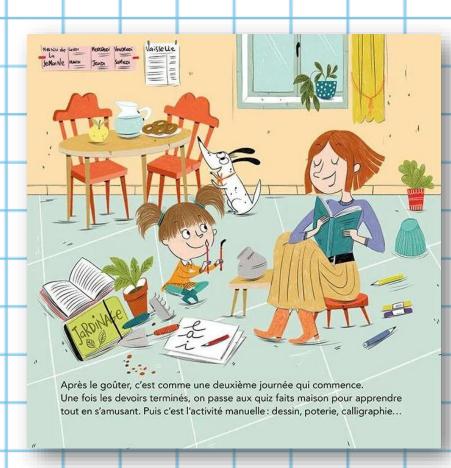
As soon as Suzy gets home from school, she jumps into the busy schedule her parents have planned for her. After homework, it's quizzes, crafts, or sports-if there's time. Wednesdays are packed with basketball, clarinet, and English lessons.

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 enoughwithout 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.





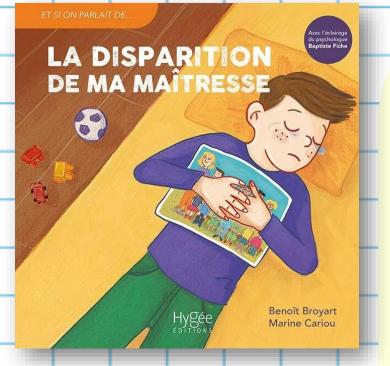
Et avant le repas, maman cale toujours une petite séance de sport. « Enfile tes baskets, Suzy. Aujourd'hui, parcours santé.

Tu m'en diras des nouvelles! »



<u>Series</u>

"What if we talked about..."



School Dialogue

Family Grief.

Author:

Benoît BROYART

Illustrator: Marine CARIOU

Psychologist: Baptiste FICHE

32 pages 21 x 21 cm 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.

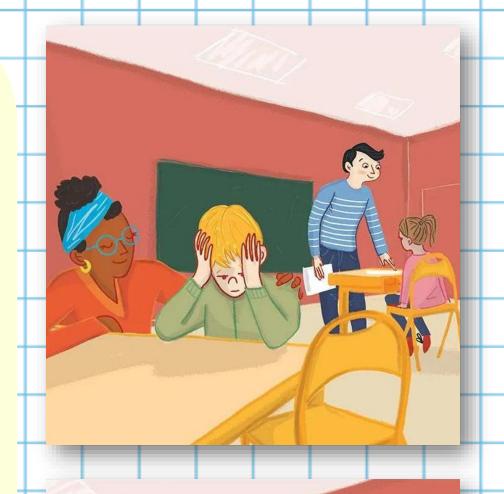
When the principal, accompanied by the new teacher, breaks the news to the students, Victor's world falls apart. His teacher passed away the day before in a car accident.

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







<u>Series</u>

"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, i'ai terminé un niveau sur ma console Quand je frappe à la porte pour le dire à Swan, j'entends une voix bizarr



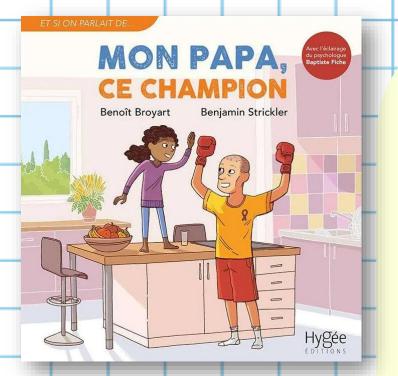
Il est onze heures et ses volets sont toujours fermés. J'allume la lumière. Swan se met à crier: «Mais dégage, le nain de jardin! Éteins ça et laisse-moi

Ce n'est pas l'heure de dormir. Je crois que Swan a un problème. Il va falloir que mes parents appellent le médecin

Picture Book / Non-Fiction

Series

"What if we talked about..."



Family Illness
Loss otions

Author:

Benoît BROYART

Illustrator:
Benjamin
STRICKLER

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm

MON PAPA, CE CHAMPION My Champion Dad A book to remind us that we don't have to face

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.



Papa est malade depuis six mois. Il passe son temps au lit. Les verres d'eau et les massages, ça n'est pas magique. Après son travail, maman fait les courses, les repas et le ménage. Je l'aide dès que j'ai un moment.



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?

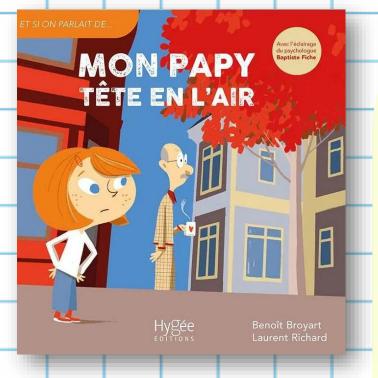
Cette maladie, j'aimerais qu'elle nous fiche la paix.



Picture Book / Non-Fiction

Series

"What if we talked about..."



Author: Benoît BROYART

Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics: Alzheimer Eamily Alzheimer 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.

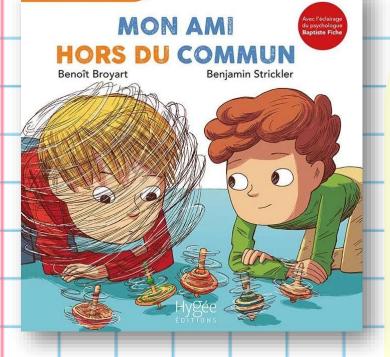




Picture Book / Non-Fiction

Series

"What if we talked about..."



Author:
Benoît BROYART

Illustrator:
Benjamin
STRICKLER

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics: Autism Priendship Autism Priendship Kindhess

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.

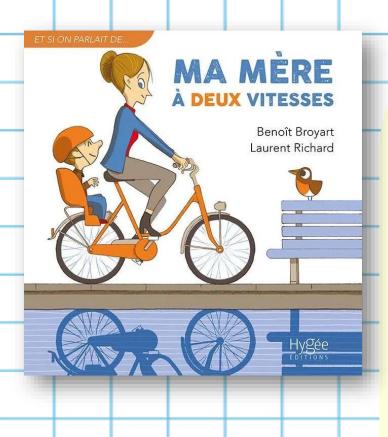






Series

"What if we talked about..."



Author:

Benoît BROYART

Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

32 pages 21 x 21 cm Thematics:

Family Bipolar

Family der

Glisorderss

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 chance to help

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**, dès 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.



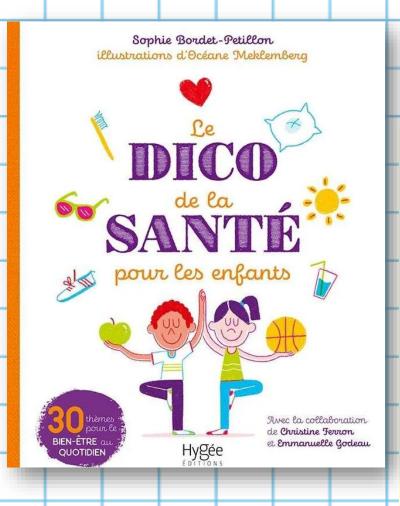
Author: Sophie BORDET-**PETILLON**

Illustrator: Océane MFKI FMBFRG

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.



La croissance, c'est le fait de grandir. Les os s'allongent, les muscles Et les vêtements deviennent trop petits... Que de changements de la aissance 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 choisir, prendre des décisions, savoir dire NON à quelque chose qui représente un danger. Grandir, c'est devenir autonome pour, un jour, pouvoir voler de ses

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



6ANS

CHAQUE ÂGE SA TAILLE"!

 À la naissance, les bébés mesurent en mouenne 50 cm Ensuite ils grandissent d'environ 25 cm en un an ! · À 4 ans, un enfant mesure près d'un mètre. Entre 7 et 11 ans environ, le corps grandit de 5 à 6 cm

Vers 10-11 ans, la plupart des filles ont un pic de croissance. Elles arrêtent de grandir vers 14-16 ans Vers 12 ans, les garcons ont souvent un pic de croissant En général, ils s'arrêtent de grandir vers 16-17 ans

On peut être plus petit ou plus grand. Avec l'âg le corps a tendance à se tasser. En vieillissant

lotre taille dépend de celle de nos parents, mais auss Europe sont en mouenne plus grandes que celles du Suc Elle dépend aussi de la qualité de notre alimentation, de n mouenne 10 à 15 cm de moins que nous



LA CROISSANCE À LA LOUPE

Lorsque tu vas voir le médecin, il te mesure et reporte ta taille et ton poids sur la courbe de croissance de ton carnet de santé. Il y a une courbe pour les filles, une pour les garçons. Tu peux le regarde







<u>Series</u>

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

Author: Sandra LABOUCARIE

Clothilde DELACROIX

Carmen SCHRÖDER

48 pages 18 x 24 cm





Sleep Adoleschanges

Sleep otions

Illustrator:

Psychiatrist:

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.











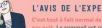


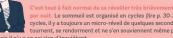
OUAND JE DORS PEU. E SOIS DE MAOVAISE HOMEO





JE ME RÉVEILLE PLUSIEURS FOIS PAR NUIT









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

LE SPORT

L'essentiel pour faire bouger

les filles et les garçons

Hv@ée

Sport Adolescence Health
Stereotypes Health

Just like eating or sleeping, physical activity is essential.

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

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

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

activity and maintain good health.



· Si tu es une fille et que tu aimes courir, frapper dans un ballon, ne laisse personne te traiter de garçon manque Tu es une fille très réussie!

· Si tu es un garçon, et que tu es seut à ton cours de danse, ou de gym, ne laisse personne te traiter de fille, etc. Et d'abord. pourquoi être une fille serait une insulte

· Être le seul garçon ou la seule fille dans un cours ou un entraînement, ce n'est pas toujours simple! Mais si c'est le cas, sois fier (ou fière) d'assumer les enuies ! Et puis, être le seul ou la seule, peut avoir aussi des avantages : la concurrence



SEXISTES ? À l'école, au collège, il y a souvent des barème pour les filles et d'autres pour les garçons

lutôt lié à une pratique sportive en club en est qu'en fixant des objectifs plus élevés che s garçons, ils laissent croire que les garçons



y a-t-il plus de filles ou





<u>Series</u>

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

LES ÉMOTIONS

L'Illustrations de Lavillettesnuages

Mieux les comprendre

pour mieux les vivre



Emotions Teenagers

Emotions Teenagers

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 40 MOINDRE TRUC!



La colère se déclenche lors d'une frustration, d'une blessure, d'une injustice. C'est une émotion puissante qui peut mener à la violence et détruire une relation si on ne la régule pas. Elle exprime le besoin d'être écouté et respecté. Dans une situation de harcèlement, elle permet de poser des limites, de s'affirmer.

Quand la colère monte, on a le cœur qui bat plus fort, on se tend, on ser les poings, on peut avoir envie de frapper. Un coup, une insulte sont vi nartie. Alors mieur yaut se callagre en prepart le temps d'observer ce o

se passe à l'intérieur de soi. Ce recul peut éviter une réact Mais on n'y arrive pas toujours. Dans ce cas, on peut y re quelles situations me mettent en colère ? Qu'ai-je à ga Quels besoins ne sont pas satisfaits ? Trouver des répomoments de colère ou de la reporter sur quelqu'un qui n'

(I) ASTUCES

Régule ta colère

 Inutile de frapper dans un coussin ou un punching-ball pour la faire sortir : cela ne ua faire que l'entretenir! Va plutôt prendre l'air, marcher, respirer fort...

Une fois calmé(e), tu peux aller voir la personne qui l'a énervé(e). Exprime-lui ton ressenti : « Je me suis senti blessé(e) quand... »; « J'ai besoin de... » (évite le « tu » accusateur). En comprenant mieux ce qui s'est passé pour toi, elle peut avoir envie de demander pardon, de « réporser la relation.

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

 Si ta colère déborde trop souvent confie-toi à un psychologue, un infir mier scolaire qui pourra l'apprendre des techniques pour diminuer l'inten sité d'une émotion, notamment par la respiration.





Oui, lorsqu'ils sont agressés par exemp ce qui les incite à se défendre ; ou lorsque l' de leur besoin est frustré (dormir, manger, reproduire), ce qui entraîne de l'agressivi Les grands mammifères ressentent aussi de joie, de la tristesse. Ces émotions participen leur survice et à leur adaptation. Les éléphar d'un troupeau éprouvent de la tristesse qua l'un d'eux meurt, tout comme les chier souvent, à la disparition de leur maître. À différence des hommes, ils n'ont pas





SE MEMPORTE AU MOINDRE TRUC ! 3







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

MARIE QUARTIER LE HARCÈLEMENT ET (PAS) MOI

SANDRA LABOUCARIE

AVEC L'EXPERTISE DE

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.



ET HARCELEUSES SONT LES PLUS POPULAIRES DU COLLÈGE...



DES ÉMOTIONS

OUI PARALYSENT



Comment te sens-tu quand tu e







 Entraîne-toi à faire preuve d'empa thie, c'est-à-dire à te mettre à la place son point de vue. Demande-toi par xemple: «Qu'est-ce que je resse

 Réfléchis à ce qui fait la popularité de certains élèves: ont-ils un talent







<u>Series</u>

SOPHIE BORDET-PETILLON

AVEC L'EXPERTISE DU DR HÉLÈNE 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.

Je ne risque rien à fumer un joint,
JUSTE POUR ESSAYER



L'AVIS DE L'EXPERTE

Cela peut être tentant de fumer avec des copains pour essayer, pour faire la fête, pour s'intégrer à un groupe... Mais, à la différence d'un premier verre d'alcool ou d'une première cigarette, un premier joint peut entraîner un « bad trip » ou une intoxication aigué au cannabis : on se sent mal, on tremble, on a du mal à respirer, on a des palpitations, on peut vomir. On peut aussi se sentir angoisse et avoir des hallucinations. Cela peut aller jusqu'à entraîner une perte de connaissance.

fatigué ou angoissé.

Fumer un premier joint neut aussi révéler ou aggraver une maladie osychique préexistants

(type schizophrénie). Cela se manifeste par des hal-Dans ce cas, il est vivement conseillé de consulte Fumer un joint, c'ést aussi la porte ouverte à d'ât compagnons fidèles, voire indispensables. Si tu veux vraiment expérimenter le cannabis, mieux dose pour limiter les risques d'addiction, et pas se

Oue faire en cas de « bad trip »

Si tu es seul(e), essaie de ne pas paniquer. Si tu le peux, ouvre la fenètre, étends-toi, respire profondément et attends que qa passe. Le mieux est de ne pas rester seul(e), de faire appel à une personne de confiance.

Si tu es en présence de quelqu'un qui se sent mal, étends-le si possible dans un endroit calme, reste à ses côtés et ne cherche pas à le faire parler à tout prix. Rassure-le jusqu'à ce que les effets disparaissent.

Si'l perd connaissance, appelle

« T'EN VEUX ? » « T'EN VEUX PAS ?

Un jour, en soirée, en vacances ou au collège, on te dira peutiere: « T'en veux ? » Alors mieux vaut avoir préparé une phrase à l'avance pour refuser poliment et fermement : « Je n'ai pas besoin de ça pour m'amuser...» Appartenir à un groupe ne nécessite pas forcément d'en adopter toutes les habitudes. Si tu connais les risques auxquels tu t'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, et celle des un put poi



15,3 ANS est l'âge moyen de la PREMIÈRE EXPÉRI-MENTATION en France. 9,1 % DES ÉLÈVES DE 3^E ont expérimenté en 2021.

MÊME UN PREMIER JOINT PEUT PROVOQUER UN « BAD TRIP ».

e ne risque rien à fumer un joint, juste pour essayer 😘

Hygée





<u>Series</u>

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

Author:

Sophie BORDET-**PFTILLON**

Illustrator:

Océane **MEKLEMBERG**

Child psychiatrist: Marie Rose

48 pages 18 x 24 cm

MORO

SOPHIE BORDET-PETILLON PR MARIE ROSE MORO

LA PUBERTÉ

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.

















Series

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

Author: Sophie BORDET-PETILLON

Illustrator:
Alexandre NART

Psychiatrist: Serge TISSERON

48 pages 18 x 24 cm

LES ÉCRANS ET MOI Screens and Me

LES ÉCRANS

L'essentiel pour un usage responsable

Screens Health Teenagers

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 RÉSEAULE

> Pour 9 ADOLESCENTS SUR 10 le SMARTPHONE est ESSENTIEL



L'AVIS DE

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

smileys ou de petites flammes. Mais les seaux sociaux ne reflètent pas toujours la vraile le : chacun essaie de s'y montrer plus heureux, lus beau et plus intéressant qu'il n'est en réalité. le nombre de « likes » ne dit pas la valeur de la

Et un « like » n'est pas forcement un ami gagné.



ASTUCES

Choisis un bon mot de passe (le nom de ton animal préféré associé à l'année de naissance

- de ton pere, par exemple). Règle tes paramètres de confidentialité en te créant un profil en mode privé. Tu peux demander de Taide à un adulte.
- de l'aide à un adulte. Connecte-toi uniquement aux personnes qui connais dans la vie réelle et en qui tu as confiar
- Si tu manques de reconnaissance, ne cherch pas à capter plus d'attention sur Internet. Cherch plutôt des amis dans la vraie vie.
- Donne le minimum d'informations sur toi : ne communique ni ton adresse, ni ton numéro de téléphone, ni ta religion. Bien sûr, n'accepte jamais un rendez-vous avec une personne rencontrée sur l'atternée.

a confiance en nous, et avec l'aquelle on n'a pas peur d'être soi-même. Ce n'est pas un simple contact avec qui on échange des photos et de la musique.

vec qui on ecnange des protos et de la musique. Pour rester populaire, on peut être tenté d'en ire toujours plus sur soi, et d'accepter toujours lus de contacts, au risque d'étaler sa vie privée evant tout le monde. N'oublile pas qu'il y a toutes ortes de personnes sur les réseaux sociaux, y ompris des personnes mai intentionnées, dont ertaines peuvent se cacher derrière un faux profil.

En plus, à force d'afficher sa vie, on risque de paraître trop centré sur soi. Et finalement de passer de convulsire à prétentieux l

À QUEL ÂGE PEUT-ON ALLER

Apartir de 13 ans, en général, car beaucoup de réseaux sont des sites américains soumis à une loi interdisant la collecte des données en-depà de cet âge. On considère aussi qu'un enfant a rarement la maturité et la connaissance des bonnes pratiques pour les utiliser sans risques. En France, la loi a fixé la majorité numérique » à 15 ans. Avant cet âge, tes parents doivent autorises la collecte de tes données presonuelles.

QUESTION

les réseaux sociaux



Hygée



