



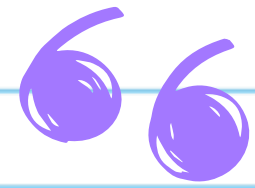
2025

by the sea



Rights catalogue

Hyg e
 DITIONS



ABOUT
HYGÉE
EDITIONS

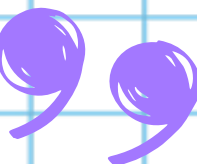
Hygée Éditions offers fun and thoughtful books for kids, pre-teens and teens!

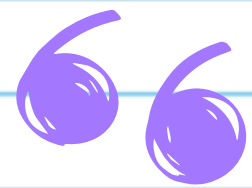
These books are brought to life by a dream team of children's authors, illustrators, journalists, psychologists, and science experts—all **working together to make big, tricky topics easier to understand.**

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.**

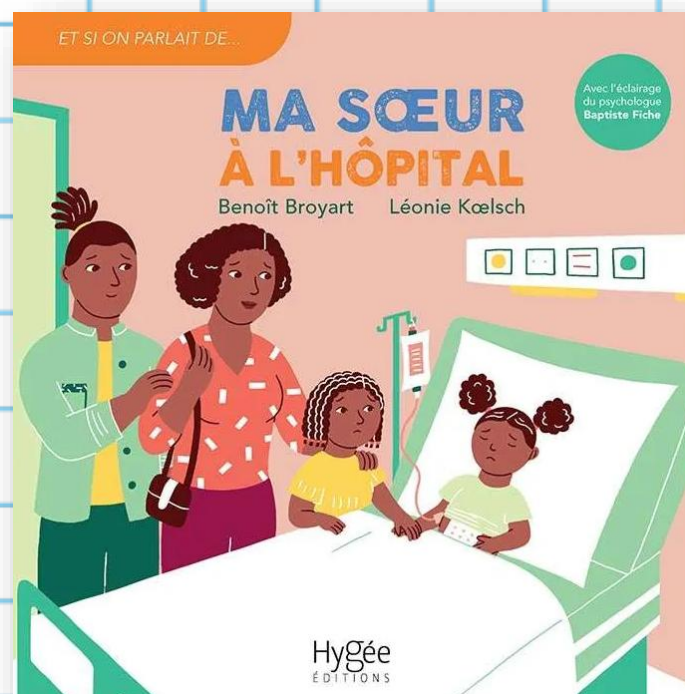
Hygée's books are also here to lend a hand to parents, teachers, and healthcare heroes, offering clear, comforting answers when young readers need them most!





Series

"What if we talked about..."



Author:
Beno t BROYART

Illustrator:
L onie K ELSCH

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Thematics:
Family • Hospital •
Fears • Illness

Hyg e
 DITIONS

MA S UR   L'H PITAL My Sister in the Hospital

It's Margot is very worried. Her little sister, Cl mentine, 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 Cl mentine doesn't wake up after the operation?

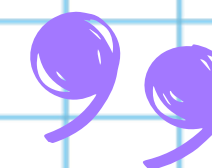
While visiting her sister, Margot discovers the hospital environment. In the colorfully painted corridors, she meets a child suffering from a chronic illness and the friendly and competent nursing staff. Since this visit, the hospital has become a little less frightening for Margot...

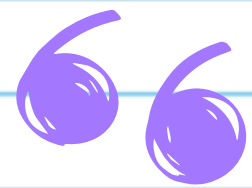
This children's picture book explores the theme of hospitalization and aims to ease the anxieties associated with this experience. The illustrated story is followed by six pages of nonfiction, presented in the form of a dialogue between the child narrator and a psychologist, to help young readers understand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

Picture Book / Non-Fiction

5 +





Series

"What if we talked about..."



Author:
Beno t BROYART

Illustrator:
Gilles FRELUCHE

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Thematics:
Violence • Bullying
• Fears

Hyg e
 DITIONS

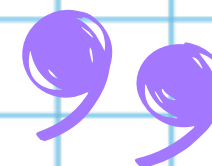
MA JOURN E  POUVANTABLE My Terrible Day

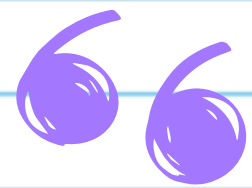
Today, everything seems to be starting well for Tim o. On vacation for a week, he arrived the day before at the Sunflower campsite with his parents and older sister. However, despite the sunshine, the day doesn't go as planned. In the morning, returning from the showers, he witnesses a violent fight between two children. Screaming, hitting... Tim o 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.

Picture Book / Non-Fiction

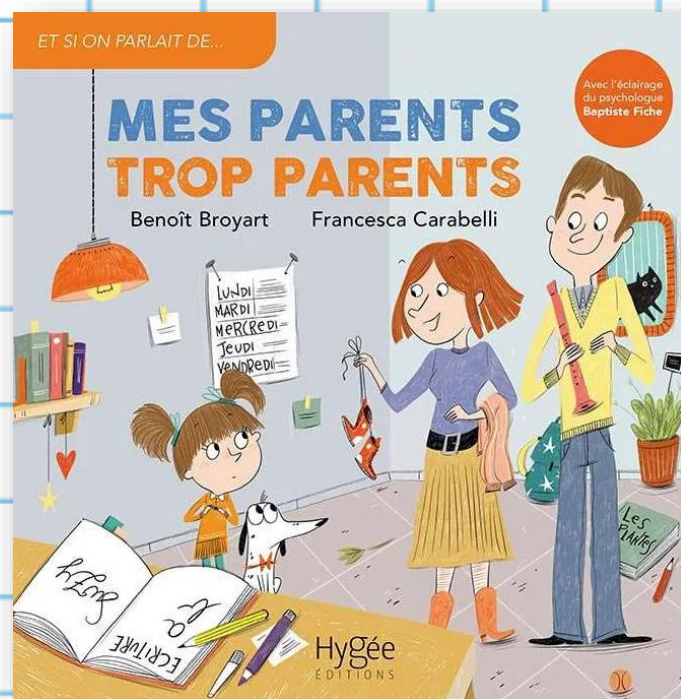
5 +





Series

"What if we talked about..."



Thematics:
Family • Pressure •
Activities •

Author:
Beno t BROYART

Illustrator:
Francesca CARABELLI

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Hyg e
 DITIONS

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.

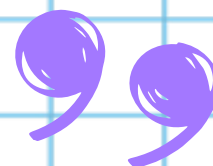
But one evening, Suzy feels tired. She doesn't want to do anything at all. What she really wants is to spend a relaxed Wednesday at her friend Lola's house...

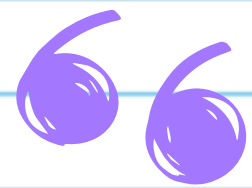
How can she tell her parents that enough is enough—without upsetting them?

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

Picture Book / Non-Fiction

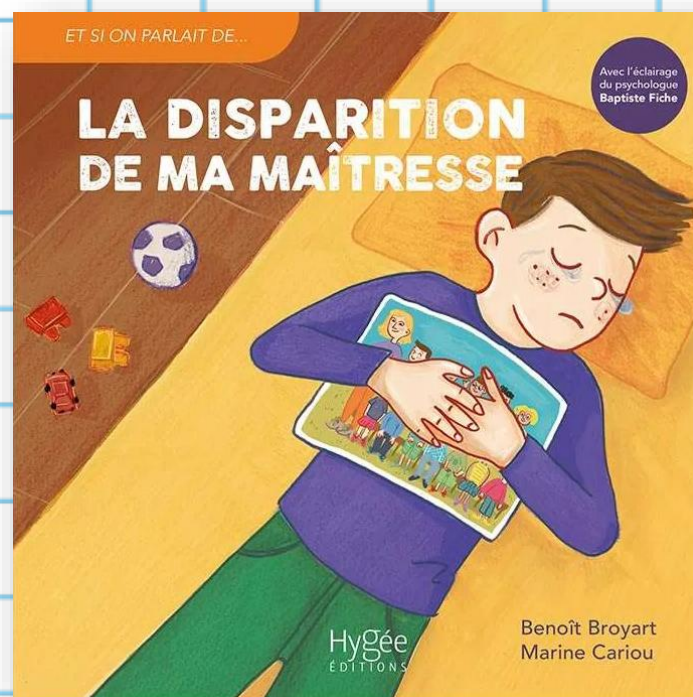
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Series

"What if we talked about..."



Thematics:
Family • Grief •
School • Dialogue •
Emotions

Author:
Beno t BROYART

Illustrator:
Marine CARIOU

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Hyg e
 ditions

LA DISPARITION DE LA MA TRESSE 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.

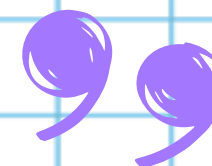
- Gently supports children through grief.
- Helps little ones share their feelings.
- Brings families closer through open talks.

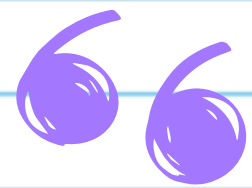
Picture Book / Non-Fiction

5 +



Pendant le reste de la matin e, on joue pour faire connaissance avec le nouveau ma tre. On nous propose aussi de parler avec une dame, une psychologue, pour exprimer ce que l'on ressent. Puis les autres se remettent   travailler, comme si de rien n' tait. Comme si... Madame Ramery, ma ma tresse pr f r e, n'avait jamais exist . Cette journ e est la pire de toutes les journ es.





Series

"What if we talked about..."



Author:
Beno t BROYART

Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Thematics:
Family • Adolescence •
Loneliness • Emotions

Hyg e
 DITIONS

LA CRISE D'ADO DE MON GRAND FR RE

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...

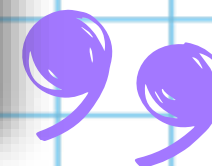
"Your brother is a teenager now, Theo. You'll have to get used to it. He's growing up. Everything is changing for him. Adolescence isn't an illness. Don't worry."

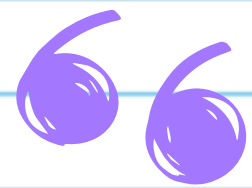
Adolescence isn't an illness? Easy to say. Then why does Swan have all those spots on his face? How do we deal with the changes that come with adolescence? How can we communicate with a teenager in crisis? What should we do when someone we love starts taking risks?

- 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.

Picture Book / Non-Fiction

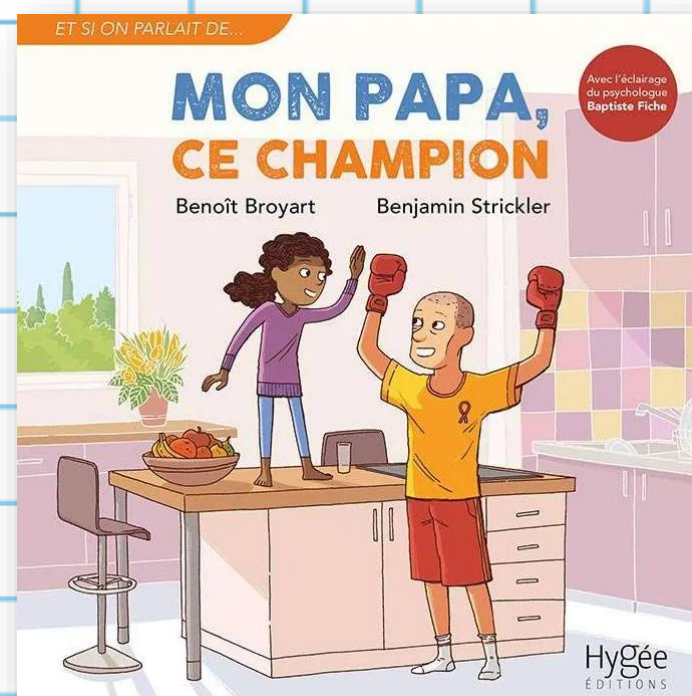
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Series

"What if we talked about..."



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.

Thematics:
Family • Cancer
Loss • Illness
Emotions

Author:
Beno t BROYART

Illustrator:
Benjamin STRICKLER

Psychologist:
Baptiste FICHE

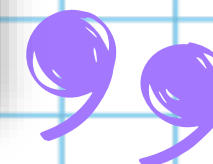
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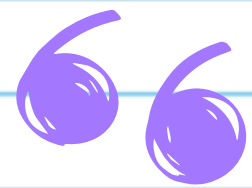


Papa est malade depuis six mois. Il passe son temps au lit.
Les verres d'eau et les massages,  a n'est pas magique.
Apr s son travail, maman fait les courses, les repas et le m nage.
Je l'aide d s que j'ai un moment.



J'en ai assez de ce cancer.
Quand je rentre de l' cole, j'ai des choses   raconter... et personne ne m' coute. On s'occupe tout le temps de papa, mais qui s'occupe de moi?
Cette maladie, j'aimerais qu'elle nous fiche la paix.





Series

"What if we talked about..."



Author:
Beno t BROYART

Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

32 pages
21 x 21 cm

Thematics:
Family • Alzheimer •
Illness • Grandparents

Hyg e
 DITIONS

MON PAPY T TE 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.

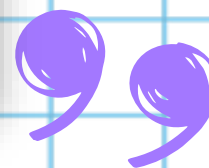
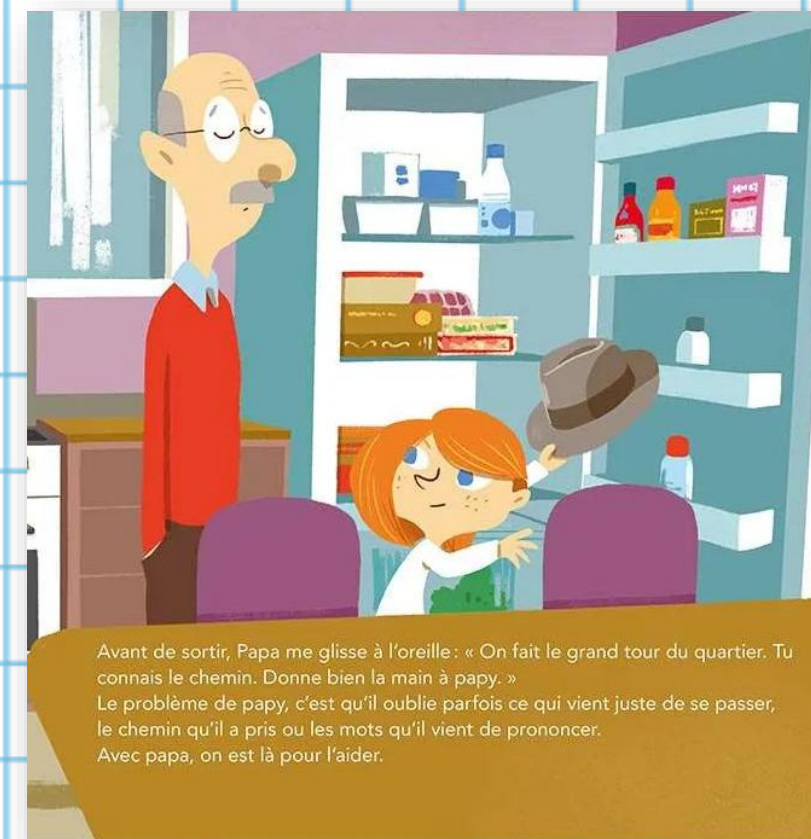
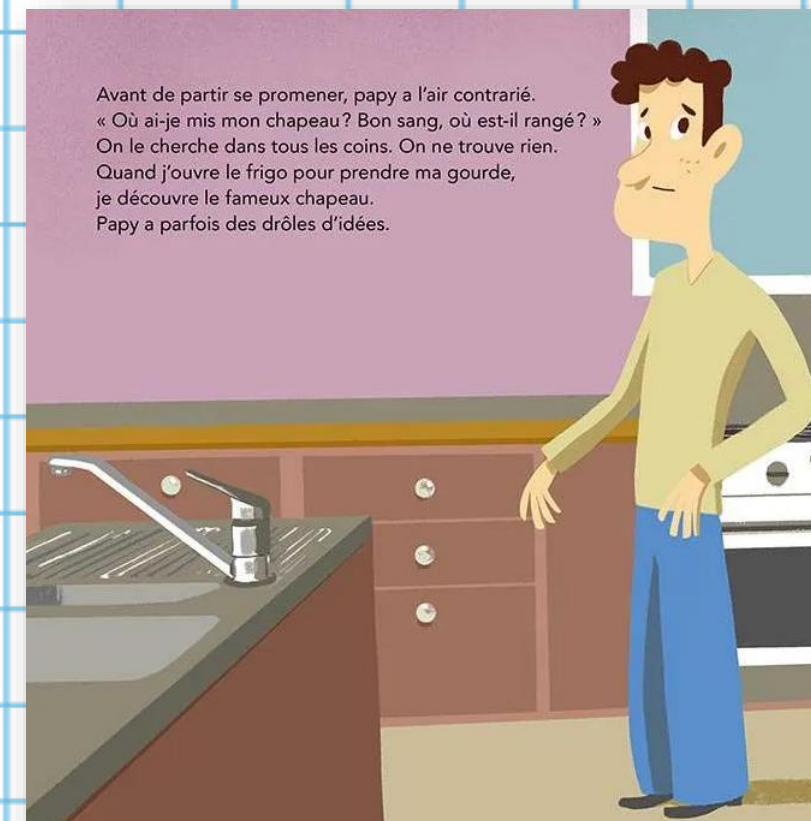
How does Zoe see her grandfather? Why does he sometimes seem confused? What challenges is he facing? Why does he need to be watched more closely?

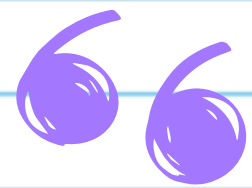
The story is followed by a conversation between a child and a psychologist. The psychologist's intervention helps explain the illness, its symptoms, and the difficulties it brings – and offers practical advice for helping someone living with Alzheimer's.

- 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

5 +





Series

"What if
we talked
about..."



Author:
Beno t BROYART

Illustrator:
Benjamin
STRICKLER

Psychologist:
Baptiste FICH 

32 pages
21 x 21 cm

Thematics:
Friendship • Autism
Differences • Kindness

MON AMI HORS DU COMMUN My Extraordinary Friend

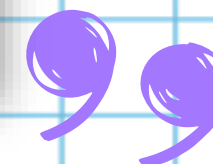
This picture book helps readers think about autism and encourages a compassionate view of this condition and of difference.

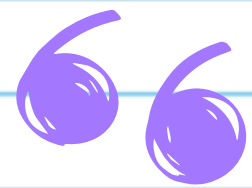
At school, Arno stays alone and doesn't speak to anyone during recess. One day, a younger classmate notices him and decides to invite him to his birthday party. Having an older friend is quite rare and special!

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.



Series

"What if
we talked
about..."



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 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 Beno t 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.

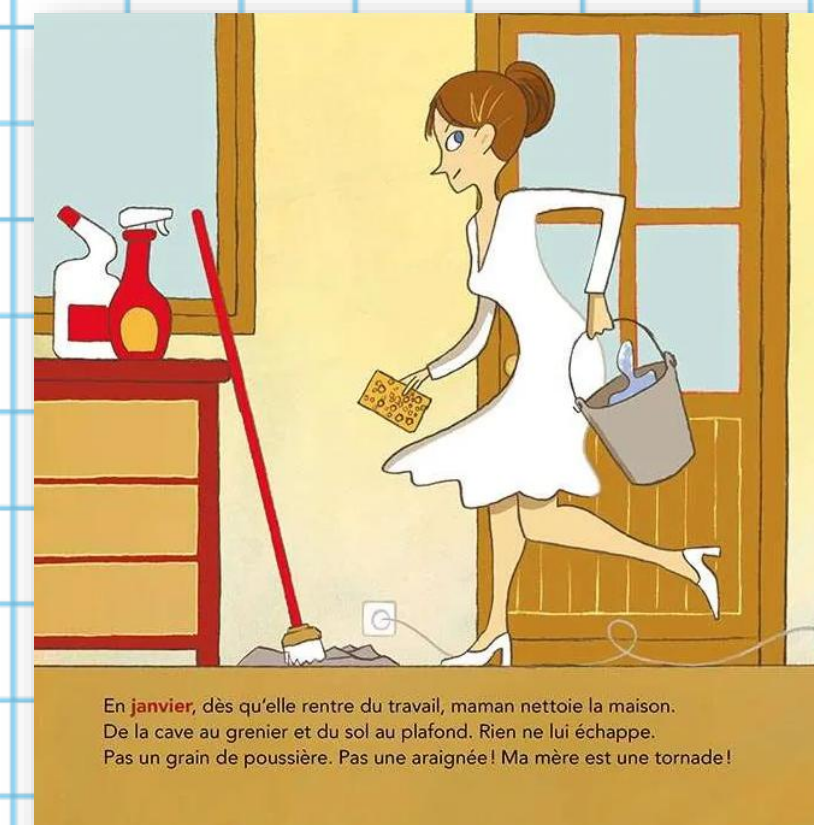
Thematics:
Family • Bipolar
disorder • Emotions •
Kindness

Author:
Beno t BROYART

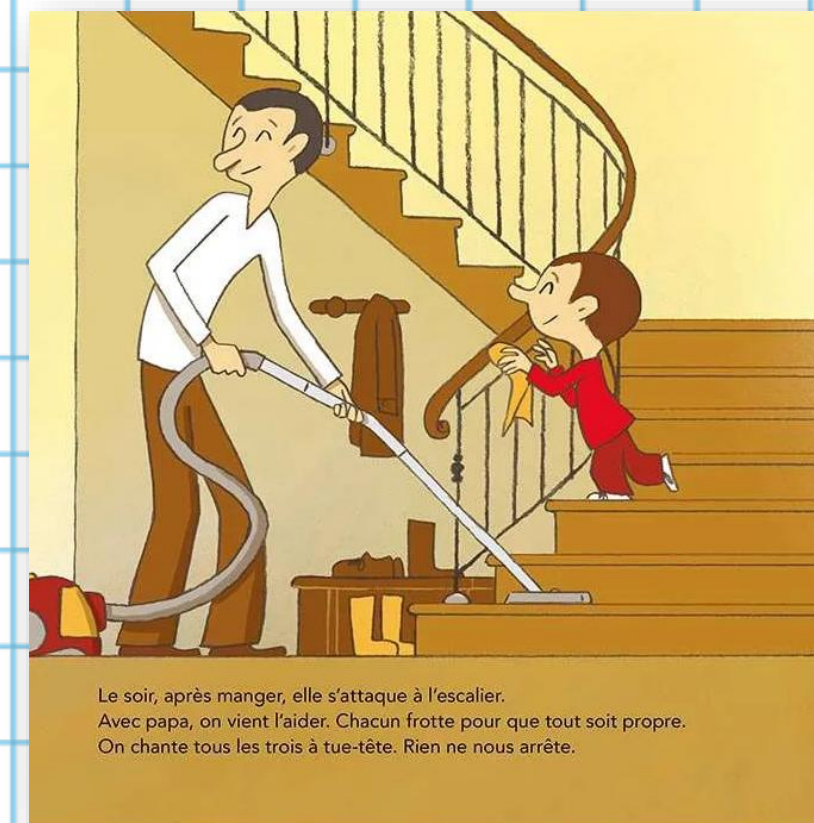
Illustrator:
Laurent RICHARD

Psychologist:
Baptiste FICHE

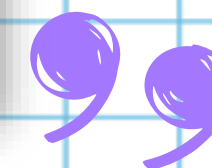
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21 x 21 cm

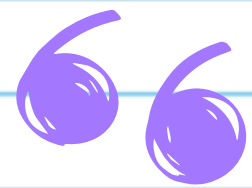


En janvier, d s qu'elle rentre du travail, maman nettoie la maison.
De la cave au grenier et du sol au plafond. Rien ne lui  chappe.
Pas un grain de pouss re. Pas une araign e ! Ma m re est une tornade !



Le soir, apr s manger, elle s'attaque   l'escalier.
Avec papa, on vient l'aider. Chacun frotte pour que tout soit propre.
On chante tous les trois   tue-t te. Rien ne nous arr te.





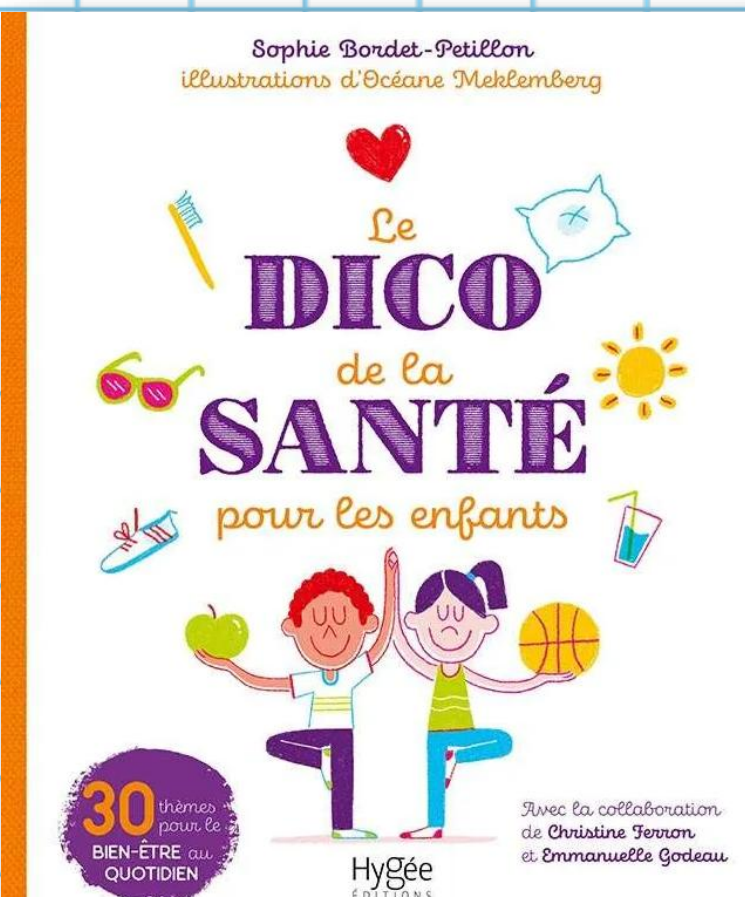
Author:
Sophie BORDET-
PETILLON

Illustrator:
Océane
MEKLEMBERG

Clinical
psychologist:
Christine FERRON

Lecturer and
Researcher:
Emmanuelle
GODEAU

72 pages
19 x 23 cm



Thematics:
Health • Kids • Well-
being • Dictionary

LE DICO DE LA SANTÉ The Health Dictionary for Kids

A must-have guide for everyday well-being!

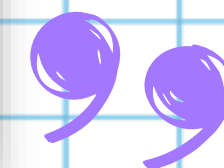
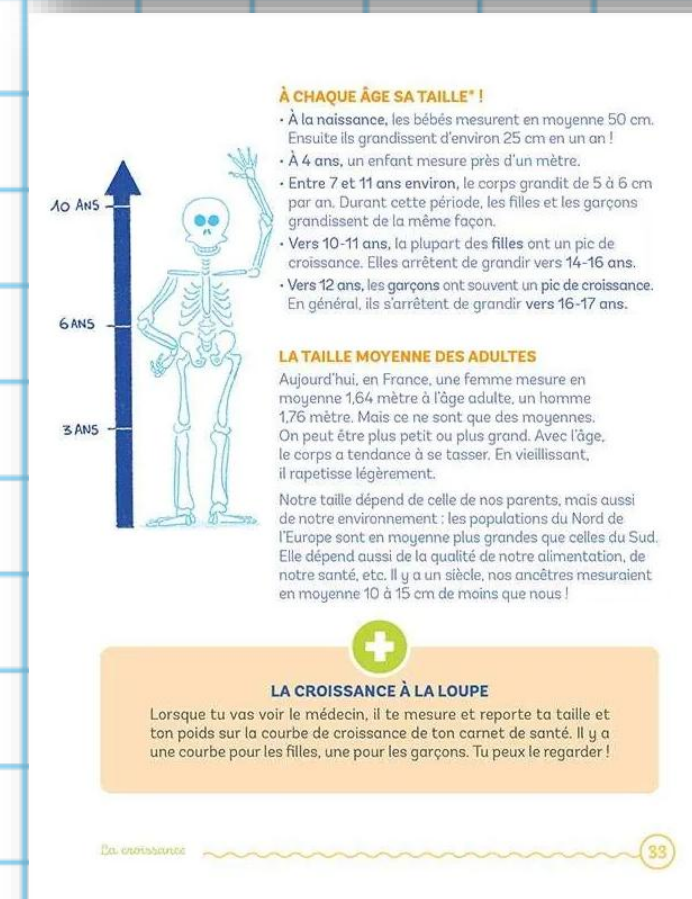
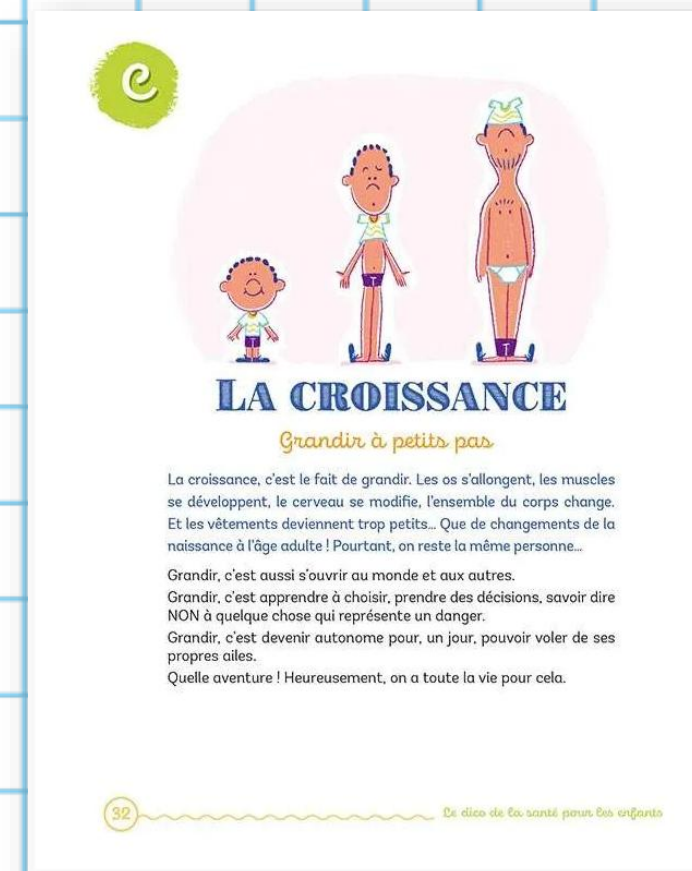
This first dictionary introduces children ages 7 to 11 to the world of health in a fun, accessible way—covering physical, mental, and social well-being.

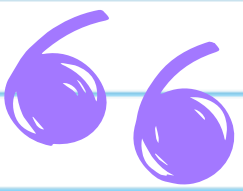
The body is an incredible machine: a skeleton to stand tall, muscles to move, a brain to think... Of course, we need to take care of it to stay healthy. How? By eating well, staying active, getting enough rest, and keeping clean.

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.





Series

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



Author:
Sandra
LABOUCARIE

Illustrator:
Clothilde
DELACROIX

Psychiatrist:
Carmen
SCHRÖDER

48 pages
18 x 24 cm

Thematics:
Sleep • Adolescence
• Emotions • Changes

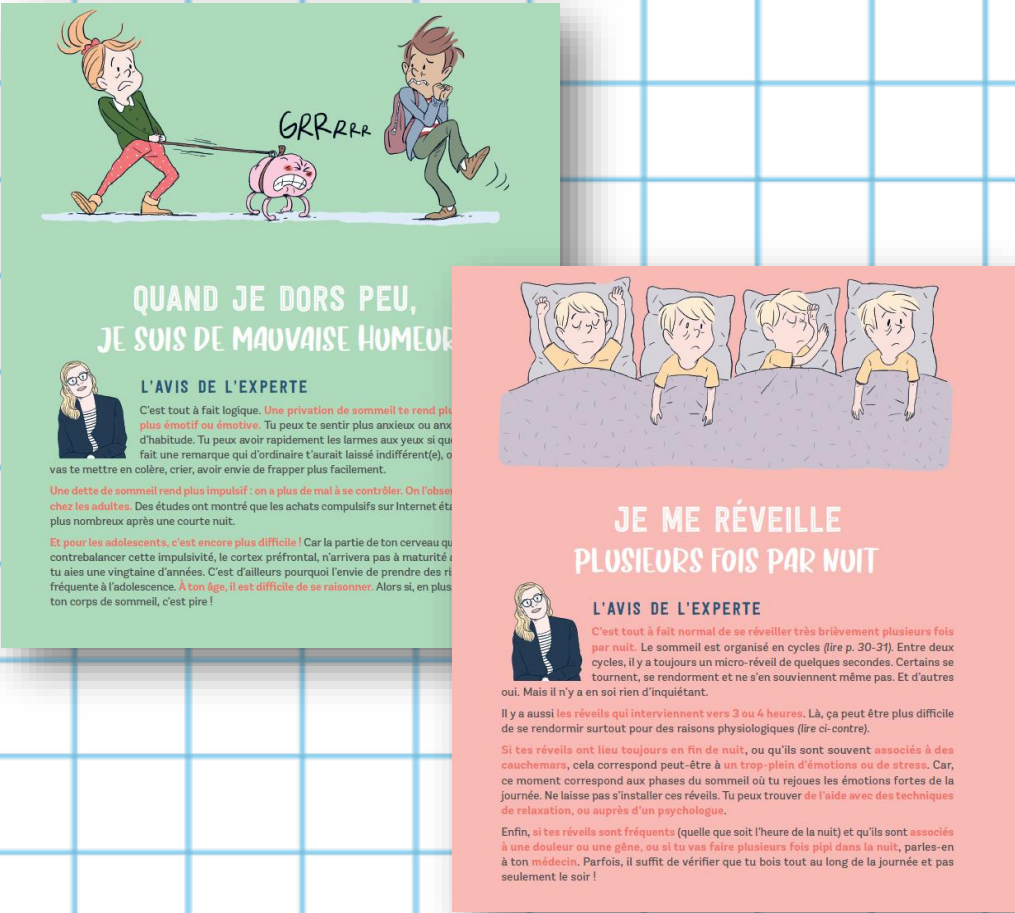
LE SOMMEIL ET MOI

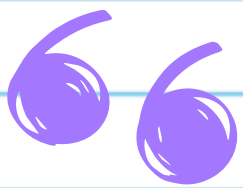
Sleep and Me

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

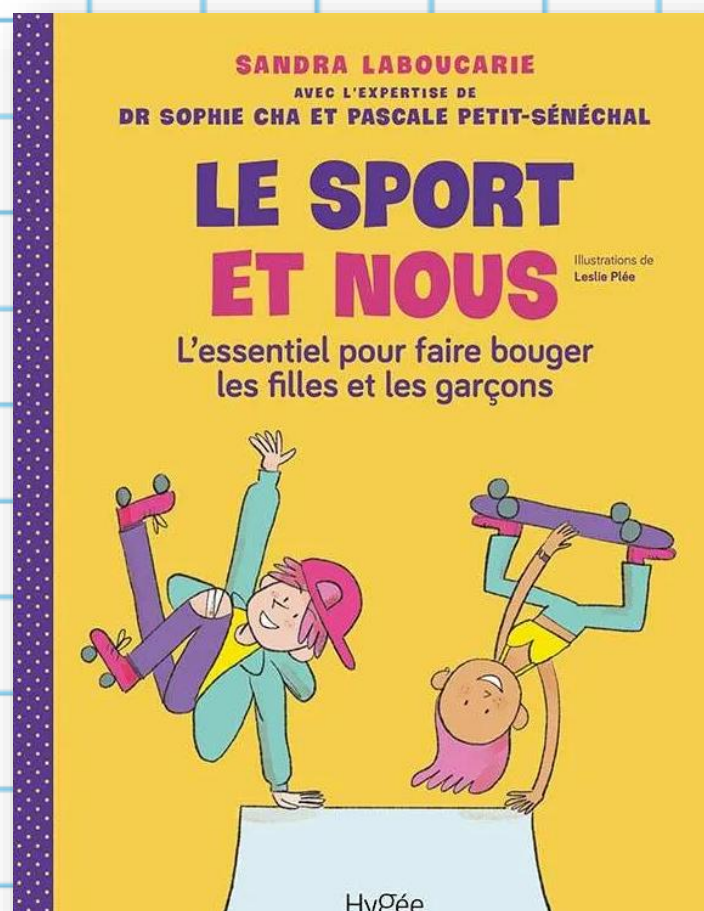
Illustrator:
Leslie PLÉE

Doctor:
Sophie CHA

Lecturer and
Researcher:
Pascale PETIT-SENECHAL

48 pages
18 x 24 cm

Thematics:
Sport • Adolescence •
Stereotypes • Health

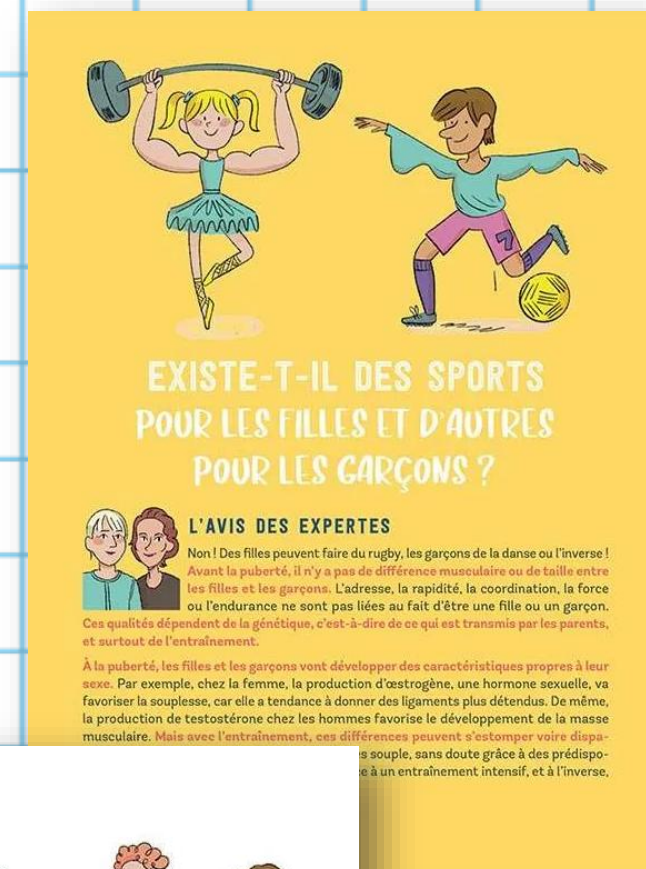


LE SPORT ET NOUS Sport and Us

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. 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. 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.



! CONSEILS

Fier et fier de d'être toi !

- Si tu es une fille et que tu aimes courir, frapper dans un ballon, ne laisse personne te traiter de garçon manqué. Tu es une fille très réussie !
- Si tu es un garçon, et que tu es seul 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 tes envies ! Et puis, être le seul ou la seule, peut avoir aussi des avantages : la concurrence est moins rude en compétition !

1 Français sur 2 pense que certains sports conviennent mieux aux filles qu'aux garçons.

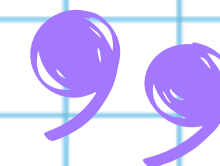


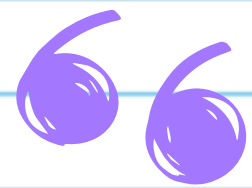
DES BARÈMES SEXISTES ?

À l'école, au collège, il y a souvent des barèmes pour les filles et d'autres pour les garçons, pour l'athlétisme notamment. En réalité, ces barèmes ne sont pas justifiés, car il peut y avoir plus d'écart entre deux garçons, qu'entre une fille et un garçon. L'écart sera plutôt lié à une pratique sportive en club en dehors du collège plutôt qu'au fait d'être une fille ou un garçon. Le problème avec ces barèmes, c'est qu'en fixant des objectifs plus élevés chez les garçons, ils laissent croire que les garçons sont toujours plus performants que les filles. Or, c'est faux !

?? QUESTION

Dans ton club de sport, y a-t-il plus de filles ou plus de garçons ?





Series

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

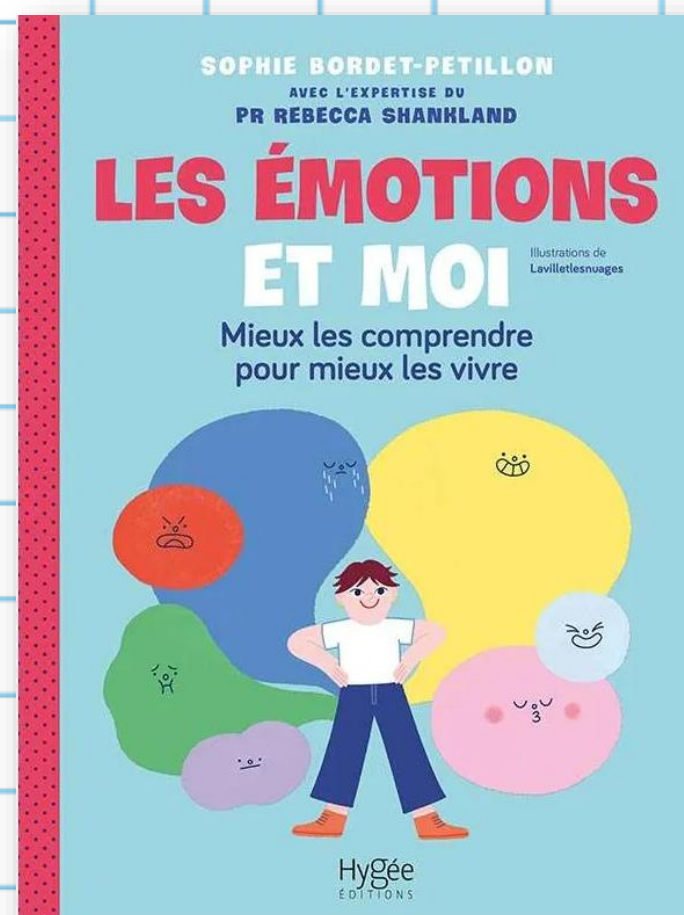
Author:
Sophie BORDET-PETILLON

Illustrator:
Lavilletlesnuages

Clinical
psychologist:
Rebecca
SHANKLAND

48 pages
18 x 24 cm

Thematics:
Emotions • Teenagers
• Adolescence •



LES  MOTIONS 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.

Non-Fiction

9+



! ASTUCES

R gule ta col re

• Inutile de frapper dans un coussin ou un punching-ball pour la faire sortir : cela ne va faire que l'entretenir ! Va plut t prendre l'air, marcher, respirer fort...

• Une fois calm (e), tu peux aller voir la personne qui t'a  neru (e). Exprime-lui ton ressenti : « Je me suis senti bless (e) quand... » ; « J'ai besoin de... » ( vite le « tu » accusateur). En comprenant mieux ce qui s'est pass  pour toi, elle peut avoir envie de demander pardon, de « r parer » la relation.

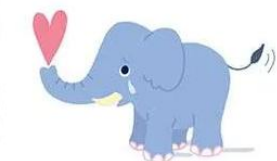
• La communication non violente peut aider   identifier une frustration, un besoin cach  derri re une  motion, et   trouver une r ponse adapt e.

• Si ta col re d borde trop souvent, confie-toi   un psychologue, un infirmier scolaire qui pourra t'apprendre des techniques pour diminuer l'intensit  d'une  motion, notamment par la respiration.



LES ANIMAUX RESSSENTENT-ILS DES  MOTIONS ?

Oui, lorsqu'ils sont agress s par exemple, ce qui les incite   se d fendre ; ou lorsque l'un de leur besoin est frustr  (dormir, manger, se reproduire), ce qui entra ne de l'agressivit . Les grands mammif res ressentent aussi de la joie, de la tristesse... Ces  motions participent   leur survie et   leur adaptation. Les  l phants d'un troupeau  prouvent de la tristesse quand l'un d'eux meurt, tout comme les chiens, souvent,   la disparition de leur ma tre.   la diff rence des hommes, ils n'ont pas de sentiment (un ressenti g n r  par la pens e).

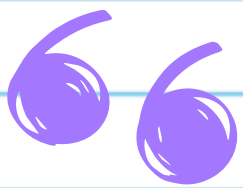


?? QUESTION

Sais-tu ce qui te met en col re, et pourquoi ?

Hyg e
 DITIONS





Series

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

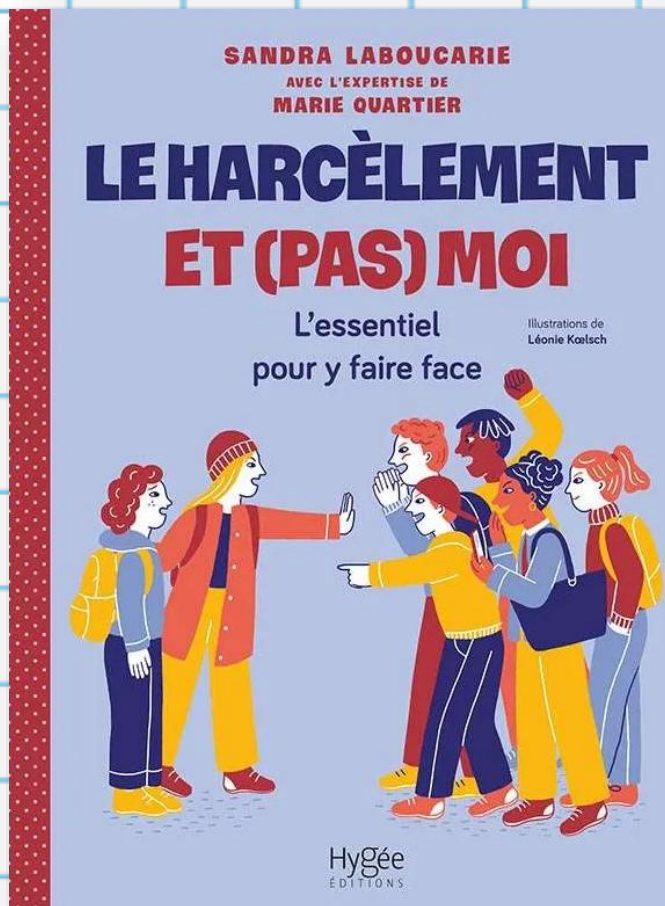
Author:
Sandra
LABOUCARIE

Illustrator:
Léonie KÆLSCH

Specialist:
Marie QUARTIER

48 pages
18 x 24 cm

Thematics:
Bullying • Teenagers •
Friendship



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

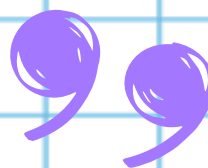
Understanding and dealing with bullying.

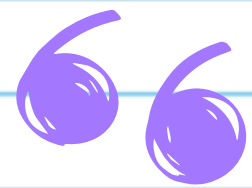
Twelve common myths about bullying are examined, with simple explanations and practical advice to help teenagers recognize bullying situations, adopt the right reactions, and find solutions and support within themselves or from those around them.

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.





Series

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

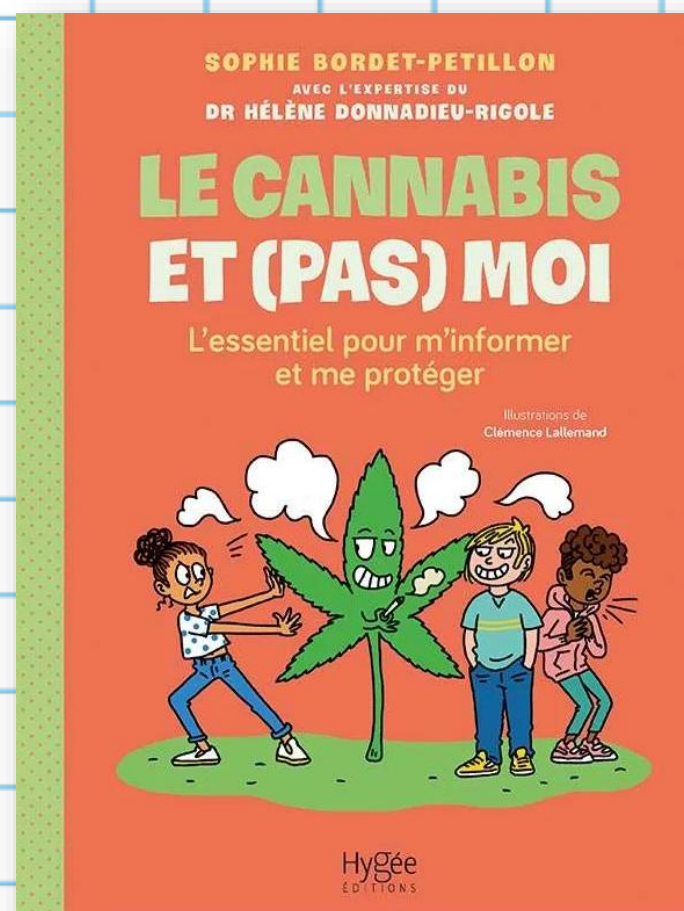
Author:
Sophie BORDET-PETILLON

Illustrator:
Clémence LALLEMAND

Specialist:
Hélène DONNADIEU-RIGOLE

48 pages
18 x 24 cm

Thematics:
• Addiction • Cannabis
• Adolescence •



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

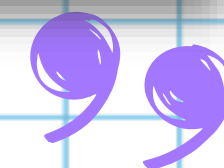
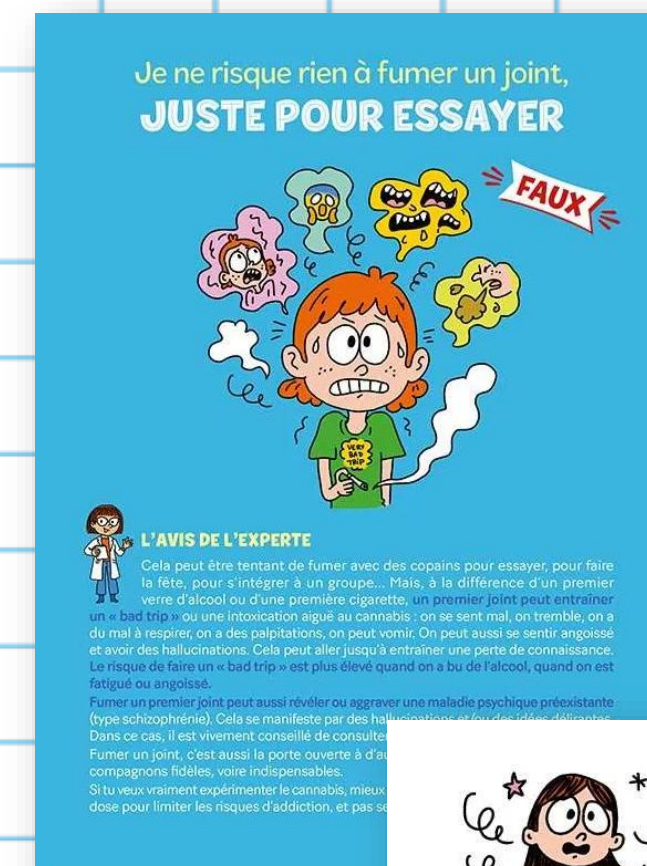
With quirky and humorous illustrations, this book offers clear answers and practical recommendations to understand the effects of cannabis on health, the risks of a "bad trip," and addiction.

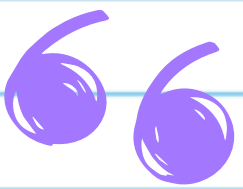
Thanks to the explanations and advice of addiction specialist H l ne Donnadi u-Rigole, this book gives readers all the right reasons not to start smoking–or can help those who already do to stop if their use becomes problematic.

"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.





Series

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

Author:
Sophie BORDET-PETILLON

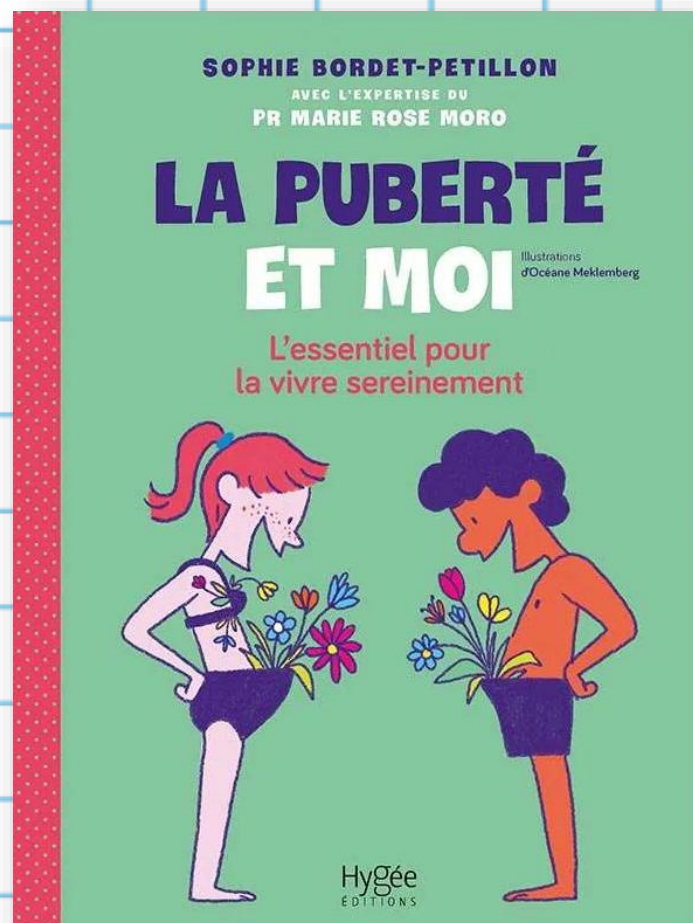
Illustrator:
Océane MEKLEMBERG

Child psychiatrist:
Marie Rose MORO

48 pages
18 x 24 cm

Thematics:
Puberty • Body •
Emotions • Adolescence

Hyg e
 DITIONS



LA PUBERT  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?"

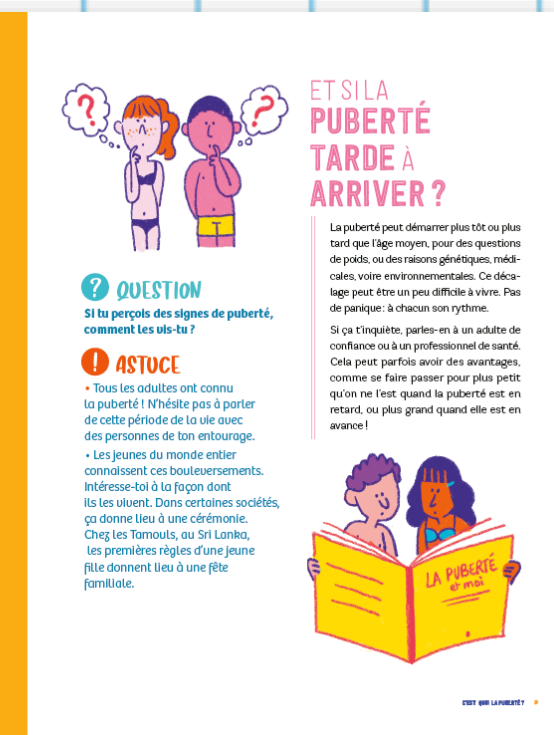
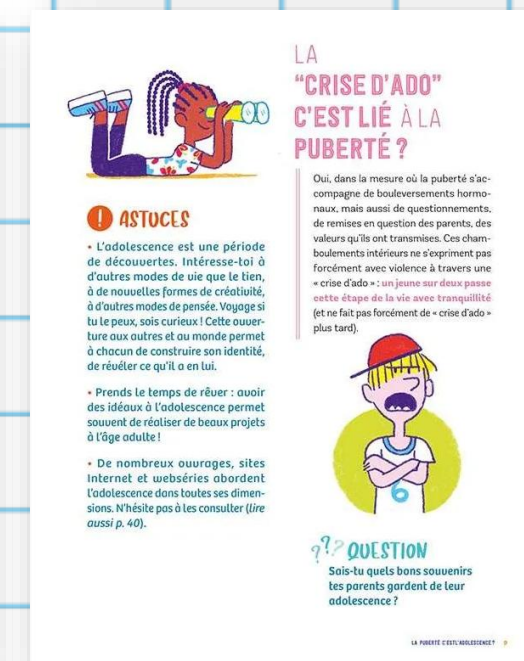
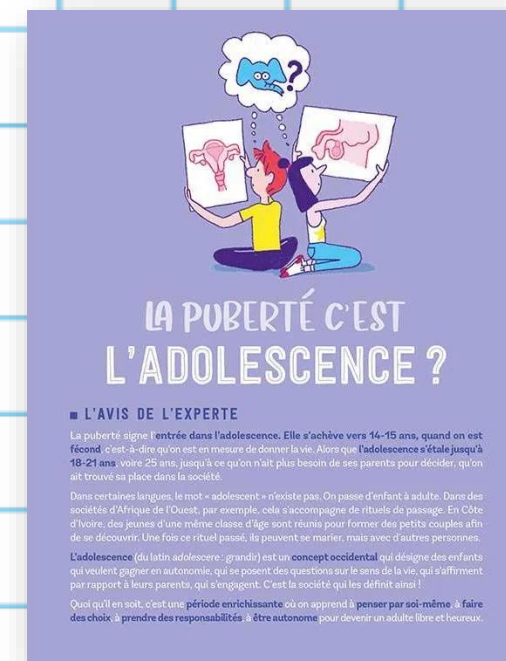
"Why do I have mood swings?"

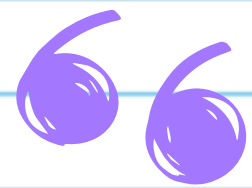
This book answers all these questions—because when we understand what's happening inside, we feel better both in our bodies and in our minds!

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

Non-Fiction

9+





Series

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

Author:
Sophie BORDET-PETILLON

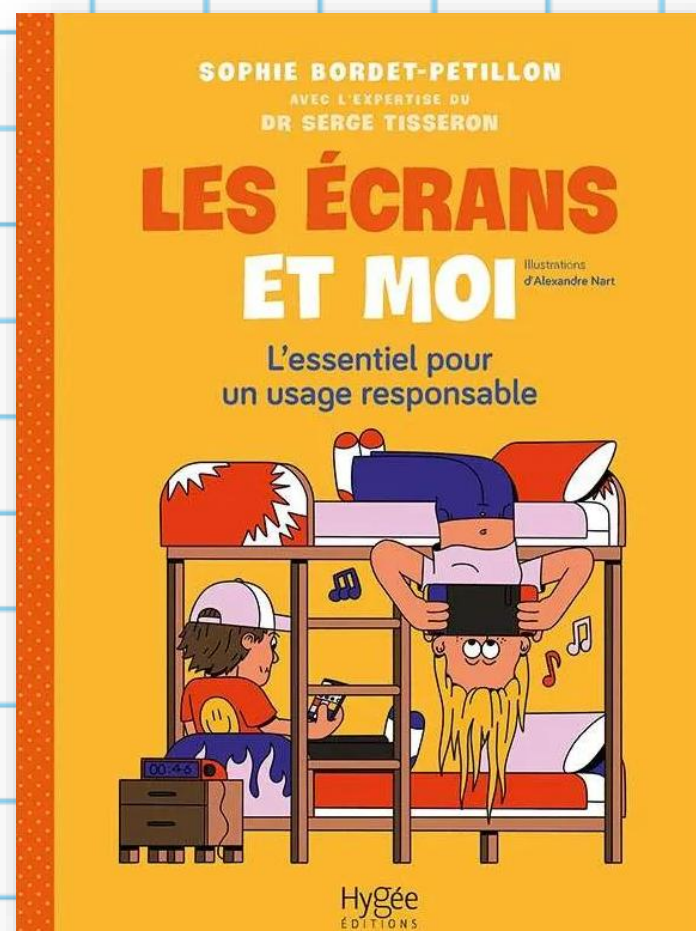
Illustrator:
Alexandre NART

Psychiatrist:
Serge TISSERON

48 pages
18 x 24 cm

Thematics:
Screens • Social Media •
Mental Health • Teenagers

Hyg e
 DITIONS



LES  CRANS 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!

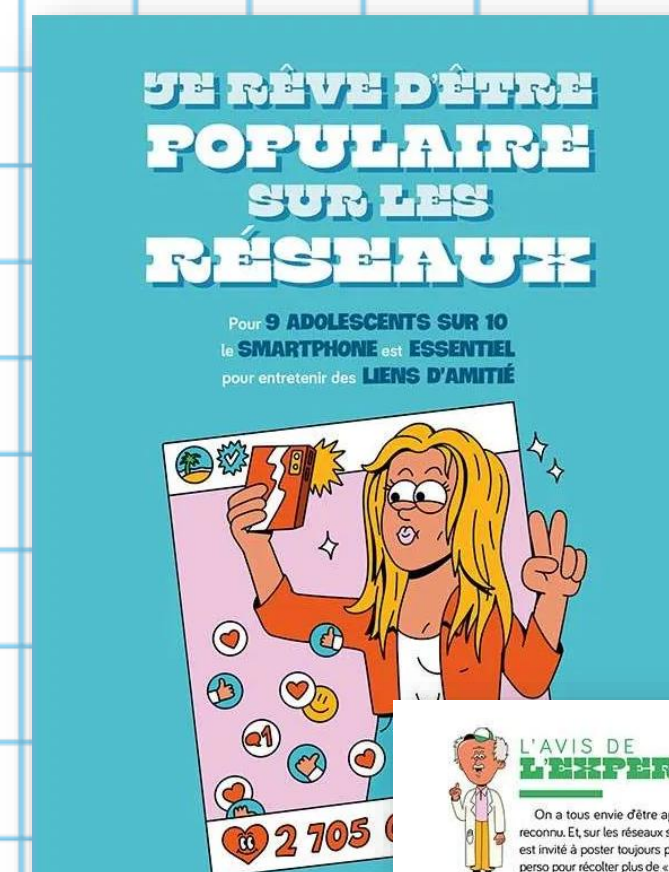
Game consoles, tablets, smartphones, social media... digital tools and the internet offer amazing possibilities! They're great--as long as you know how to use them smartly and safely.

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.

Non-Fiction

9+



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