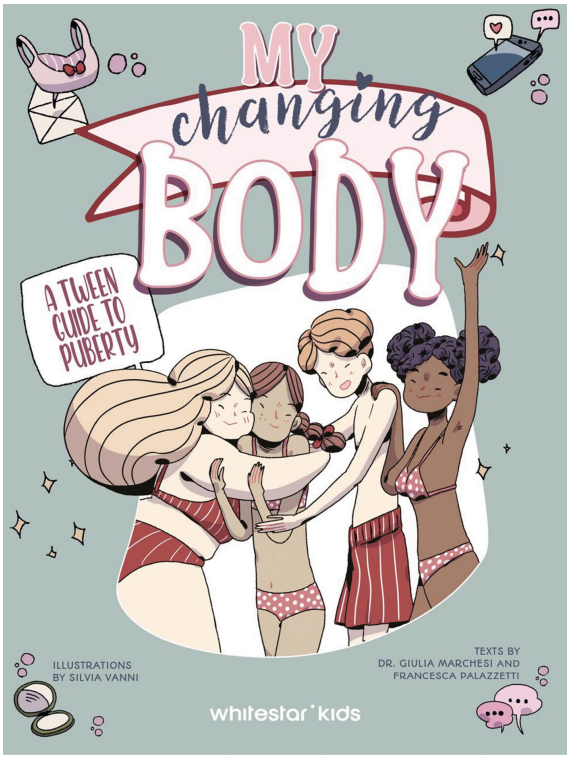
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# My Changing Body

## A Tween Guide to Puberty

### Illustrated by Silvia Vanni

### Text by Giulia Marchesi

### Text by Francesca Palazzetti

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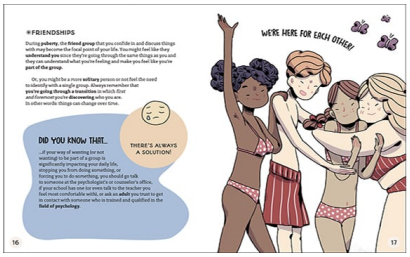
- Inclusivity and diversity are the key words that govern this book, dealing with both boys and girls, bodies that are different in shape, size and ethnicity
- Graphic novel elements and manga-style illustrations make this book unique on the market in the young-adult segment
- Written by a sexologist specialising in pre-adolescence, with the help of a doula, both attentive to both the more physical and emotional aspects of this transitional phase of life

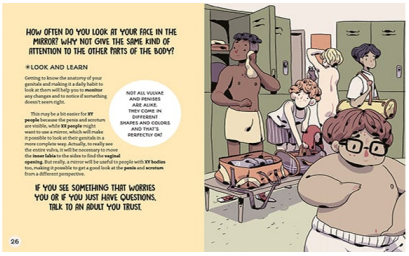
This guide contains information and practical advice for dealing with the transition from puberty to adolescence, with its inevitable transformations, crises and exciting discoveries. A precious tool to embark on the wonderful journey of human development with a little more certainty for both girls and boys.

Ages 10+

**Silvia Vanni** is an illustrator with a passion for comics and digital colouring. She was the 2013 winner of the project contest at Lucca Comics and Games. She has been a freelance illustrator ever since with several published works. **Dr. Giulia Marchesi** is a psychologist with expertise in family relationships, as well as in sexual education. She is the founder of SE, a project dedicated to healthy sexual education. **Francesca Palazzetti** was born in Rome, where since 2012 she has worked as a doula in close contact with families. For years you have also been involved in designing and organising information meetings, workshops and webinars on the sexual and emotional education of children and adolescents.




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