

# Magnificent Mei and Friends

Comic 1





The **Magnificent Mei and Friends** comic series  
was developed as part of the WHO-UNICEF Helping Adolescents Thrive initiative.  
This comic series was created in partnership with UNICEF and WHO experts,  
as well as young people, teachers and mental health practitioners from 15 countries.

Illustrated by

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#### **Magnificent Mei and Friends Comic Series**

WHO-UNICEF Helping Adolescents Thrive (HAT) initiative

ISBN (UNICEF) 978-92-806-5220-8

ISBN (WHO) 978-92-4-002628-5 (electronic version)

ISBN (WHO) 978-92-4-002629-2 (print version)

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This joint report reflects the activities of the United Nations  
Children's Fund (UNICEF) and the World Health  
Organization (WHO).

**Suggested citation.** Magnificent Mei and friends. The United  
Nations Children's Fund (UNICEF) and the World Health  
Organization; 2021 (WHO-UNICEF Helping Adolescents  
Thrive (HAT) initiative).

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13- year old Mei and her friends Yasmin, Addo and Pablo are navigating the ups and downs of their first year as official “teens”.

Nicknamed “Magnificent Mei” by her grandmother, Mei doesn’t always feel magnificent these days. Living in a world with many twists and turns, Mei and her friends must learn how to deal with their feelings, navigate relationships, overcome challenges, and make good choices.

Join Mei on a journey where she discovers her own abilities and realizes just how magnificent she really is!

# Part one



Hi, I'm Mei, or Magnificent Mei,  
as my grandmother likes to call me. 😊

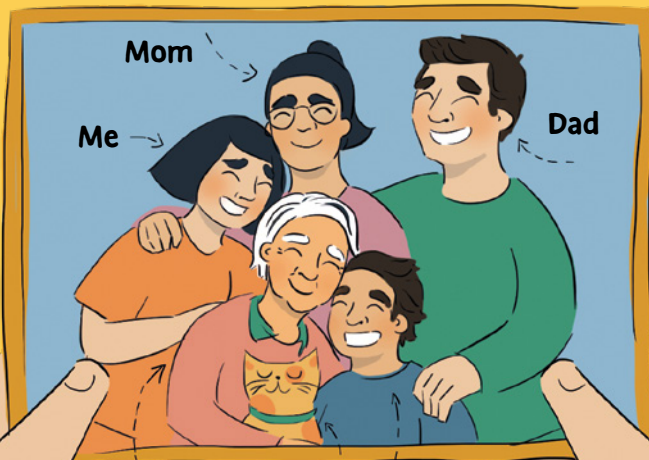


This is my family ❤️

She spends most of her time  
working at our family's store.

I want to be a  
rocket engineer!

He loves singing  
and dancing  
with me.



**Grandma**

She named me  
Magnificent Mei  
when I was born.  
She gives me hope  
and strength.

**Lulu**

**Brother**

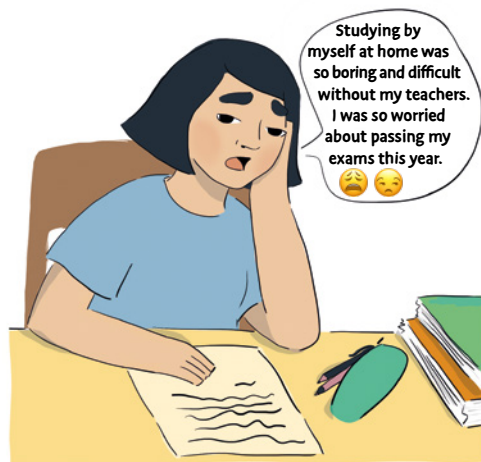
He is in grade 3.  
He wants to become  
a veterinarian.



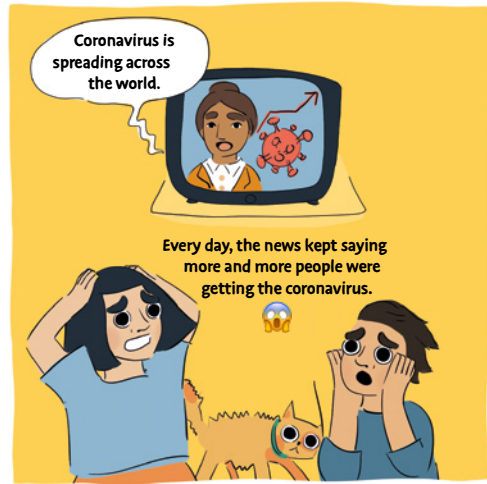
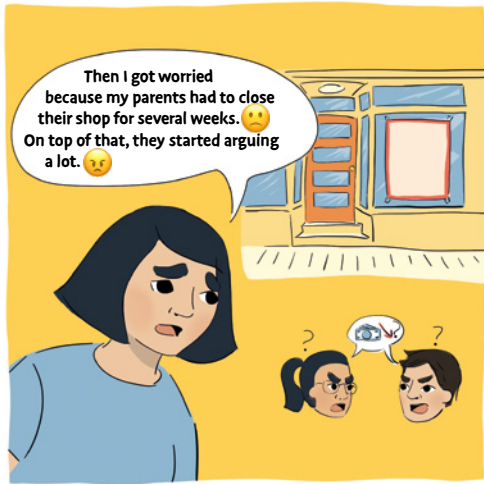
I woke up on my birthday excited to celebrate at school with my best friends, Yasmin, Addo and Pablo. But my school had suddenly closed because of the coronavirus (COVID-19). What luck. 😞



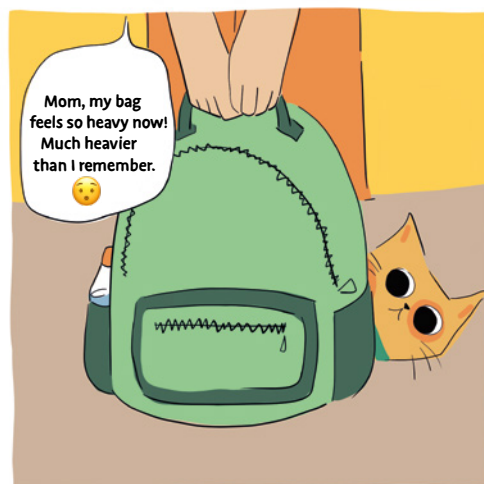
I got so annoyed after spending all day every day with my brother. 😞

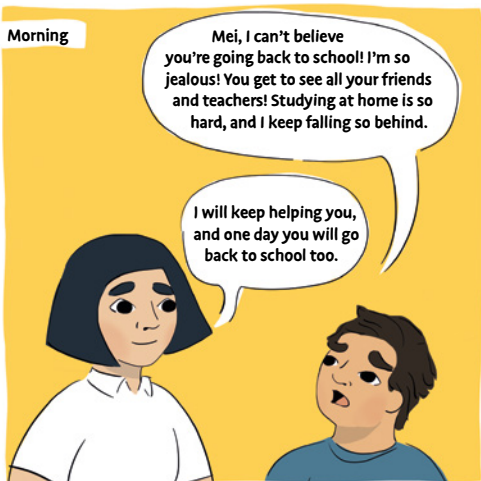
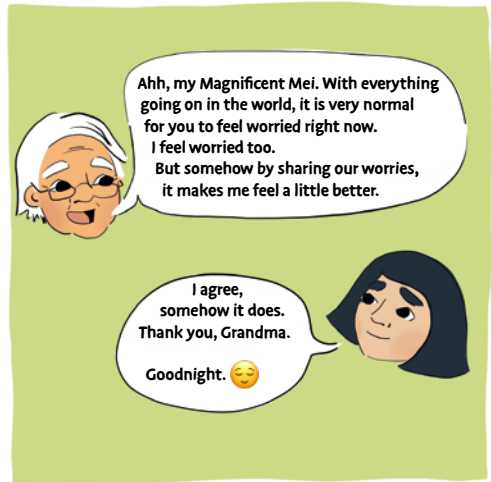








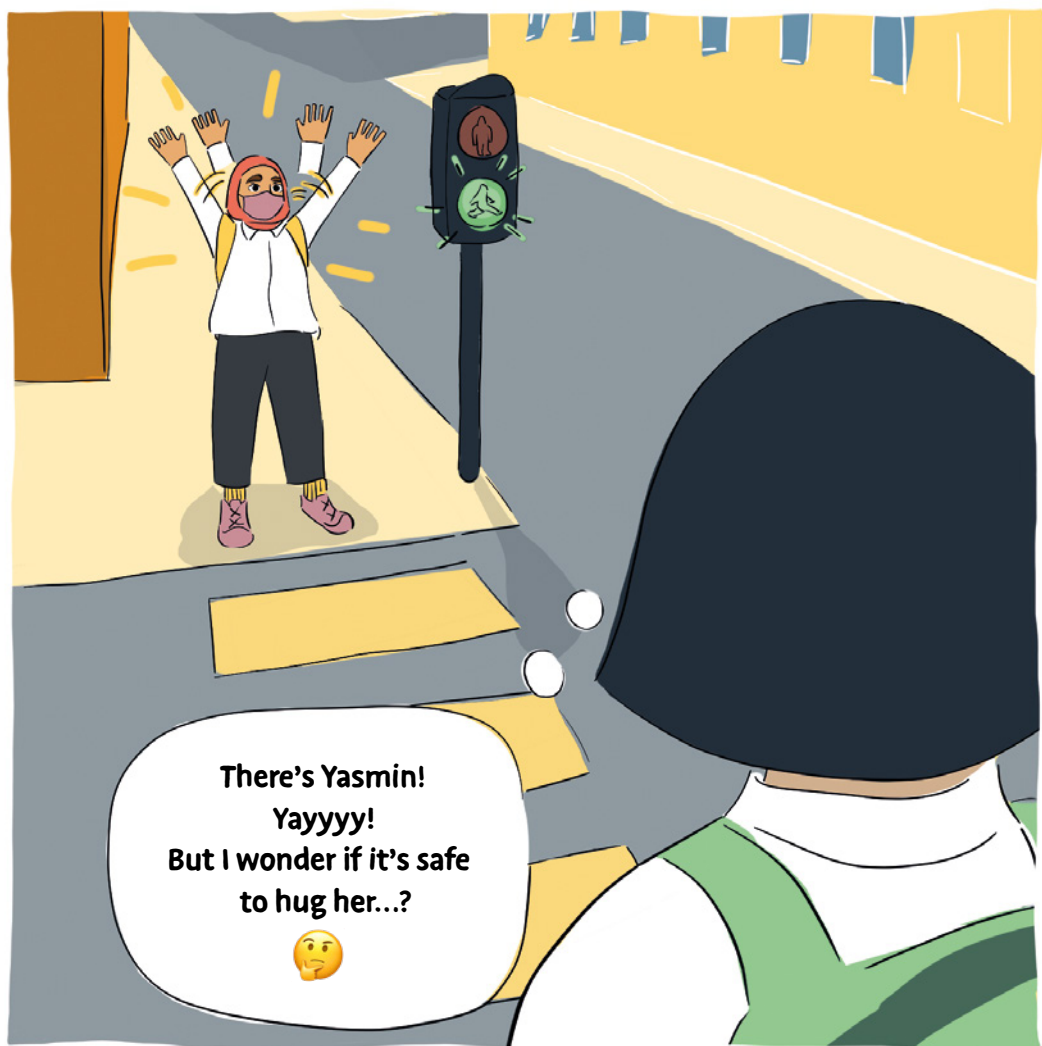




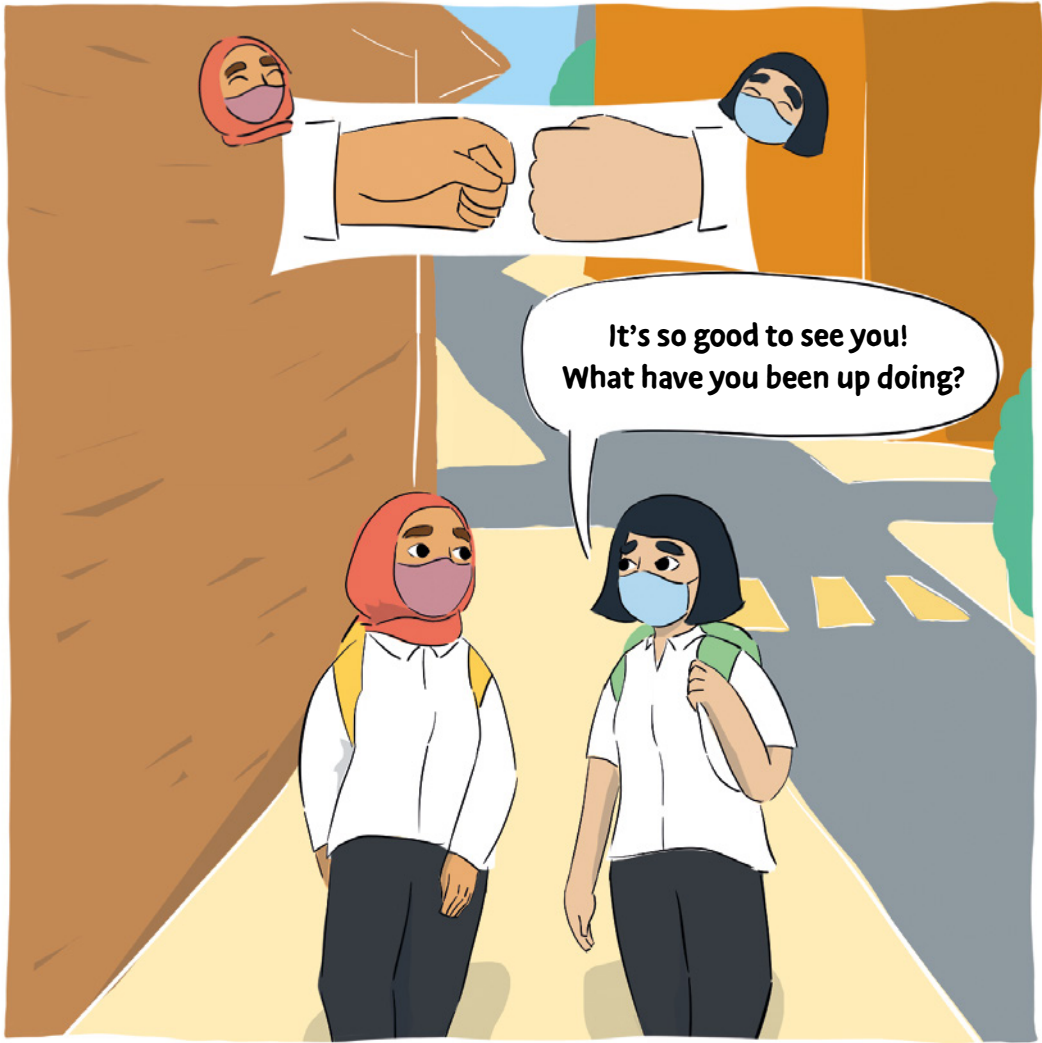


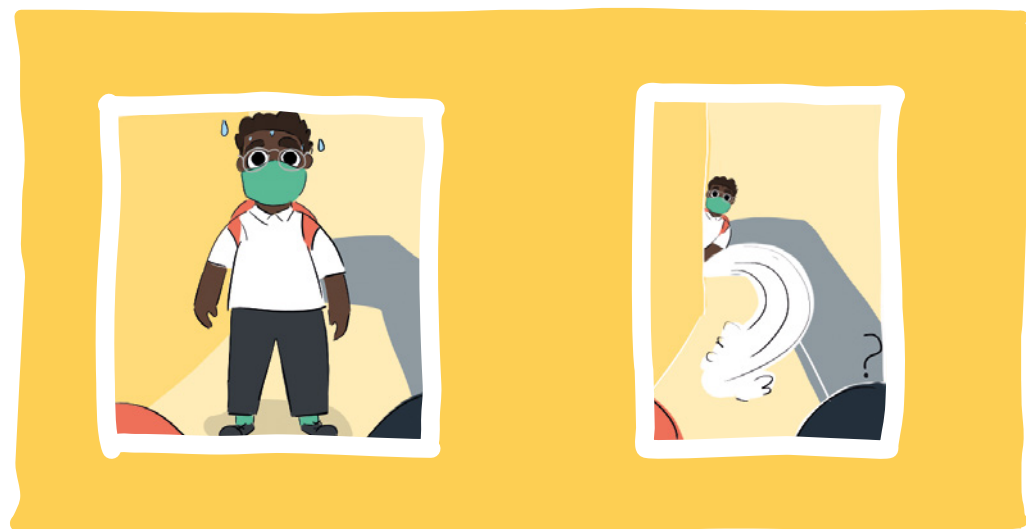
# Part two



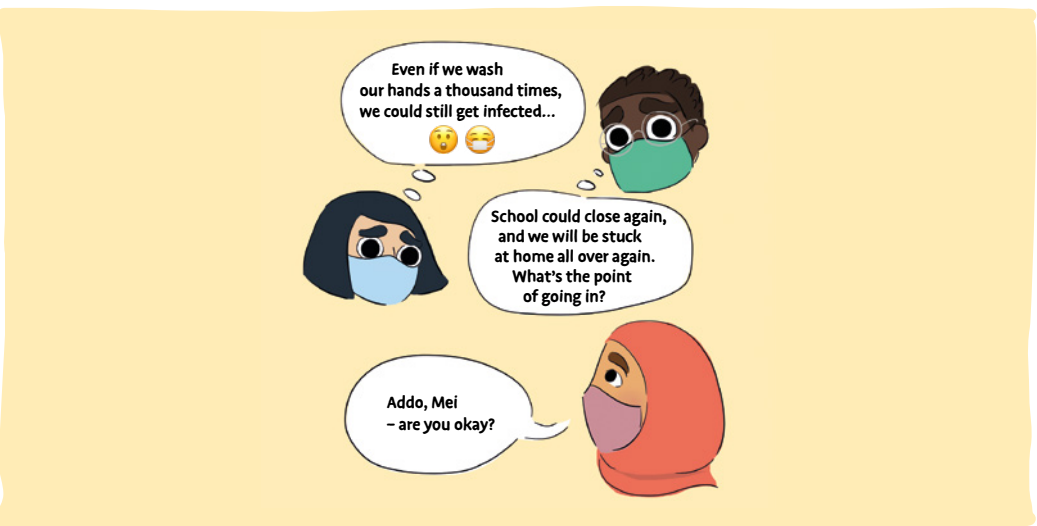
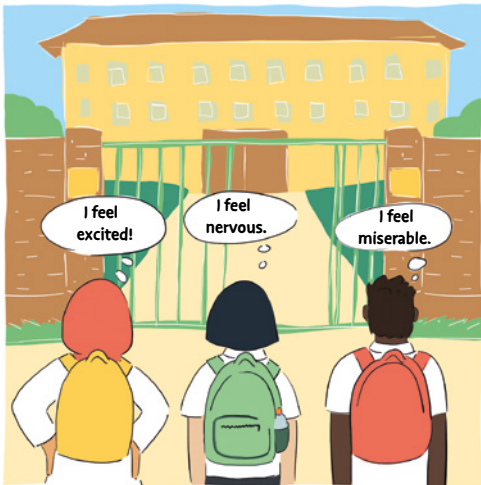














I know things have changed,  
but we are here together.

A comic panel featuring three characters: a woman with short black hair and a blue face mask, a woman wearing a red hijab and a purple face mask, and a man with dark skin, glasses, and a green face mask. They are all looking towards the center. The background is a solid light yellow.



You're right Yasmin.  
C'mon, Addo. Let's go in.

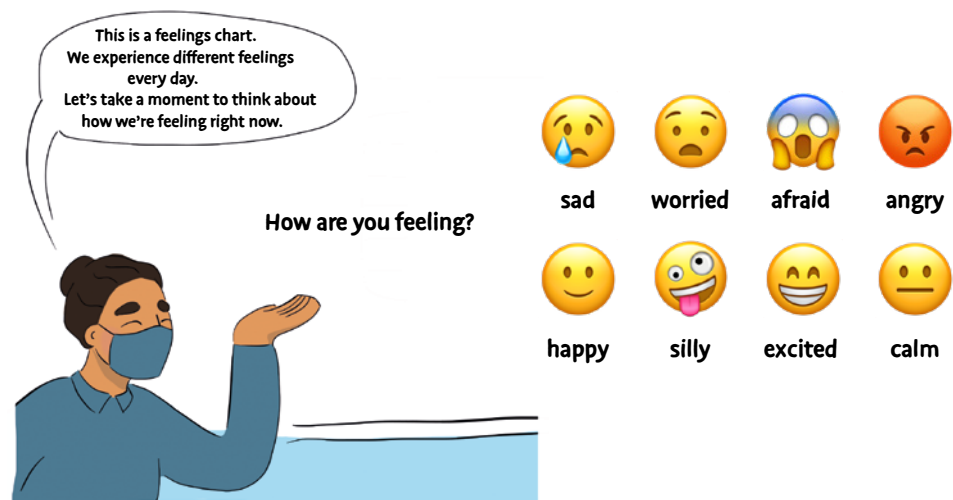
A comic panel featuring the same three characters. The woman on the left is speaking. The woman in the middle and the man on the right are looking towards her. The background is a solid light yellow.

That's true.  
We are in this  
together.



# Part three









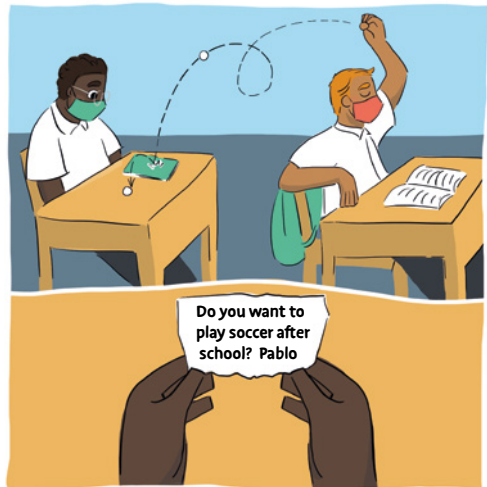
We all experience different feelings  
like happiness, excitement, sadness, anger...  
to name a few.  
We can feel many different feelings  
throughout the day or even at the same time.  
All of these feelings are ok.



Meanwhile...

Psssss...

Addo!



Do you want to  
play soccer after  
school? Pablo

I can't.  
I just don't feel like  
seeing any friends  
today.



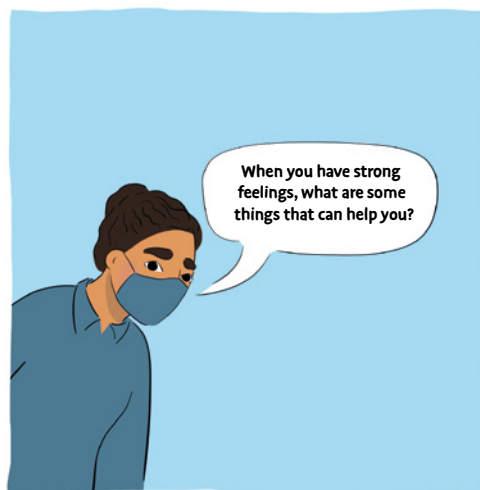
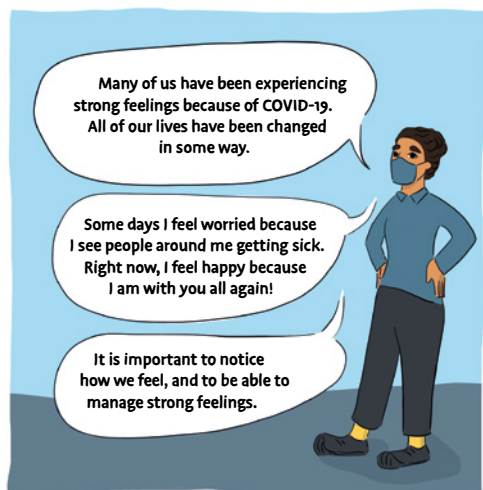


**Back to the lesson.**

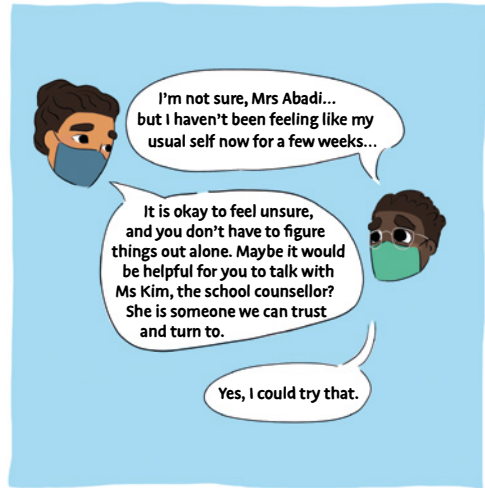
Being able to recognize our  
different feelings is actually a  
**SUPERPOWER!**

Superpower?

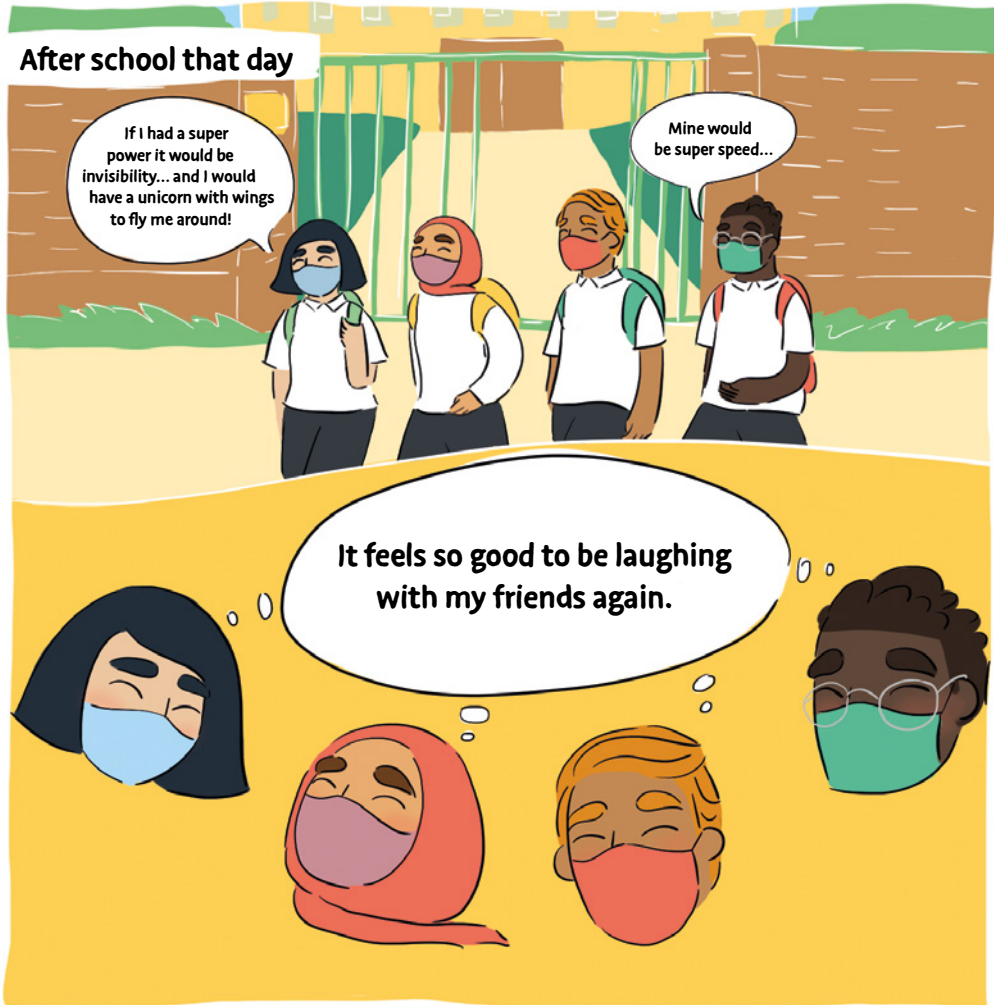






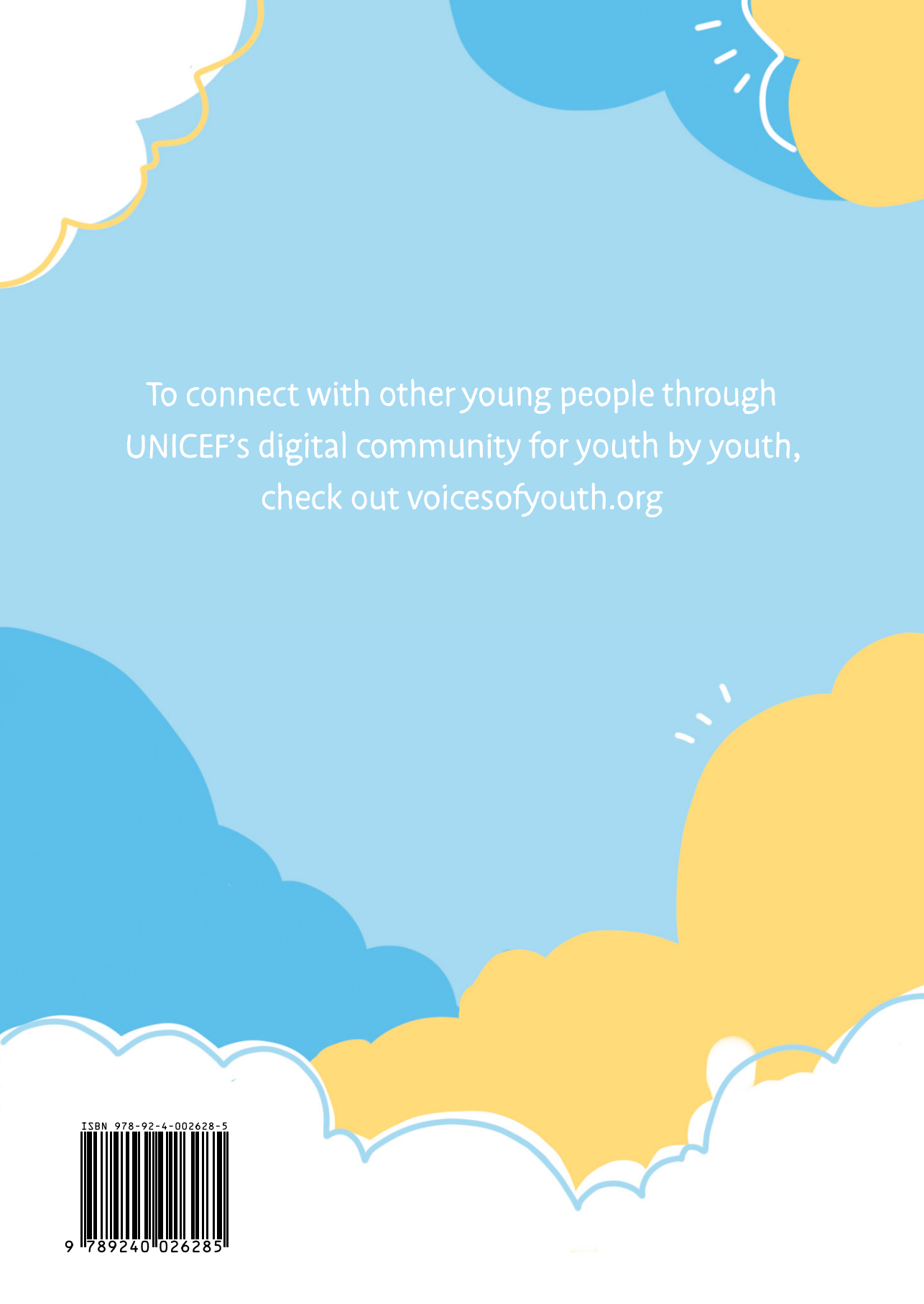


### After school that day



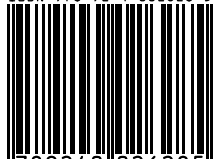
Stay tuned for more adventures  
with Magnificent Mei and her friends at  
[https://www.who.int/teams/mental-health-and-substance-use/  
who-unicef-helping-adolescents-thrive-programme](https://www.who.int/teams/mental-health-and-substance-use/who-unicef-helping-adolescents-thrive-programme)





To connect with other young people through  
UNICEF's digital community for youth by youth,  
check out [voicesofyouth.org](https://voicesofyouth.org)

ISBN 978-92-4-002628-5



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