

**Exploring YOU!**  
**An Introduction to Human Diversity**  
**By Lauren Page Wadsworth and Marcus Rodriguez**

**Synopsis**

Identity related topics such as Race, Gender, Sexual Orientation, and Religion are constantly being discussed in today's society. Increasingly scholars are encouraged to grapple with and discuss topics like privilege and marginalization across differences. However, there are too few resources to help parents/teachers/therapists begin to introduce and explore these topics with children. Dr. Lauren Wadsworth & Dr. Marcus Rodriguez hope to address this gap through the book *What Makes You, You?*

As clinical psychologists with specialized training and expertise in issues of diversity, developmental psychology and mental health, Dr. Lauren Wadsworth & Dr. Marcus Rodriguez are uniquely qualified to write on the topic of identities, and their complex relationships with them. This book is designed to be an introduction for children about the many identities we each hold, along with a brief nod to the existence of privilege and marginalization in society. The book is designed to allow children to find themselves in each page and hope it will be a validating and empowering book for children (and the adults reading the book) who hold marginalized identities.

**More about this book:**

What need does the book fill? We are in the midst of a revolution of how openly and how often we discuss aspects of identity. Despite the iron being hot, there is a paucity of books to aid parents, teachers and therapists in introducing and discussing identities, systems of power and oppression, and the importance of embracing diversity. Building off of Dr. Pamela Hays's ADDRESSING framework (an acronym), authors introduce children to Age, Development (difficult and shaping life events), Disabilities, Religion, Ethnicity and Race, Sexuality, Socio Economic Status, Indigenous Heritage and Immigration Status, Nationality, and Gender expression. In the illustrations, children will see the intersection of each of these identities with other identities (e.g. showing people that have disabilities and are people of color; showing elderly people in same gender relationships, etc.). The diversity in illustrations is key to us, as we know there is a lack of diversity in current children's books available and would like to provide pages where children who hold any marginalized identities can find and point to someone that reminds them of themselves. Dr. Wadsworth and Dr. Marcuse believe this is crucial for health development in a world that still suffers from systemic oppression and want to be a small part of empowering children to embrace differences, despite the stress that can be associated with them.

What are the benefits to its readers? This book is designed to quickly and lightly introduce some of the many identities' children

Coming soon

Format: Hardcover, Audio Digital,  
Extent: 32PP  
Formant: 17x 23 CM  
Publisher: Voodoolily.no  
Genre: Children's Book  
Illustration: Full colour  
ISBN: 978-82-93764-08-3

Follow us:  
[www.voodoolily.no](http://www.voodoolily.no)  
[Instagram.com/voodoolily.no](https://www.instagram.com/voodoolily.no)

Contact:  
Project Manager: Rose z. Turner  
Email: [r.turner@voodoolily.no](mailto:r.turner@voodoolily.no) &  
[r.turner.multilinguallibrary@gmail.com](mailto:r.turner.multilinguallibrary@gmail.com)  
Tel: +4796678992

Address: FLOTMYRGATA 5525 ,183  
Haugesund, Norway



hold, that are believed to be most relevant in their intersection with mental health. Dr. Wadsworth and Dr. Marcuse think of this book as a “menu” that allows adults to briefly or deeply discuss each identity, as it is more or less relevant to what the child is experiencing in their lives. Dr. Wadsworth and Dr. Marcuse think that introducing children to an adapted version of the ADDRESSING framework will provide children with a scaffolding as their insight into identities and the world around them develops.

### **Authors:**

Dr. Lauren Wadsworth is the founder and director of Genesee Valley Psychology, a specialty clinic in Rochester, New York. Dr. Wadsworth is a licensed clinical psychologist passionate about furthering diversity and inclusion efforts. Dr. Wadsworth obtained her graduate training at the University of Massachusetts Boston, a Clinical Psychology program with a Scientist-Practitioner model steeped in learning about the role of identities in research and clinical work. Dr. Wadsworth's favorite part about her work is providing trainings to business, clinical staff, and researchers aiming to increase their cultural humility and competence. As a scholar, Dr. Wadsworth has published over 20 peer reviewed articles and book chapters, and has provided over 50 lectures, trainings, and seminars to professional audiences in the US and abroad.

Dr. Marcus Rodriguez is an Assistant Professor of Psychology at Pitzer College. He is also the Clinical Director of the Boston Child Study Center – Los Angeles. Dr. Rodriguez grew up in Mexico, studied in Germany during college, lived in China for 9 years after college, and has traveled to more than 70 countries. He was educated at Peking University (MA), Duke University (PhD) and Harvard Medical School (Internship). As a clinician, Dr. specializes in delivering Dialectical Behavior Therapy (DBT). As a consultant, Dr. Rodriguez works for Behavioral Tech and has co-led DBT trainings for mental health professionals in Australia, China, Mexico, Nepal and throughout the United States. As a scholar, Dr. Rodriguez has published dozens of peer-reviewed articles and book chapters and made more than 50 presentations at professional conferences in the US and internationally.

### **Key Selling Point**

- A professional resource to help parents/teachers/therapists begin to introduce, explore and addressing What Makes You (children), You?
- An Audio capability, full color book made by voodolily with passion
- A fresh look at «Tolerance Culture», «respect to differences and disabilities» with miracle illustrations.
- A unique designed to allow children to find themselves in each page and empowering book for children (and the adults reading the book) who hold marginalized identities.
- Experts and scientists share their knowledge with children and families in simple ways and through stories, so they can learn to grapple with complex topics, like tolerance culture.
- Share commitment to promoting respect, acceptance and appreciation for the richness of cultural diversity and the infinite number of ways of being human.