

# Me, an activist

## A quick guide for achieving social change, whether large or small

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La Bonita Ediciones, 2020

ISBN: 978-956-9844-04-1

21,5 x 28 cm

84 pp

Hardcover

Spanish

Sold rights: Korea, Vietnam



**Lucha Sotomayor.** Fundadora. Today she works for the United Nations in New York, specifically around the activism of boys and girls to prevent and report violence. She is the director of Fundación Todo Mejora (Everything Improves), founder of Limitless. Author of the book My Digital Self (La Bonita, 2020).



Medalla Colibrí IBBY Chile Award  
for Conscious Citizen Collection,  
2021

Hi there activist! We've been waiting for you! We know you are special. You observe what's going on around you and in the world: what you do like and what you don't, what you would leave as it is and what you would like to change. But what does it mean to be an activist? Who are or were

those men and women who changed things? Me, an activist aims to awaken the activist in you and is also a guide to help bring about change, big or small. Because we can all help improve the world!

**Itza Maturana.** Designer and graduate in Illustration and Autobiographical Narrative from UC Chile. She was part of the delegation of Chilean illustrators at the Bologna International Fair 2019 and on that same year she won the Hummingbird Medal for the illustrations of the book Insectopedia.





The boys and girls are the ones who are pushing the changes we need with the greatest strength and awareness. Let's learn from them!

## Key Points

- ✓ This book loves freedom, justice and diversity. These pages, with loving and motivating language, celebrate justice, dignity and empathy.
- ✓ The pandemic has exposed hundreds of injustices around the world. With emotional support, motivation and optimism, we can fight these back.
- ✓ It helps us identify problems and pose solutions with joy, hope and community spirit.
- ✓ Do you advocate for animals, for feminism, for sexual minorities, for diversity, for the environment? Fight for yourself and your peers!
- ✓ -Children have a voice and must be heard in order to improve the world. Children are the present.
- ✓ -This book recapitulates and acknowledges the giants who came before us and allowed many to continue fighting.
- ✓ Get involved. This guide puts your needs for change into action.

