

Book review

Mophead

How your difference makes a difference

Category: Book Reviews / Children & Youth

Author: Selina Tusitala Marsh

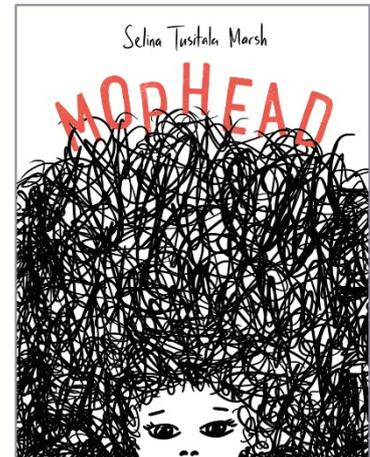
Year: 2019

Publisher: Auckland University Press, NZ

ISBN: 9781869408985

Audience: For Youth

Summary: A delightful graphic memoir about being yourself



“But we’re not made to be the same.”

Mophead is a delightful graphic memoir that brought back memories of reading Spike Milligan’s *BadJelly the Witch* as a child. The simple ‘doodle-like’ graphics along with the humorous method in which the story is told helps to get a serious message across without feeling ‘lectured to’. *Mophead* discusses feeling the need to conform and being bullied for being different. Character Selina feels the need to conform and try to be like everyone else until she meets Sam, who lives life celebrating his individuality, inspiring Selina to be the same. As Selina embraces her wild hair and becomes confident in her own skin, she begins to shine in all aspects of her life.

At first glance, *Mophead* could be considered a children’s picture-book, however I would argue that the book’s messaging will resonate with children and adults alike. It poses questions such as: How do we treat others who are different to us? How might this make them feel? What aspects of our own uniqueness do we hide in order to ‘fit in’? What are we missing out on by trying to ‘be the same’? Selina Tusitala Marsh has written a book filled with hope that demonstrates the power of simply being yourself.

Reviewed by Deb Marsden, Guidance Counsellor & Secondary School teacher

The Mental Health Foundation’s Resource and Information Service brings you book reviews fortnightly. To view more go to www.mentalhealth.org.nz/books