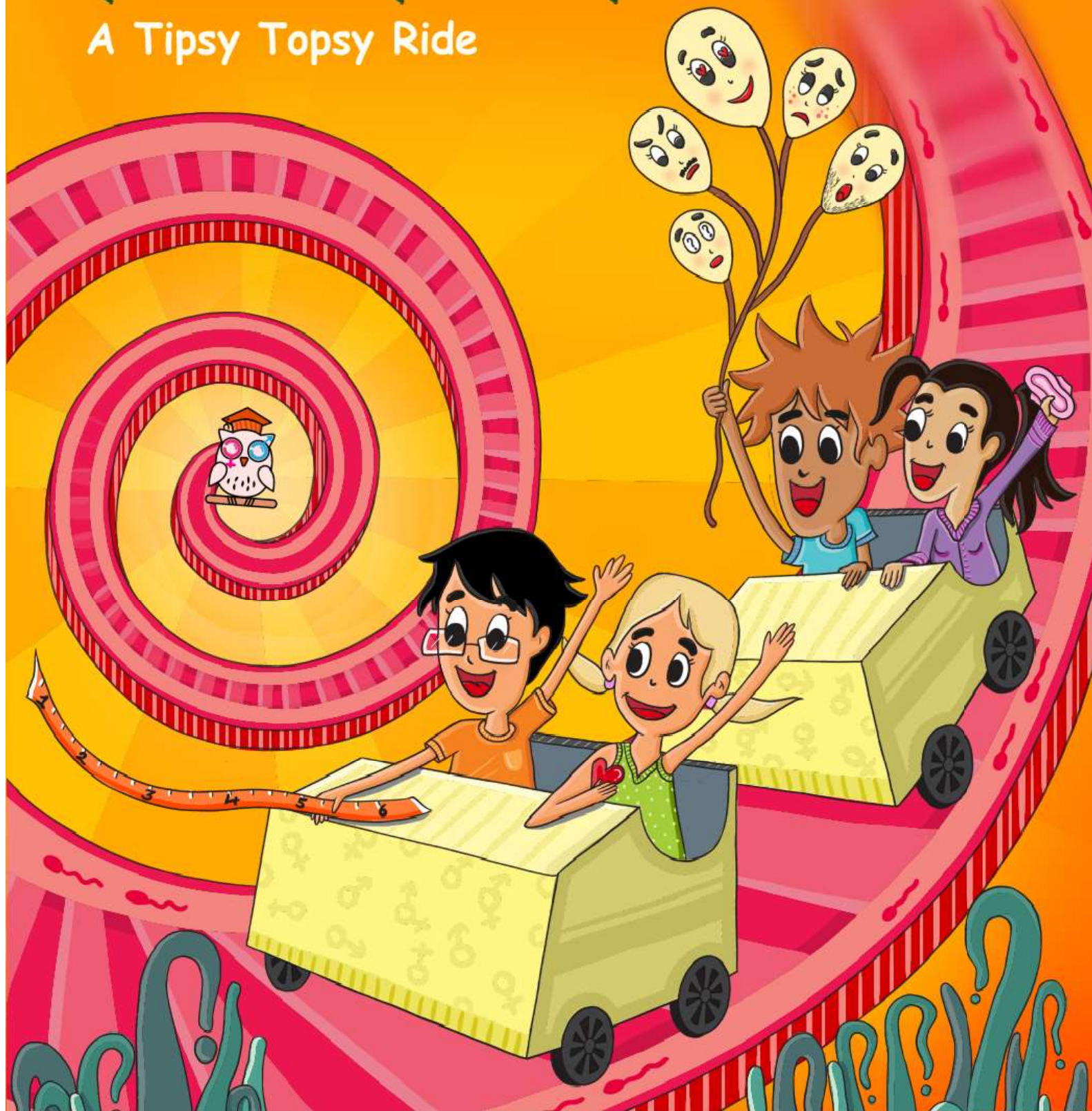


# Ten To Teens!

A Topsy Topsy Ride



**India's First Gender-Neutral Puberty Comics**

**- Akshay Goel, Sonali Gupta, Aditi Singh**

# Forward

‘Ten to Teens - A Topsy Topsy Ride’ is not just a comic; it is a conversation. It’s an invitation to journey with us through the winding, topsy-turvy road that leads from the simplicity of ten to the complexity of being a teenager. Our aim is to make this journey a bit smoother and a lot more fun. This comic acknowledges and addresses the challenges that come with puberty but does it with humour, respect, and understanding.

We believe that education has the power to transform lives. We also believe that humor has the power to make tough subjects more approachable. This comic is an amalgamation of those beliefs. We hope it will serve as a friendly guide, a confidante, and a light-hearted companion to help you, or the young teens in your life, navigate the ride from ten to teens.

In this comic, you will meet Rohan, Riya, and Rambo – three friends whose stories of adolescence are as real as they are delightful. They are you. They are your friends. They represent every question you’ve asked, every fear you’ve had, and every joy you’ve discovered as you navigate the challenging yet exhilarating journey from ten to the teens.

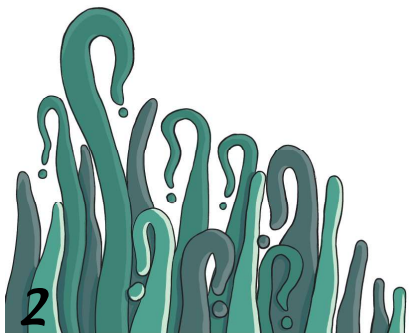
Through the pages of ‘Ten to Teens’, you’ll find comfort, wisdom, and lots of laughter. You’ll see that it’s okay to be curious, to question, and to explore. We hope that Rohan, Riya, and Rambo’s tales of discovery, friendship, and resilience will inspire you, help you, and maybe even make your own journey a little bit easier. We promise, it’s a ride worth taking.

Here’s to growing up, with all its twists and turns, its ups and downs, and its beautiful chaos!

Welcome aboard the Topsy Topsy Ride!

- Akshay, Sonali, Aditi

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# Acknowledgements

We'd like to extend our heartfelt gratitude to those who've been instrumental in the making of 'Ten to Teens - A Topsy Topsy Ride'.

Firstly, a big salute to Aritra Sen! Your stunning illustrations have breathed life into the world of Rohan, Riya, and Rambo. Our narratives couldn't have found a better visual companion. Further we would also like to thank Kashish Gupta for designing the front and back cover.

A massive thank you to the medical team at Coitopedia. Your invaluable inputs on varied themes like puberty, periods, the concepts of 'good touch' and 'bad touch', consent, and body positivity have not only ensured that our book addresses these sensitive issues correctly, but also instilled in us a deeper understanding of how education from a young age on these themes can help reduce crimes against children and women.

Our friends and family, you've been our constant cheerleaders. Your unwavering support, and even your own anecdotes have found their way into this book, making it more relatable to our readers.

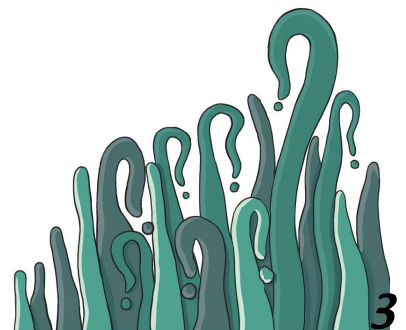
Lastly, we'd like to express our appreciation to our editor, Abhinav Goel. Your meticulous attention to detail has truly honed our work and brought it to its finest shape.

To each one of you who contributed, no matter how big or small, we offer our sincere thanks. This book is as much yours as it is ours.

Thank you!

Feel free to reach out to any of the authors via social media (LinkedIn, Instagram), email ([contact@tentoteens.com](mailto:contact@tentoteens.com)). You can also visit [www.tentoteens.com](http://www.tentoteens.com).

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Hey buddy,  
you'll grow taller too,  
very soon.

Okay,  
whatever dad.



Hope puberty  
hits him soon enough.  
I think it's affecting  
his confidence..

Don't worry Madhvan,  
puberty can start  
anytime between 10  
years to 14 years.



Wow, he is already 12. He really needs  
to up his game or else he might never hit it.

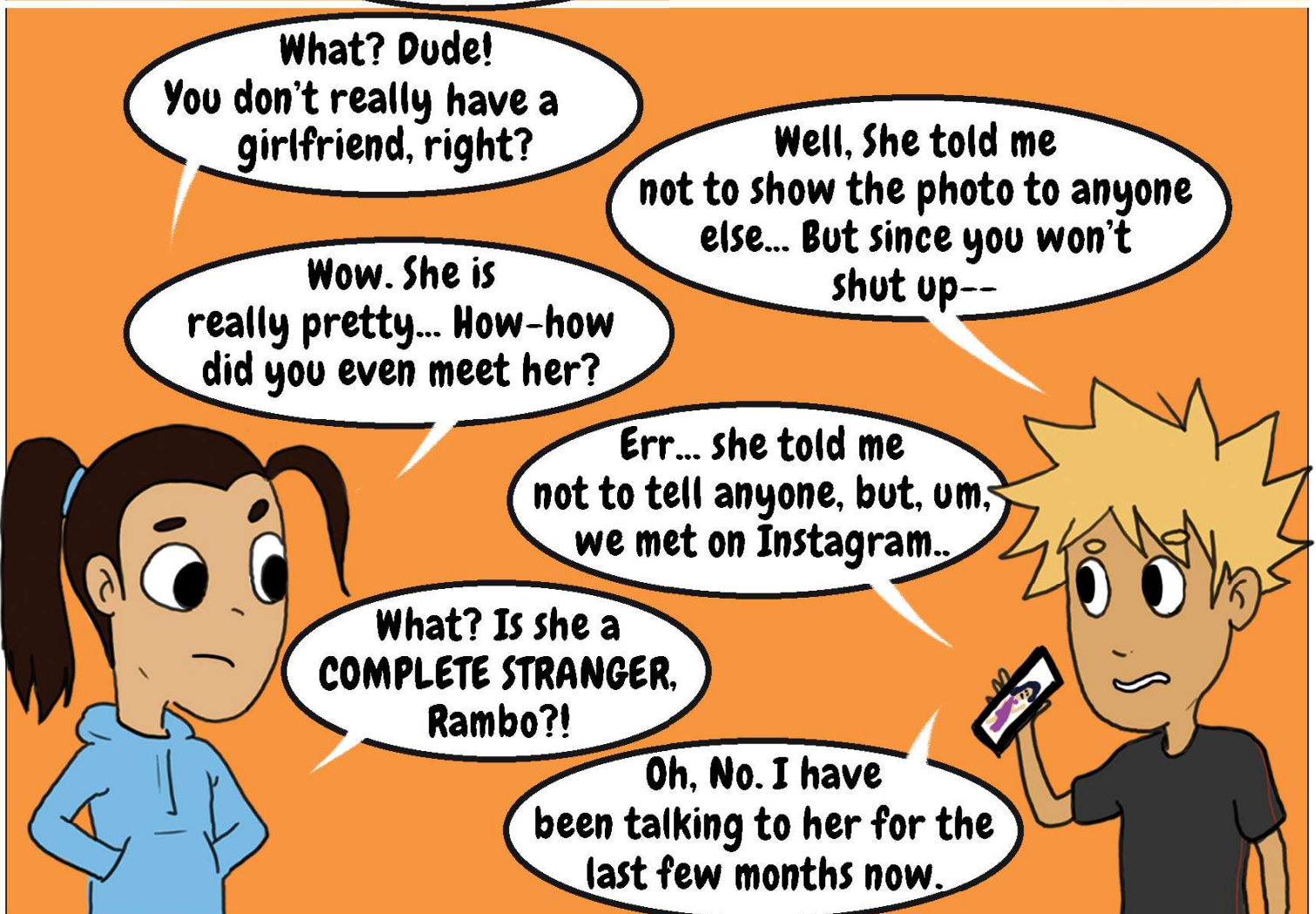
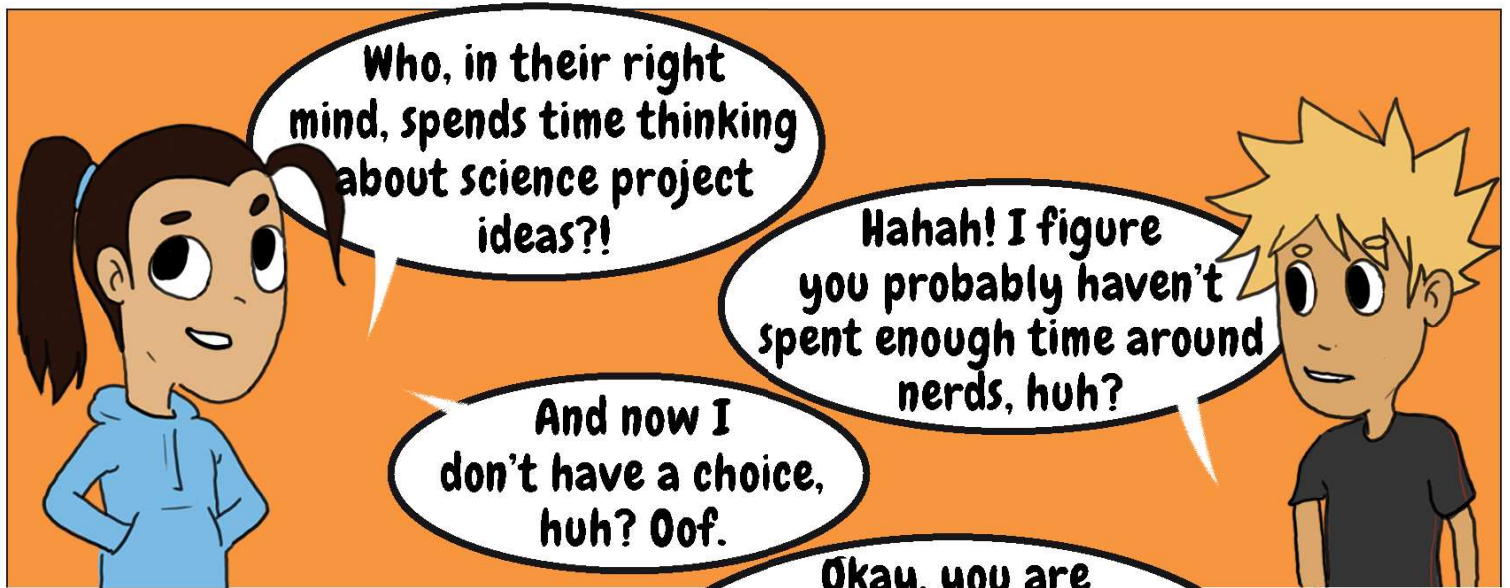
And here I was  
hoping that he will always  
stay little and foolish..

Ayesha, it doesn't work like that.  
Puberty is a natural process. It will  
happen when it has to.

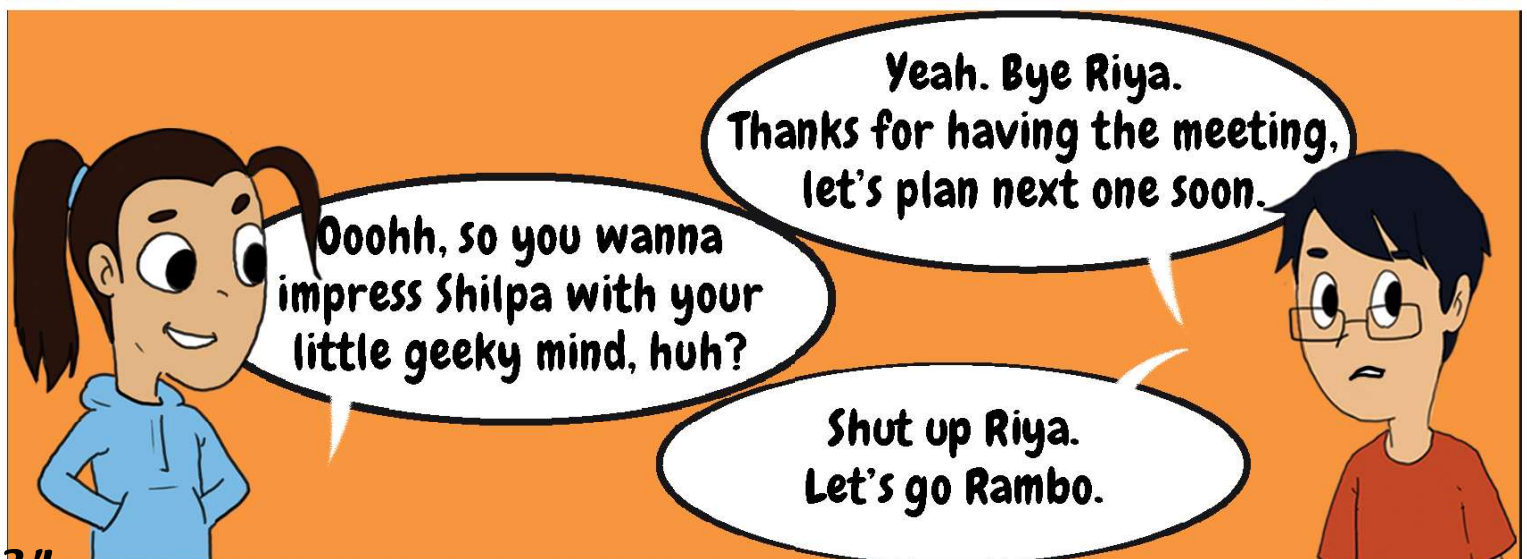
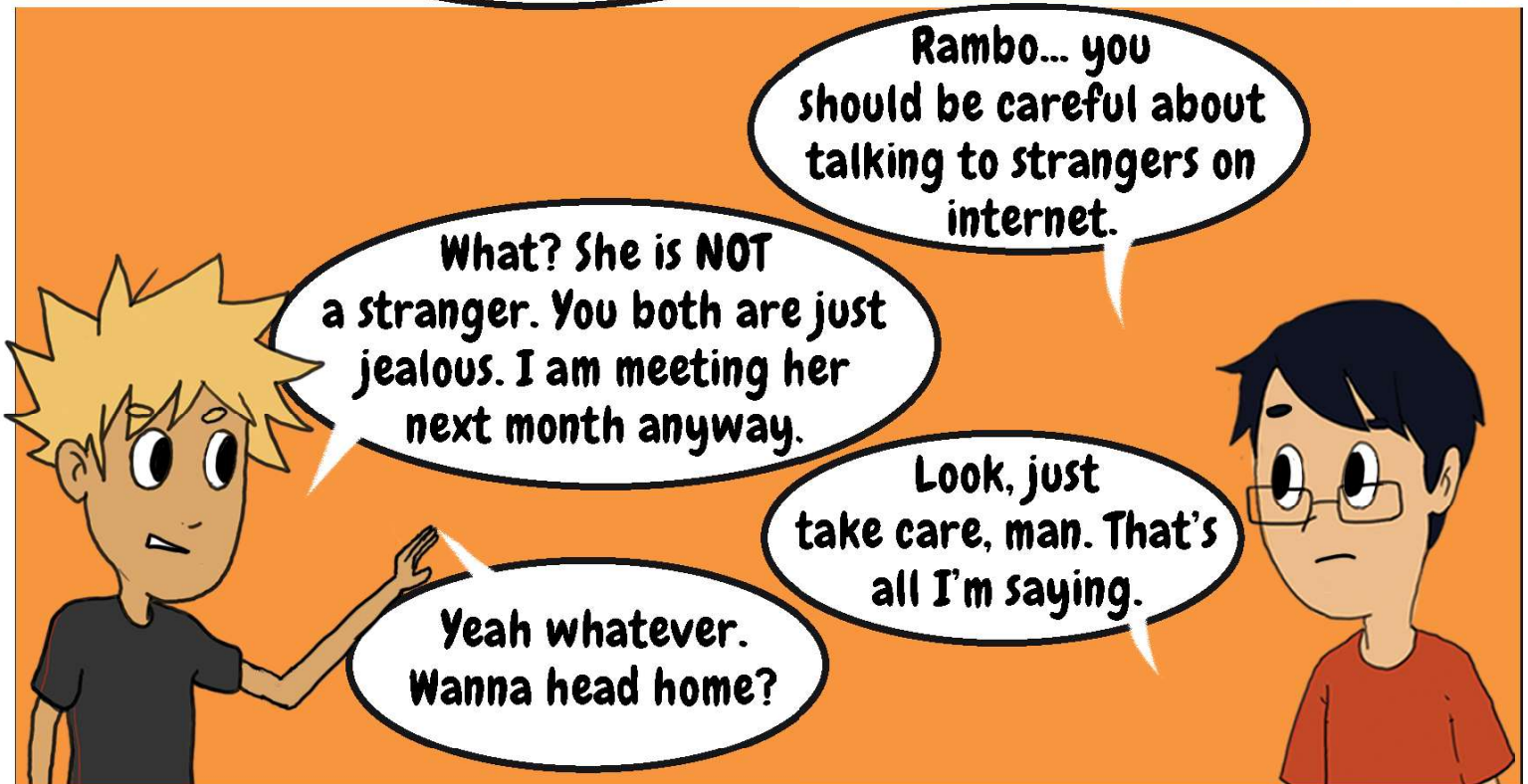
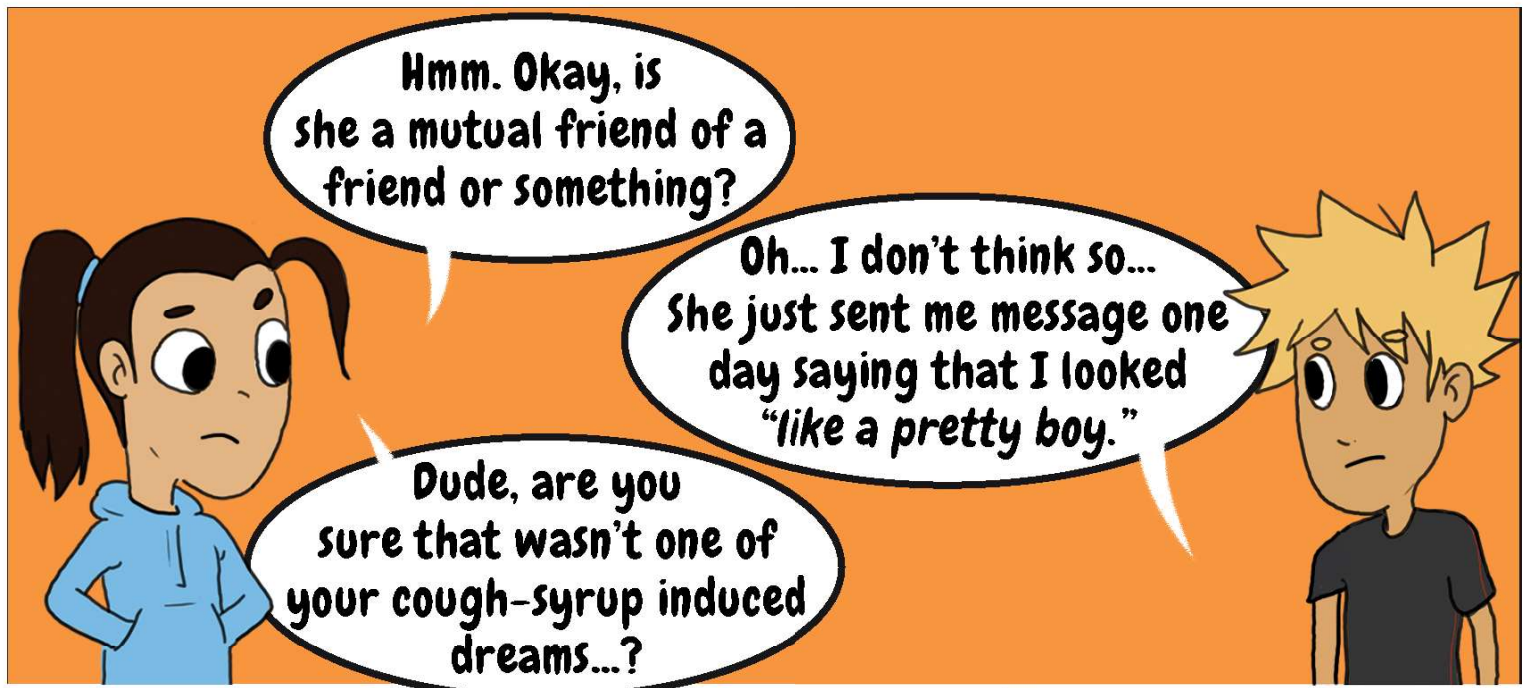
Stop Ayesha.  
We need to support him and  
understand his emotions right now.  
You remember when you were so  
worried about your body hair.

Okay, stop mom!  
Geez, can't even take a joke.





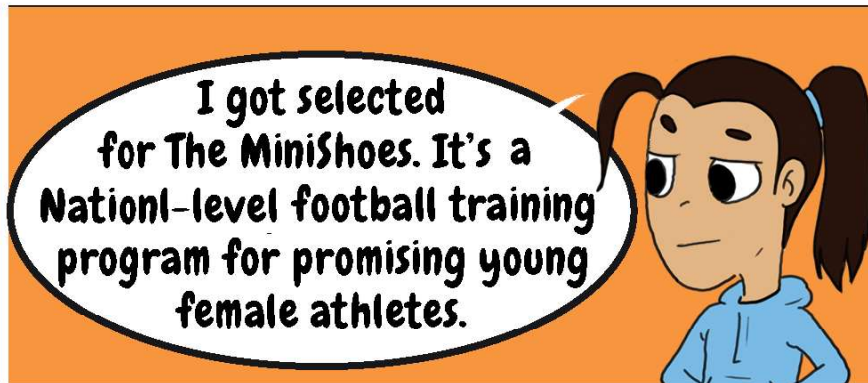








Riya, what is it?



I got selected for The MiniShoes. It's a National-level football training program for promising young female athletes.

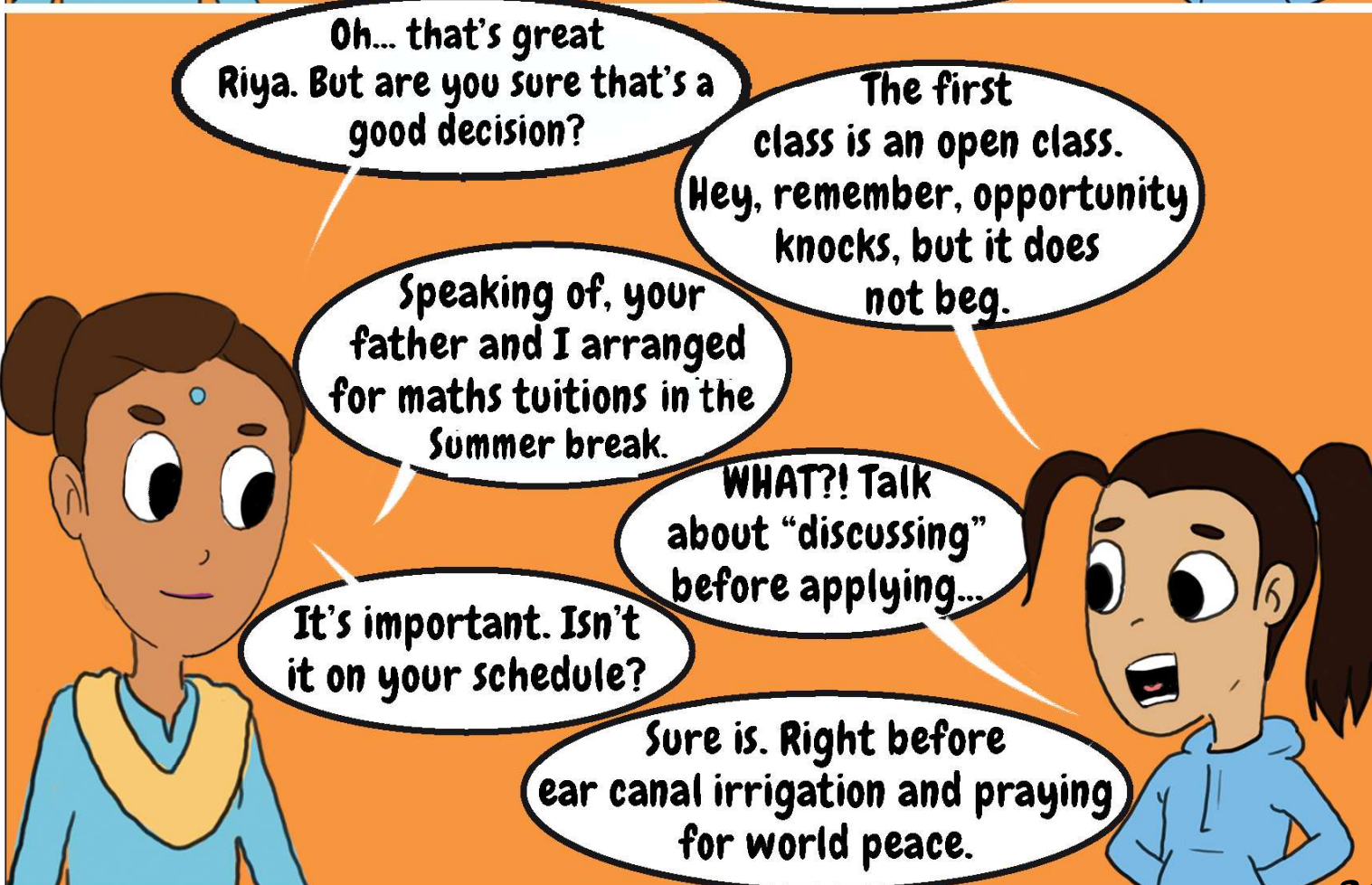


Yeah, you and thirty five other finalists.

Talk about feeling special.

Why didn't you discuss with us before applying?

Because I didn't apply. There was a scouting agent at my first game and I was the only one selected. It's a big deal.



Oh... that's great Riya. But are you sure that's a good decision?

The first class is an open class. Hey, remember, opportunity knocks, but it does not beg.

Speaking of, your father and I arranged for maths tuitions in the Summer break.

WHAT?! Talk about "discussing" before applying...

It's important. Isn't it on your schedule?

Sure is. Right before ear canal irrigation and praying for world peace.

## ***Testimonials:***

***“A must-read for every young teen navigating the maze of growing up!”***

***- Dr. Harsh Nihlani, MBBS, MD***

***“‘Ten to Teens’ is a fun, relatable, and thoughtful exploration of adolescence. It’s a winner!”***

***- Anu Sharma, Educator***



## About The Authors



### ***Akshay Goel***

Akshay is an alumna from Indian School of Business (ISB) and Thapar University. He is currently working as a Management Consultant. He loves travelling, playing guitar and is a fan of Liverpool Football Club. He loves to write and has authored an Amazon best-seller book for non-fiction category – “55 Successful ISB Essays and Their Analysis”. He is very passionate about the social sector and believes in the critical role of early education in reducing crimes against women.



### ***Sonali Gupta***

Sonali is an alumna from Delhi University (Hansraj College) and IMI, New Delhi. Sonali was previously managing the Singapore office for Technology startup as Country Head. She is passionate about smart education and quality education access for all. She is currently working as a co-founder at a work-tech startup. She is a champion for the cause of “Puberty Education” and conducts regular sessions with students at schools and colleges. She has co-authored an Amazon best-seller book for non-fiction category – “55 Successful ISB Essays and Their Analysis”.



### ***Aditi Singh***

Aditi is an English literature graduate from Hindu college, University of Delhi and a self-taught Artist. Currently studying Design, she has a love affair with plays, short stories and everything artsy. From a young age she immersed herself into reading in a variety of genres, and it was through her constant consumption of books that the seeds of her tryst with writing began to grow. She believes writing is the epitome of freedom. She takes her comedy television very seriously and derives inspiration from it. She is an idealist and believes in the power of nature and the importance of conserving it.

***For any business enquiries or further information, reach out to the authors at [contact@tentoteens.com](mailto:contact@tentoteens.com). You can also visit [www.tentoteens.com](http://www.tentoteens.com).***



**"Hop on the rollercoaster ride of teenagehood!"**



Meet **Rohan!** The self-proclaimed class topper with a secret crush and a wit sharper than a double-edged sword!



Say hello to **Riya!** The new girl who loves football, hates conformity and carries around a pocketful of sass!



Meet **Rambo!** Rohan's best bud who's taller than a lamp post, and finds himself in a sticky mystery!

**"Ten to Teens – A Topsy Topsy Ride"** is India's first gender-neutral comic about the whirlwinds of puberty! Navigate first crushes, changing bodies, tricky school scenarios, and new peer pressures, as you join our young heroes in an adventure that will make you laugh, cry, and everything in between!

**Authors: Akshay Goel, Sonali Gupta, Aditi Singh**

