



Ava Sharett

Alleviating Period Poverty

Over 300,000 girls and young women in Arizona experience period poverty, a challenge that disproportionately affects low-income communities of color. For Ava, this issue was crucial to address because it highlights a woman's health problem that is too often overlooked and can severely impact the lives of women. Ava worked to dismantle the shame and stigma surrounding period poverty by organizing donation drives, leading presentations to normalize the conversation, and testifying before the Arizona State Senate to urge lawmakers to provide solutions for this issue affecting girls and women. Embodying the Girl Scout spirit, Ava has empowered others to project their voice, share their stories and advocate for causes they care for resolving. Ava attends Spellman College and is majoring in health sciences with a minor in creative writing.