



## Sophia Crisalli

### *Pobody's Nerfect: A Self-Guided Journal for Young Girls*

Upon encountering social media content that impacted her confidence and self-image, Sophia used her journal as a comforting and coping tool to navigate and understand her emotions. Sophia launched Pobody's Nerfect a self-guided journal with prompts and activities to improve confidence in young girls between the age groups of 9-13 years old. With six chapters and 70 pages of creative writing prompts, coloring pages and personality quizzes, the journal's objective was to help girls discover what makes them unique, but also how to manage different life scenarios and friendships. After completing the project at a camp, girls felt more confident in explaining what boundaries are and understanding the importance of respecting them, and at the same time, understood the qualities to look for in a good friend. With a continued focus on impacting children's lives, Sophia is now studying at the University of San Diego to become an elementary school teacher.

