

Storyboard / User Journey (Summary)

The storyboard outlines how each module progresses through intentional interactions, reflections, and multimedia. Below is a summarized journey across the five modules:

Module 1: *Seeing Me – Nature, Nurture & Self-Discovery*

- Learners explore the roots of their identity — genetic traits and environmental influences.
- Click-to-reveal visuals and writing prompts allow personal discovery.
- Concept: Carl Rogers' Real vs. Ideal Self introduced.

Module 2: *Owning Me – Strengths, Values & Self-Confidence*

- Learners reflect on their natural strengths and core values.
- Card-style interactions uncover diverse personality types and inner qualities.
- Personal journaling builds clarity and confidence through internal alignment.

Module 3: *Defining Me – Media, Society & Identity Pressure*

- Learners examine how outside voices (family, culture, social media) shape their ideal self.
- Interactive cards and scenarios show how influence affects identity.
- Reflection connects perceived expectations with authentic identity.

Module 4: *Protecting Me – Assertiveness & Boundaries*

- Teens learn how to respond to peer pressure and assert their values.
- Scenario-based choices let learners explore passive, aggressive, and assertive behaviors.
- Feedback reinforces self-confidence through healthy self-expression.

Module 5: *Becoming Me – Self-Worth in Action*

- Learners reflect on growth and create a personal vision.
- Final journaling captures lessons learned and intentions moving forward.
- Encourages continued evolution with confidence and clarity.

Each module includes visual storytelling, clickable prompts, self-assessments, and voiceover narration, making it engaging and developmentally relevant for teenage learners.

