



SUPERHERO IRL

IDENTITY DEVELOPMENT

By Dr. Janina Scarlet

Remember that identity refers to the aspects of a person that make them who they are.

Let's look at different aspects of Supergirl's identity:

SUPERGIRL CHARACTER IDENTITY CHART

Character Name: Kara Danvers (Supergirl)

Character Biography

Short summary: Kara Danvers (Supergirl) is a kind-hearted, young Kryptonian who embraces her superpowers to fight crime. She solves mysteries and protects her city using her advanced intellect and superpowers, with the help of her friends and family.

Background: Supergirl (real name: Kara Zor-El) Kara is Kal-El's (Superman's) cousin. She was sent to Earth at the same time as Kal-El.

When Krypton exploded, Kara was 13 and Kal-El was a baby, but her spacecraft was knocked off course for many years, during which time she did not age.

When Kara arrives on Earth 24 years later, she still appears to be 13.

She is adopted by the Danvers family, who love and raise her as their own, but she struggles to fit in in her new surrounding and must hide her superpowers for her own protection.

Later, when Kara decides to use her superpowers to help others, she has to deal with overwhelming self-doubt and struggles to find her sense of identity.

Fortunately, with the help of her friends, Kara learns to control her powers and is able to find a new sense of purpose – becoming a protector of her city and joining forces with other superheroes to protect her city and the planet from invasions and threats.

Trivia: Kara can mimic (imitate) sounds and the voices of other people perfectly.

Alias/nicknames:

Supergirl (real name: Kara Zor-El), also known as Kara Danvers (in the TV series)

Origin/home:

Originally born on planet Krypton; now lives in National City, USA

Physical Traits/Appearance:

Blonde, wears glasses

Age:

24 years old at beginning of TV series

Gender identity: Female

Race/ethnicity/culture:

Kryptonian – a fictional extraterrestrial race of humanoids

Allies:

her cousin Superman (Clark Kent), mentor James Olsen, sister Alex Danvers, friend Winslow "Winn" Schott, Jr.

Personality:

kind-hearted, empathetic (tries to see the good in people), thoughtful, funny, short-tempered, a little awkward, somewhat insecure, shy and lacking in self-confidence as she tries to figure out her new identity as Supergirl

Likes:

nerdy TV shows, game nights, hanging out with her big sister Alex, eating junk food

Dislikes:

dishonesty, bullying, injustice, arrogance

Powers/skills:

Genius-level intellect, can fly, superhuman level of strength, speed, agility, stamina, and hearing; x-ray vision

Now, let's take some time to think about your own superhero identity. Think about who you are and what you do. For example, "I am a 15-year-old violin player who likes video games." Or "I am a friendly, outgoing second-generation Latino-American."

Think about your background, such as where you have lived, who you lived with/ who raised you, and your siblings. Think about who your friends or sidekicks are (sidekicks can include your friends, family members, or even pets). Think about what you like and dislike.

Draw or write your answers below to explore your own superhero identity!

MY CHARACTER CHART

MY NAME

Background: (1 – 2 paragraph) Describe a bit about your background. You may describe where you were born, where you have lived, who you've lived with/who has raised you, siblings, important/meaningful life events, etc.

Summarize yourself in 1-2 complete sentences:

Trivia: What are some fun or interesting facts about you?

MY BIOGRAPHY

Alias/nicknames:

Origin/home:

Physical Traits/Appearance:

Age:

Gender identity:

Race/ethnicity/ culture:

Allies (friends/sidekicks):

Personality:

Likes:

Dislikes:

Powers/skills/talents:

MEET THE DOCTOR

Dr. Janina Scarlet is a Licensed Clinical Psychologist, author, and a full-time geek. A Ukrainian-born refugee, she survived Chernobyl radiation and persecution.

She immigrated to the United States at the age of 12 with her family and later, inspired by the *X-Men*, developed Superhero Therapy to help patients with anxiety, depression, and PTSD. Superhero Therapy refers to incorporating popular culture examples into evidence-based therapy to help the client to become the hero of their own journey. Dr. Scarlet is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association for her work on Superhero Therapy.

Dr. Scarlet's work has been featured on Yahoo, BBC, NPR, Sunday Times, CNN, CW, ABC, Huffington Post, The New York Times, Forbes, the Nerdist, BuzzFeed, Bleeding Cool, CNET, Mugglenet, LADbible, and many other outlets. She currently works at the Center for Stress and Anxiety Management in San Diego and has authored *Superhero Therapy*, *Harry Potter Therapy*, *Therapy Quest*, *Dark Agents*, *Super-Women*, as well as numerous contributions to *Star Wars Psychology*, *Star Trek Psychology*, *Wonder Woman Psychology*, *Supernatural Psychology* and many other books.

Founded in 2013, SuperheroIRL is a project of Pop Culture Hero Coalition, the first 501c-3 non-profit to use relatable stories from TV, comics, and film, to develop tools for living, including conflict resolution, resilience, empathy, and other crucial mental health skills.

Created by pop-culture-fluent clinical psychologists and educators, our work is in schools, comic cons, children's hospitals – and homes in the age of COVID-19.

www.PopCultureHero.org

For info and requests, please email **info@PopCultureHero.org**

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