MEDIA KIT | NOVEMBER 2026

ARIEL RIVERA

MISS ALBUQUERQUE TEEN
NATIONAL AMERICAN MISS 2026

Student. Advocate. Community volunteer.

A teen voice for women's reproductive and mental health - building awareness through education, honest conversations, STEM curiosity, and community service.

ALBUQUERQUE, NEW MEXICO

ADVOCACY | PODCAST | STEM



MEDIA & APPEARANCE INQUIRIES

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PROFILE & PLATFORMS

Health education, youth leadership, STEM curiosity, and service

ABOUT ARIEL

Ariel Rivera is Miss Albuquerque Teen 2026, an Albuquerque homeschool senior with interests in psychology, neuroscience, and women's health. Through The Woman Behind the Symptoms, she helps women and girls feel informed, heard, and supported in conversations about reproductive and mental health.



MISS ALBUQUERQUE TEEN 2026

ADVOCACY & MEDIA

Recently named an IAPMD Ambassador and selected for the organization's Youth Advisory Board, Ariel is beginning this new work. She has also developed a 10-week educational social media campaign about PMDD and related premenstrual disorders, with the first content scheduled to launch the week of November 18, 2026.

PODCAST

Ariel launched The Woman Behind the Symptoms, a podcast exploring women's reproductive and mental health through candid conversations and expert perspectives. The first episode features Ariel and her mother discussing living with PMDD, stigma, safety planning, and mindfulness.

Her advocacy connects accessible health education with youth voice, personal storytelling, and community participation.

CONVERSATION TOPICS

What young people deserve to know about PMDD | How stigma affects health conversations | Taking questions to a provider | Why youth voices matter in women's health | Turning scientific curiosity into a student research question

PROJECTS & COMMUNITY

Selected milestones and ways to collaborate

STEM SPOTLIGHT

For her senior project, Ariel designed an 18-session, single-person study comparing quiet rest, paced breathing, and calming music after a brief stress task. She tracked perceived stress, heart-rhythm coherence, and cognitive performance. In her own results, breathing showed the highest average coherence; music showed the largest average decrease in reported stress.

COMMUNITY SERVICE

As of November 11, Ariel had documented 47 hours of service since becoming Miss Albuquerque in August 2026. Recent work includes four days volunteering at the Albuquerque International Balloon Fiesta and creating a Court of Remembrance for the city's Day of the Dead parade, including more than 200 floral tribute clips for attendees.

LOCAL PARTNERSHIP

Created a gluten-free cooking reel with Albuquerque-based sponsor Brezza Tirrena Italia in support of her Nationals journey.

SELECTED HIGHLIGHTS

- **Pageant**
  Best Resume and semifinalist at Miss New Mexico; earned a Golden Ticket to compete at National American Miss Nationals in Orlando.
- **IAPMD**
  Recently named an IAPMD Ambassador and selected for its Youth Advisory Board. Her work in these roles is just getting underway.
- **Community appearances**
  Kassy's Kause maternal mental health summit, Balloon Fiesta visitor engagement, and local women's philanthropy events.

AVAILABLE FOR

Teen advocacy and leadership | PMDD and women's health awareness | Youth-focused interviews and podcast conversations | STEM and student research | Community appearances | Values-aligned brand collaborations

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Study findings describe Ariel's individual project results and should not be generalized to all teens.