

teen vogue



SOFIA AQUINO by ELIZABETH AQUINO
QUARANTEEN EDITION

SOFIA AQUINO

Quaranteen chronicles

Before COVID-19 hit the globe, a typical day for 14-year-old Sofia Aquino was often spent laughing with friends, making Tik Tok videos after school and attempting to survive 8th grade drama. But now, she spends every hour at home, teaching herself academics, writing heartbreak songs and counting down the days until she's back with her friends.

Aquino sits on her full sized bed, covered in plushies and pink pillows. Her guitar and ukulele are displayed in the corner of the room and a pile of clothes can be seen culminating on the floor. She shrugs and tells me her new daily routine is to simply "wake up." But, there's more to this routine.

Pre-quarantine days, the typical middle schooler didn't have to worry about teaching themselves math at home or having to self isolate from friends. But this is the new normal. With shelter-in-place being enforced in her hometown, Aquino finds herself spending most of the day on her phone. While its mainly harmless scrolling through funny videos on Tik Tok or outfit photos on Instagram, she can't help but feel the pressure of society's expectations of what the perfect teen looks or acts like.

But when she's completely alone, she turns to music and songwriting to express herself. A shy musician, she enjoys playing her guitar and writing songs about experiences she has yet to experience, but hopes others will relate to. From anxiety to first crushes, and even heartbreak, Aquino finds comfort in music.

"(A hard part about being a teen) is what you're supposed to look like. They expect you to look a certain way... and I don't think I fit that."





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"I write songs about what others experience. (But) break my heart and I'll write a fire song."