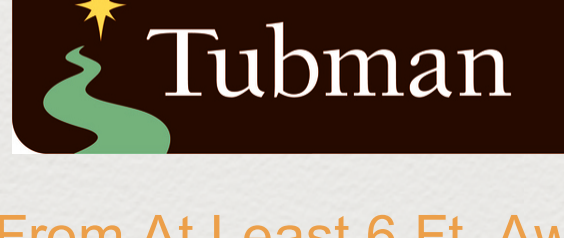


# Tubman MVP

Movement for Violence Prevention

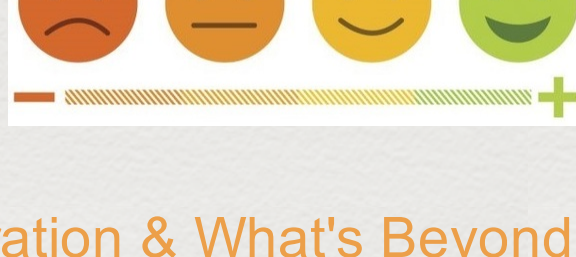


## Hello From At Least 6 Ft. Away!

Hey MVP Action Team,

We hope that you are staying safe and healthy! A lot of things are different from usual for many of us right now. Making these transitions can be challenging and stressful, so we have some tips in our blog at [www.mydefinition.org](http://www.mydefinition.org) about dealing with changes and staying connected to our support systems.

Let us know how you are doing and please reach out if you need any resources or would like to talk. You can call the Tubman help line anytime at **612-825-0000** and reach our youth education team via email at [teens@tubman.org](mailto:teens@tubman.org).



## Frustration & What's Beyond

### Our Control

Written by Youth Educator Lucas Dugan

Unsolved problems, unfulfilled needs, uncertainties about the future, or being unable to follow your normal routines can lead to frustration. To prevent frustrations from building up over time it may be helpful to know these tips about how to focus on what we can control during times of little control.

**Breathe and Exhale** - Realize that you are human and we don't always have all the answers and that's okay. It is better to give yourself some space or time to understand how you are feeling before diving right in to try to "fix" things. Refocus, recharge, and then reexamine your situation.

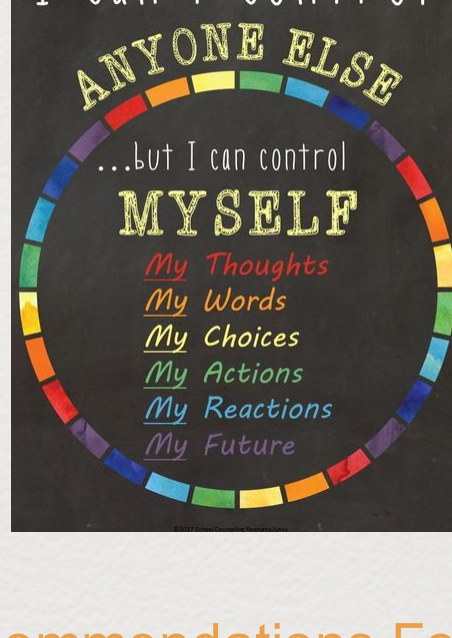
**Accepting the Situation** - In life there is only so much we can truly control. Remember that accepting reality is not the same as giving up. This can help us move on to what's next.

**Control What You Can** - We may not always be able to control the emotions that we feel at any given time, but we can control our reactions to those emotions. For example: if your sibling is bothering you, you can control whether you yell at them or calmly ask them to stop. If you got a low score on a test, you can choose whether you give up, study harder next time, or ask a friend or tutor for help.

**Seek Support** - Talking things through can be incredibly helpful. Feeling as though you have someone who supports you or "has your back" can make a huge difference in reminding us that we are not alone. Talking about your feelings and emotions is a healthy way to cope.

**Plan, Persist, and Power On** - Life will throw a lot of difficult situations and obstacles at all of us. Therefore, if you have even the smallest plan of action in place once something difficult comes along, it can make a difference. Sometimes making a list of options or simply writing out what you need to do can help.

Remember we are here to help with resources and support: email at [teens@tubman.org](mailto:teens@tubman.org) or call our help line at **612-825-0000**



## Our Recommendations For You

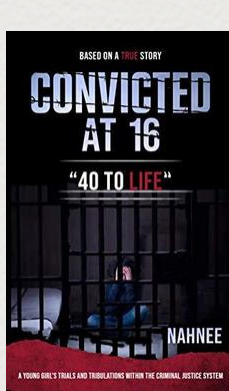
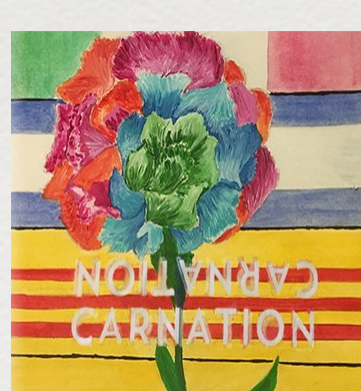
Some of our staff have some recommendations you may enjoy:

Tubman staff Trina learned about a youth-led podcast called **Carnation** made by participants from the Cimarron Teen Center. Learn more about that [HERE](#) and listen to the podcast [HERE](#).

Tubman Youth Worker Tenisha recommends an app that supports families in helping their kids with math at home. It's called **Photomath**, and you can learn more about it [HERE](#).

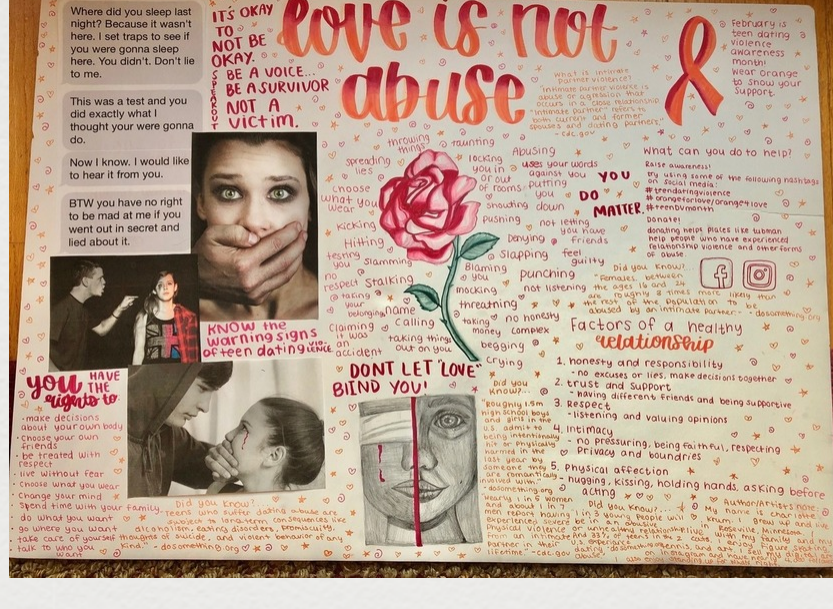
Some students we work with recommend these books:

- [Convicted at 16: 40 to Life](#) by Nahnee
- [The Test](#) by Peggy Kern
- [A Piece of Cake: A Memoir](#) by Cupcake Brown
- [Allegedly](#) by Tiffany D. Jackson
- [Monday's Not Coming](#) by Tiffany D. Jackson



## Poster & Video Contest Winners

February was Teen Dating Violence Awareness Month. This year we held our **11th annual creative contest** where youth and young adults submitted posters & videos raising awareness about violence and celebrating healthy relationships. Take a look at our first prize poster below, and click [HERE](#) for the winning vid.



## What We Have For You

### Education and Prevention Everywhere

Our Youth Education team is working to make sure that you can still engage with violence prevention and youth leadership right from where you are! We have lessons and activities that you can do from home. If you would like some activities or info [email us](#). You can also check out our youth website [MyDefinition](#) as we keep updating that with blog posts and helpful resources & info.

### Upcoming MVP Dates

As always, we have **Movement for Violence Prevention**, our youth leadership group, coming up later this month. The next session is **April 21 & 22, 3:30-6:30 pm** and will be accessible on your computer or smartphone! [Email us](#) to get access.

We'll see you then!

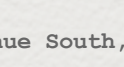
## Staying Connected

We know that for some this may be an especially challenging time. If you or someone close to you needs resources, please reach us a call on our 24-hour helpline at **612-825-0000**.

You can always email this team at [teens@tubman.org](mailto:teens@tubman.org) for info, resource, or to set up a time to talk over text chat, video chat, phone, or whatever method of connection is best for you. It's important that we all have the support we need. For more info and tips, check out [MyDefinition](#) anytime, and you can click on the icons below to find us on [Facebook](#) and [Twitter](#).

And please keep us updated about your projects and ideas! Send us an [email](#) if you're working on something and would like some support or resources to help you with your event or project.

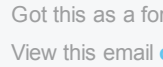
**Stay safe and take time each day to check-in with yourself.**



Tubman | 3111 1st Avenue South, Minneapolis MN, 55408

612.825.3333 | [teens@tubman.org](mailto:teens@tubman.org)

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