

Tubman MVP

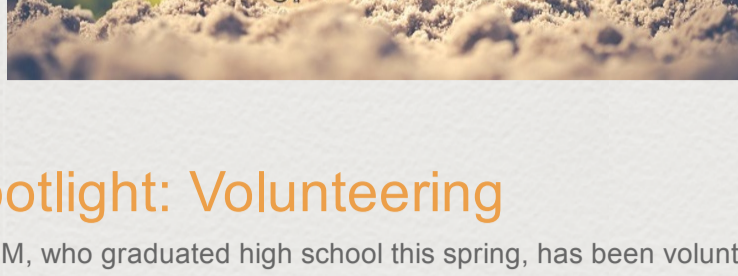
Movement for Violence Prevention



Summer Reimagined

We hope that your summer is going as well as it can be!

We know that things may look different from a lot of the summers that many of us have experienced in the past, but we are in awe of all of the amazing social change, community engagement and resilience that we are seeing. Please let us know what you're up to!



Spotlight: Volunteering

Kate M, who graduated high school this spring, has been volunteering with our Youth Education team for the past few months, contributing to our blog posts and working as a youth advisor for our team members. She wrote about her experience below.

Why I Chose to Volunteer at Tubman, And I Think You Should Too

As an avid feminist and someone who has been deeply personally affected by domestic abuse, I knew volunteering my time and energy at a place that supported victims of domestic violence was something I had to do at some point. But when you're looking for a new place to volunteer, you're often faced with one very difficult question- where? There are many shelters and organizations all across the Twin Cities to choose from, and all of them have different people in need of help. All of these organizations have extremely important messages to share and movements to carry out, and none are more valuable than the others, but there is one thing I have to recognize about Tubman specifically that has made me beyond passionate about supporting this organization.

It's especially true that right now, in the midst of a societal realization that our police forces are in themselves criminal in many cases not to mention the global pandemic, we've all begun to recognize how privilege shapes our own lives, and the lives of others. The privileges we live with, whether they be shaped by our race, gender, sexuality, or otherwise, affect us in ways we often can't entirely understand. Even organizations designed to carry out abuse prevention are not immune to this. Most shelters have always catered to heterosexual women, often in communities that could afford to invest and donate to them, many of which tended to be wealthier and primarily white.

Don't get me wrong- abuse is extremely traumatic and difficult no matter what privileges you carry with you. As someone who was in a relationship where my significant other threatened violence and humiliation against me as a means to control my behavior, who I was allowed to associate with, and what I was allowed to say and do, I am well aware of this. But while working through my own trauma still presents great challenges for me, I have also been tasked with the realization that I have always had the resources to heal. But this is not always the case for people who face similar experiences to me.

I will not pretend to understand the experiences of those who face barriers in seeking help for abuse because of disparities informed by things like race or ability, because those are not my experiences. As advocates against abuse, it is essential that we listen to the experiences of those who come from underrepresented communities so we can amplify their voices and support them in any way we can. But what I can say is as a bisexual female is that if my aforementioned relationship had been with a female partner, I would have faced significantly more hurdles in coming forward.

It is not unheard of for victims of domestic violence from same-sex couples to have their own abuse weaponized against them. Those who are against our community have pointed to these incidents as further proof that the LGBTQ+ community is dangerous knowing full well they occur within opposite-sex couples as well. Though it is not intentional, this bias is ingrained not only in those who are actively outspoken against us, but in those who grow up with these and similar messages and adopt them subconsciously.

This is just one of the barriers my community faces, and of course there are others. But in spite of the many biases that shape our views, what I love about Tubman is that they don't just accept these biases and serve those that are easiest to serve. They make the extra effort to be intersectional, and to challenge themselves to help people who are not always the first to be helped. They recognize people like me from the LGBTQ+ community, but from so many other groups who are often forgotten as well. And for me, this has had a greater impact than I can say. This is an organization that has made me feel safe, included, and heard. And given the current climate of our nation and our home state of Minnesota, I think it's time your voice is heard too.

To find volunteering info check out our [WEBSITE](#) or sign up for MVP [RIGHT HERE](#) or find other opportunities by [EMAILING US](#).

Youth Inspiring Us

Many of us have been impacted by the news this summer. Lots of youth and young adults have been inspiring us.

Local:

Kamryn Johnson is a 9-year old from Chanhassen who raised over \$50,000 for people in need. Read the article [HERE](#).

The "Sit to Breathe" Sit-in at the State Capitol was led by students. Read and watch [HERE](#).

Maddie and a friend in Woodbury organized a peaceful protest. You can listen to radio interview [HERE](#).

*We also talked to Maddy about the event, and her advice to other young people who want to promote positive social change. You can find a transcript of our interview [HERE](#). Read below for Maddy's guide to leading an event!

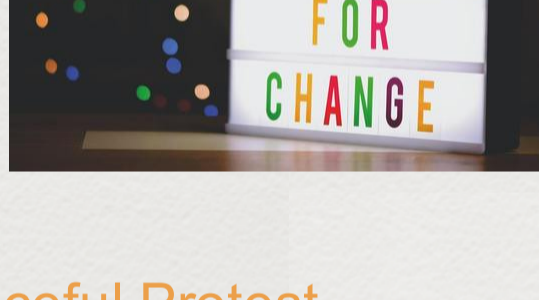
Around the Nation:

Teens4Equality - read about this youth-led group [HERE](#) and find them on instagram [HERE](#).

HoCo For Justice - read more [HERE](#) and see their [WEBSITE](#).

Teen-led Peaceful Protest in Grand Rapids, Michigan - read about that protest [HERE](#).

These young people can teach us a lot about how to organize events and promote positive social change. Let us know what amazing things you're doing, and what we can do to support you!



Planning a Peaceful Protest

By Maddy Kovacich

I organized a Black Lives Matter peaceful protest along with my friend, Elise, because of the continuous injustices in the black community that caused a worldwide outcry following the death of George Floyd in Minneapolis, and sadly so many who died before him. As an ally to the black community, and Elise a part of the black community, this was an important cause we wanted to bring attention to in our city. Here are the steps we took to make this peaceful protest a reality.

First, I shared the idea with Elise to organize a peaceful protest in our city of Woodbury, Minnesota. We began by making an online poster to send to our peers and the community through social media platforms.

Second, we reached out to friends and people who we thought may be willing to speak at the protest and share their personal experiences with racism as well as other protests they have attended. We also planned to do a march at the conclusion of our speeches and mapped out a course as well as walked the route to know how much time to allow.

Third, we confirmed the venue and reached out to city officials to make sure we had a green light to proceed with our ideas. We organized meetings with those willing to participate and rehearsed our speeches. One participant sang the Black National Anthem.

Fourth, with an unexpected donation of \$100, we purchased water, snacks and face masks for attendees who would be at our protest. Per the posters we made, we also encouraged attendees to bring donations to help support the families in the areas hardest hit due to the riots following the death of George Floyd.

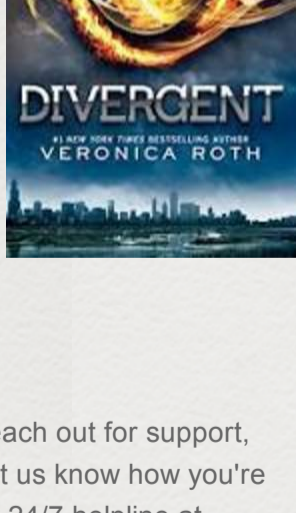
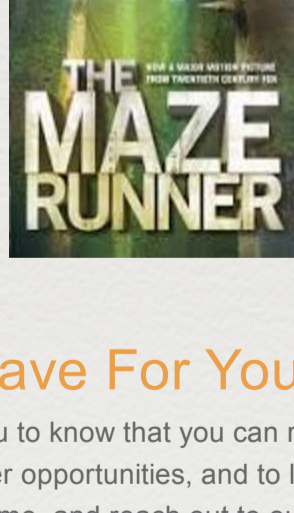
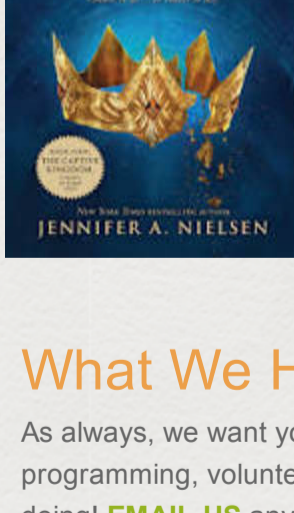
Fifth, the day of the peaceful protest had arrived. Those of us participating gathered three hours in advance to set up, rehearse once more, and be prepared before protestors started to arrive. In our experience, attendees started arriving about 45 minutes before our 1pm start time.

Lastly, be confident in your planning and preparation. Remember, it doesn't matter the size of the peaceful protest you plan, but rather that you're helping to bring attention to a cause that is important and also help get the word out. Elise and I are both high school juniors, and it felt so good to succeed in bringing nearing 1,000 members of our community together for such an important reason. Black lives matter, and each of us doing our part will make a difference.

Youth Recommendations

One of the teens interning with us this summer wanted to share some book series they enjoy. If you find yourself with down time right now, it may be a good time to start a series you hadn't read before!

- Throne of Glass series
- Cherub series
- Maze Runner series
- I Am Number 4 series
- Artemis Fowl series
- Shadowhunter series
- The False Prince trilogy
- Magnus Chase series
- Percy Jackson series
- Divergent series



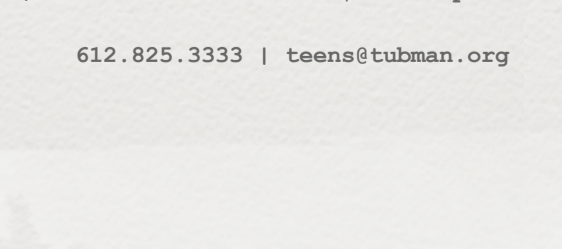
What We Have For You

As always, we want to know that you can reach out for support, programming, volunteer opportunities, and to let us know how you're doing! [EMAIL US](#) anytime, and reach out to our 24/7 helpline at **612.825.0000** for resources for yourself or someone else.

Our **Movement for Violence Prevention (MVP)** program is a youth leadership group that supports youth and young adults in making positive change. Our next session is [August 25 & 26, 2-5 pm](#). Register [HERE](#).

Our youth-oriented website [MyDefinition](#) has a bunch of quizzes, vids, blogs, and resources for you to check out. If you would like to write a blog post or share your opinions or art on our website or in our newsletters [EMAIL US!](#)

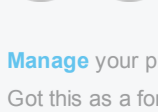
We are happy to announce that we now have an Instagram page! Come [FIND US](#) and tell us what you'd like to see us post about.



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