

# Tubman MVP

Movement for Violence Prevention



## Welcome to 2021

We're still here and we're glad you are too.

We are excited to hear about your plans, your hopes, and your ideas for this year and beyond! Let us know what you're up to, what you're planning, and what you're taking on moment by moment.

## Youth Inspiring Us

*Tell us who is inspiring you right now! See below who we've been excited to hear about lately.*

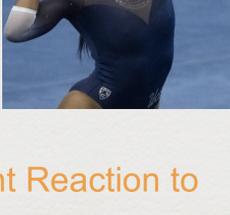
**Amanda Gorman** is our nation's first youth poet laureate. She wrote and performed a piece for Joe Biden's Presidential Inauguration on January 20th. She will also be reciting a new original poem at Superbowl LV which draws a national audience of almost 100 million people.

Read her poem & watch her performance [HERE](#).



**Nia Dennis** is a UCLA gymnast who has used her routine to celebrate Black Excellence. She says, "This routine definitely reflects everything that I am today as a woman and of course I had to incorporate a lot of parts of my culture."

Read more and watch [HERE](#).



## Spotlight: Student Reaction to the Events at the Capitol

By Rashmi Acharya

### What happened?

On January 6, many of us sat shocked, staring at the news while watching the events at the capitol unfold. As violent mobs stormed the capitol, property was destroyed, Senate had to escape, and officers and bystanders were killed. Pipe-bombs and intelligence-knapping plots were revealed as the FBI investigated everything further. Even now, the National Guard still guards the capitol. What happened was an attack on our democracy as a result of discontent about the results of the election. Yet, democracy prevailed. As I am writing this after the inauguration ceremony of President Biden, I'm reminded that violent tactics will never produce their intended results.

In addition to the anti-government and anti-democracy attitude this mob held, it's important to acknowledge the other inexcusable presentations of hatred. Anti-Semitism, racism, and anti-LGBTQ+ sentiments were displayed in a never-ending reel on camera. I also thought it was shocking to see the contrast between how these violent criminals were treated by law enforcement and how peaceful Black Lives Matter protesters were treated.

After these events, even if you feel like you may not really need it, try taking time to process what occurred and how you feel. Personally, I like to journal or talk things out with my sister. I also allow myself 10 minutes in my day to just worry about my life and the world, but afterward I try my best not to dwell on those thoughts.

### What should the people have done instead?

There are many non-violent avenues to take in order to spread your political voice and message. From your home, you can write petitions, sign petitions, write letters/emails to your city council members and governor, and write to your local state representative (your district) or your senator (Senator Klobuchar and Senator Smith in MN). In-person, you can choose to peacefully protest. This could include organizing people to gather in an area of significance where pedestrians or lawmakers could see or hear your message. Social media is an incredibly powerful tool to engage in activism through; one post can be seen by a seemingly unlimited amount of people (far more than you could ever talk to in a day). Through social media or in-person, engage in conversations with people who don't believe in or aren't familiar with your cause. You can create GoFundMe pages or donation drives to collect supplies for the causes you care about. Another great thing to do is look online for opportunities to get involved with the cause you care about through joining a club, a discussion group, a volunteering organization, and even a political campaign. It's also worth checking out your city's website to see if they have city council meetings or school board meetings you can sit in and comment on. Some cities will even let teenagers impact policy decision making by allowing us to join city commissions.

### Why choose non-violence over violent political stunts?

Looking back at history, some of the most powerful civil rights and political movements have been non-violent. Dr. Martin Luther King Jr., Nelson Mandela, and Mahatma Gandhi were all powerful nonviolent activists that pushed their movements for equality forward into actualization. Below are some reasons, according to Dr. Chenoweth, a public policy professor at Harvard University, that non-violent political movements are more powerful than violent ones:

1. *Non-violence is easier to sustain and inspires greater participation* - Weapons, anger, and force will all eventually run out and tire. Violence is also an extreme measure, one that many people would not take. When I watched the videos of what was happening at the capitol, I was aghast at the number of people participating in the violence. But I needed to recall the peaceful protests after George Floyd's death and the millions of people who protested peacefully for social justice. The events at the capitol were also a one-and-done crime; they never would've actually overturned the election or gotten anywhere.

2. *Variation in political methods beyond protest* - Basically this means that violence as an end-all solution will never be effective. Non-violent movements aren't just about peaceful protests. They include people calling their representatives, rallying their friends and neighbors, pursuing change through legal courses of action, and more which will always overpower the force of violence.

3. *Organization* - Violent campaigns typically can be chaotic with no clear message or unifying factor amongst the perpetrators. Non-violent campaigns tend to be carried forth by people united and inspired under the same message. Non-violence is also not a criminal act and is perfectly legal, and for that reason, it will result in more level-headed and concrete decision-making.

Learn more about peaceful advocacy and protesting:

[GREENPEACE](#)

[HOW TO BE AN ADVOCATE](#)

## Black History Month

February is Black History Month - it is great to set aside some time to observe this by engaging in learning about the history of Black Americans in this country and around the world, and to celebrate the many accomplishments of Black people.

While it is wonderful to take thoughtful time during this month for education and activism, that is something you can engage with year-round!

[Check out these events and celebrations:](#)

[Black History Month Virtual Festival](#)

[Virtual Events to Inspire Action, Education, & Connection](#)

[Smithsonian Events](#)

## Teen Dating Violence

### Awareness Month (TDVAM)

February is **Teen Dating Violence Awareness Month**. This month is a time to raise awareness and give people access to resources. Find out more information about this month and issue [HERE](#). You can also check out some key points and get resources at [LevelsRespect](#).

And Tuesday, February 9th is **Wear Orange Day**. Support and promote healthy relationships and raise awareness about teen dating violence by wearing orange. You can make and wear ribbons or pins and post pics online!

## Poster and Video Contest

Since February is **Teen Dating Violence Awareness Month** it is also time for our annual healthy relationships and violence awareness **POSTER AND VIDEO CONTEST!**

Send us pics of your posters or links to your vids that feature info about or examples of healthy relationships, violence & red flags, communication, emotions and your other ideas. These are **due by midnight on February 28th**.

There are prizes for BOTH videos and posters:

**1st = \$200 Visa gift card**

**2nd = \$100 Visa gift card**

**3rd = \$50 Visa gift card**

You can find more info on our [youth website](#) and email us at [teens@tubman.org](mailto:teens@tubman.org) with submissions & questions.



## What We Have for You

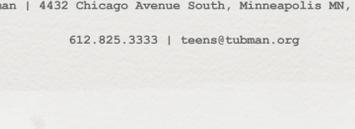
As always, we want you to know that you can reach out for support, programming, resources, and volunteer opportunities. [EMAIL US](#) anytime and reach out to our 24/7 help line at **612.825.0000** for resources or support.

**Our Movement for Violence Prevention (MVP) Youth Leadership Group** supports youth and young adults in making positive change. Our next virtual session is **February 23 & 24, 3:30-6:30 pm via Zoom**. Register [HERE](#).

Our youth website [MyDefinition](#) has a bunch of quizzes, blogs, videos, resources, and info 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 looking for your questions!** If you have a question you'd like a peer educator to answer for you, please send it to us. Whether it's a specific question, advice, or general info you're looking for, we'll post our answers on our [BLOG PAGE](#) on our MyDefinition website.

As always, you can find us all over social media! We are **TubmanMVP** on Facebook, Twitter, Instagram, & TikTok!



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