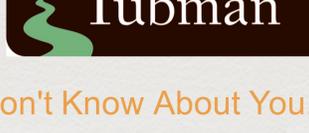


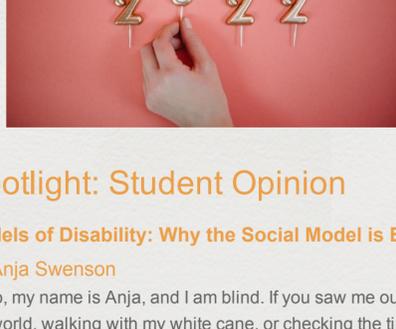
Tubman MVP

Movement for Violence Prevention



We Don't Know About You, But We're Feeling Twenty-Two

Welcome to 2022! Maybe it feels like a new start, and maybe it feels like 2020 Part 3, but either way, we're glad to be here with you. We have a lot to highlight right now, so read below for info about what February means to us, our annual **Poster & Video Contest**, student opinions, recommendations, and more!



Spotlight: Student Opinion

Models of Disability: Why the Social Model is Better

By Anja Swenson

Hello, my name is Anja, and I am blind. If you saw me out in the world, walking with my white cane, or checking the time with the screen reader on my phone, you would probably figure that out. If I wanted to, I could choose to let you believe that I am a "normal" sighted college student. I am writing this piece to talk about how you and I see people with disabilities, and how we should see them. There are two ways we currently see disability. One is the medical model, a societal approach to disability that emphasizes the individual as the reason for the "problem" of disability. As I will do my best to explain, I strongly believe that the other option, the social model is a better way to look at disability, because it focuses on the systemic barriers that impact people with disabilities, rather than assuming the individual is the problem.

The medical model of disability views individuals as the problem. This is demonstrated by an article created by Eric Shyman. The article discusses Applied Behavioral Analysis, a controversial autism therapy, and how its use impacts students in the educational setting (Shyman, 2016). The reason I bring the article into this discussion is because of Shyman's critique of the therapy. According to Shyman (2016) the theory of the medical model, and the ableism associated with it, is being abnormal excludes students with Autism (or people with disabilities in general) from receiving education, and that the best therapy to improve their condition is one that makes them as normal as possible. I have experienced these "normalizing" interventions in my personal life. While I worked as a peer mentor for a local blindness organization, a colleague and mentor of mine, whom I still deeply respect after this incident, was discussing style and make-up with a group of blind teenage girls and young women, including myself. My colleague explained to the group that she felt that blind women should all wear make-up, because if we don't, sighted people will assume we are incapable of applying it. Whether or not blind people are capable of wearing make-up, we should not have to make decisions about our appearance just to prove to society that we are normal. The failures of these interventions, are why I believe the medical model should no longer be used to understand people with disabilities.

Unlike the medical model, the social model focuses on the systemic problems that effect disabled individuals. It turns out, that I am not the only one who feels uncomfortable with the problematic medical model. According to Dirth and Branscombe, (2018) for over seventy years, critics of the medical model have criticized its focus on the individual, and suggested that the experiences of people with disabilities include a systemic lack of equality. I have experienced this within my personal life as well. A recent example occurred at the university of Minnesota, where I attend school, and where, for the past two semesters, I couldn't register for classes on my own, not because my disability makes me incapable of making a schedule, but because the website that they use is inaccessible. This barrier, like many of the other challenges disabled people face, was not caused by my disability, but by the system I was interacting with.

I hope I've made it obvious through these last few paragraphs why I support the use of the social model of disability. I want to live in a world where people understand how broken the system can be, and work with me, as equals, to change it. I want to live in a world where you can meet me, look past my white cane and screen reader, and see that other than my blindness, I'm actually pretty normal. Instead of trying to fit people with disabilities into our broken systems, and blaming them when they can't or don't want to comply, we should work to change the system, so it can be fair and work for everyone within it.

Works Cited

Dirth & Branscombe, 2018, "The Social Identity Approach to Disability: Bridging Disability Studies and Psychological Science" Retrieved November 20, 2021

Shyman, 1, October, 2016 "The Reinforcement of Ableism: Normality, the Medical Model of Disability, and Humanism in Applied Behavior Analysis" Retrieved 20, November, 2021

February is Teen Dating Violence Awareness Month

In February we try to bring awareness to the various forms of violence that teens are at a higher risk of experiencing. This month, as well as all the others, is the perfect time to destigmatize, educate, and support the efforts of youth violence prevention, take the time to check out [our website & BLOGS](#), as well as [LoveIsRespect](#), the [CDC](#), and other sources to learn more about teen dating violence and how you can help stop it and support loved ones going through it.

Our Annual Contest

Because February is Teen Dating Violence Awareness Month (TDVAM), we celebrate each February by having a **poster & video contest** where youth and young adults can submit projects that raise awareness. These projects may be posters or videos, and can highlight red flags, explain violence or unhealthy behaviors, or depict what healthy behaviors, communication, and relationships look like.

Find out more about our contest [HERE](#) and [EMAIL US](#) your submissions or questions.

Submissions are Due by February 28, 2022 and will be voted upon by community members in March.

1st Prize = \$200 Visa Gift Card

2nd Prize = \$100 Visa Gift Card

3rd Prize = \$50 Visa Gift Card

Youth Recommendations

Music

- Looking for new tunes to enjoy in the new year? Check out the album "American Odyssey" by **Nanseera**, a new young artist from Atlanta! Her album has a range of intricate and beautifully crafted songs in varying styles and emotional experiences that everyone can find a connection to. Stream wherever you listen to music.

- **Adele's** new album, "30"

- **Inner Wave** is an LA-based alternative/indie rock band currently on tour, and we've recently partnered with them as they use their voices to raise awareness about violence and facilitate culture change. Check them out and you can also hear them in our "Empowerment" playlist on [Spotify](#).

Apps

- Can an app help to calm you down and get you through the stress of everyday life? Try out the meditation app called **Headspace** that is designed to find meditation exercises that feel right for you.

- **Kitty Collector** is a fun & calming app where you can collect different cats, shop for different treats and goodies, and design kitty homes. Safe for all ages!

Books

Alex Rider: Stormbreaker by Anthony Horowitz

A fun spy thriller in which teenager Alex Rider takes readers on an adventure through London, solving murders and evading assassins. The first book in a series.

Aristotle and Dante Discover the Secrets of the Universe

by Benjamin Alire Sáenz

A beautiful story about the relationship between Aristotle and Dante, two teenage boys who seemingly have very little in common but begin changing each other's lives.

Inkheart by Cornelia Funke

The first of three books, Inkheart is a magical journey that follows Meggie and her father Mo, who can pull characters out of books into our world by reading aloud.

Love and Gelato by Jenna Evans Welch

After the death of her mother, Lina is sent to Italy to live with her mysterious father. It turns out Italy holds more than just gelato.

The Name of this Book is Secret by Pseudonymous Bosch

A hilarious story of Cass and Max-Earnest, two protagonists investigating a magician and the secrets of the story itself.

The Sisterhood of the Traveling Pants by Ann Brashares

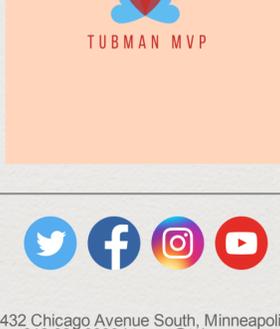
The story of four best friends who spend their first summer apart and stay in touch through the power of magical, symbolic pants.

From Us To You

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[EMAIL US](#) anytime with your updates, questions, ideas, or if you have anything you'd like us to include in our blog posts or upcoming newsletters.

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