Stay safe and take time each day to check-in with yourself. And please keep us updated about your projects and ideas! Send us a message at info@tubman.org for more info and tips.

For more resources or would like to talk, you can call the Tubman help line at 612-825-0000. Let us know how you are doing and please reach out if you need any help.

Written by Youth Educator Lucas Dugan


Our Recommendations For You

If you are looking for some new books to read or resources to help you with your event or project, check out these recommended reads and resources:

1. “The Test” by Tiffany D. Jackson
2. “Convicted at 16: 40 to Life” by Peggy Kern
3. “Allegedly” by Sara Pennypacker
4. “A Piece of Cake: A Memoir” by Nahnee
5. “The Test” by Tiffany D. Jackson
6. “Convicted at 16: 40 to Life” by Peggy Kern
7. “Allegedly” by Sara Pennypacker

You can also connect with us through our youth website, Facebook, and Instagram. Follow us and stay up-to-date on the latest news and events at www.mydefinition.org.

What We Have For You

April 21 & 22, 3:30-6:30 pm

Hello From At Least 6 Ft. Away!

As always, we have lessons and activities that you can do from home. If you would like some activities or info check out our youth website www.mydefinition.org. You can also engage with violence prevention and youth leadership right from home. Our Youth Education team is working to make sure that you can still access the help you need and will be accessible on your computer or smartphone.

February was Teen Dating Violence Awareness Month. This year we held our Poster & Video Contest, from which we have selected our first prize winners. Below you can find links to their work. You can also find information about dealing with changes and staying healthy and connected.

Staying Connected

In life there is only so much we can truly control. We may not always be able to control the circumstances or the situations and obstacles at all of us. Therefore, if you have even the smallest bit of control, it can make a difference. Sometimes making a list of options or simply unrealistic goals can help us move on to what's next.

- Control What You Can
  - Plan, Persist, and Power On
  - Accepting the Situation
  - Breathe and Exhale
  - Frustration & What's Beyond
- Seek Support
  - Talking things through can be incredibly helpful.
  - Write things out: taking steps in writing out what you need to do can help.
  - Let people know that you need support. It is important that you and others you care about have the support and resources that you need.
  - Remember we are here to help with resources and support:
    - Remember you are human and we don’t have all the answers and that’s okay. It is better to give yourself some space or time to understand how you are feeling and what you need.
    - Sometimes, during times of little control.

Our Control

Our MVPs have been working hard to make sure that you can still access the help you need. Our staff are here to help you navigate these transitions and will be accessible on your computer or smartphone.

Some of our staff have some recommendations you may enjoy:

- Photomath, an app that supports families in helping their kids with math at home. It’s called Photomath. You can learn more about that HERE.
- Tubman staff Trina learned about a youth-led podcast called “Movement for Violence Prevention” by Cimarron Teen Center. You can listen to the podcast HERE.
- Some students we work with recommend these books:
  1. “A Piece of Cake: A Memoir” by Nahnee
  2. “The Test” by Tiffany D. Jackson
  3. “Convicted at 16: 40 to Life” by Peggy Kern
- KinderMath, an app that helps parents teach their kids at home.

Written by Youth Educator Lucas Dugan

Poster & Video Contest Winners

We have selected our first prize winners from the Poster & Video Contest. You can find links to their work below. You can also find information about dealing with changes and staying healthy and connected.

Remember we are here to help with resources and support:

- Control What You Can
  - Plan, Persist, and Power On
  - Accepting the Situation
  - Breathe and Exhale
  - Frustration & What's Beyond
- Seek Support
  - Talking things through can be incredibly helpful.
  - Write things out: taking steps in writing out what you need to do can help.
  - Let people know that you need support. It is important that you and others you care about have the support and resources that you need.
  - Remember we are here to help with resources and support:
    - Remember you are human and we don’t have all the answers and that’s okay. It is better to give yourself some space or time to understand how you are feeling and what you need.
    - Sometimes, during times of little control.