

# Tubman MVP

Movement for Violence Prevention



## Spring 2019 Newsletter

### Hello MVP Action Team!

Let us know if there is anything we can do to support your leadership! You can always contact us by hitting "reply" or emailing [teens@tubman.org](mailto:teens@tubman.org). We would also love to hear your feedback about this newsletter - tell us what you'd like to see more or less of.

### We are looking for contributors!

Are you interested in submitting some content to be included in our future newsletters? We are looking for young people to share ideas, opinions, art, and more. Some of what we are looking for: movie and book recommendations; accomplishments you'd like to share; art, videos, or writing that you have created; opinions and other things you'd like to share, celebrate, or bring attention to.

Anytime you have something you would like to submit, please send it to [teens@tubman.org](mailto:teens@tubman.org) and we will be in touch with you. Feel free to pass on the word to your friends and peers, and happy creating!

## School's Out

Summer is here.

For many of us, school is out or nearly out for the summer. Just a reminder to find creative and interesting things to fill your time to help you grow - whether that is a job, volunteering,

attending a camp, taking care of your siblings, learning a new language or hobby, or spending time outdoors. There are lots of things you can do to keep yourself busy, occupied, and help you learn and grow as a person. Some of these things will help you build skills that you can put on your resume, and sometimes these skills will be harder to articulate, but you'll see them come out in your relationships, handling your emotions, and your communication styles. Let us know what you're learning this summer, and how it's helped you!



Hello summer!

## Showcase

### "Graduation" by S.M.

This piece is called "Graduation". It shows the struggle students go through to have to achieve one piece of paper and to rise up to gain a better future.

SM



### A Poem by Micah M

Watching Baseball During 1st Hour

The boy in front is watching someone watching a computer play baseball  
Just waiting to be shut down

I got two kids on Snapchat  
One doing math  
One perk,  
Of sitting in the back

How many are listening to this PowerPoint discussion on the US Senate?  
  
1st Hour  
Human Geography  
Will we become senators?  
Artists?  
Desk job, LED lights, a long divorce?

So, many, souls  
We laugh and kiss and beat up because one day we wouldn't be able to  
We hold hands under lunch tables and try to please our parents  
We go to football games and hang out for too long in the school lobby

We choose  
For the first time  
We say no  
To Human Geography

## Digital Communication

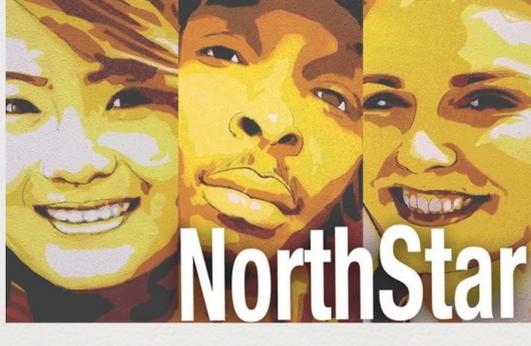
By Tubman Youth Educator Donnie

It's no secret that how we communicate has changed. It's impossible to believe that communication only includes the face to face, or telecommunication. The rise of social media has introduced new ways by which technology can encourage violence. Here are some important pieces of the subject and matters to consider when we think about how our digital world interrupts our physical one:

They are Children: How Posts on Social Media Lead to Gang Violence by Desmond Patton at TEDxBroadway [WATCH VIDEO](#)

Our Kids Are Losing Their Empathy & Technology Has A Lot To Do With It by Alon Schwartz [READ HERE](#)

Feeling Lonely? Too Much Time On Social Media May Be Why by Katherine Hobson [READ HERE](#)



## NorthStar Youth Outreach Center at the Maplewood Mall

NorthStar in the Maplewood Mall is located in Suite 2006, right across the street from the Maplewood Transit Center.

As a reminder NorthStar Youth Outreach Center is a drop-in center for young people ages 13-24 to have a safe space to hang out, use the internet, and get resources and support from advocates. We offer basic hygiene supplies, school supplies, snacks, transportation support, and clothing.

Our Maplewood Mall location is open on Mondays, Wednesdays, and Fridays from 8am - 12pm and 3pm - 7pm. We're also open on Saturdays from 10am - 5pm. Feel free to drop by during our open hours to check out the space!

## Upcoming MVP Sessions

Our Movement for Violence Prevention group (MVP) is a great opportunity for young people in the community to learn more about making positive change in the community with their own unique gifts and talents.

**July 16 & 17** at Tubman East, 2pm - 5pm

**August 20 & 21** at Tubman West, 2pm - 5pm

**October 22 & 23** at Tubman East, 3:30pm - 6:30pm

**November 19 & 20** at Tubman West, 3:30pm - 6:30pm

Register [online!](#)

## Staying Connected

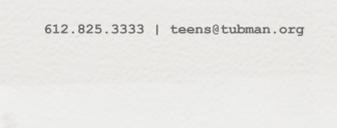
We want to hear what you are up to this summer.

Is there is any way that we can help support you in your upcoming projects and endeavors? If you have used any of your MVP skills in your communities by talking to groups, making posters or presentations, or starting a campaign, we would love to hear about it! You can follow this [link](#) to report what you have been up to.

If you need to contact us for support, feel free to email us at [teens@tubman.org](mailto:teens@tubman.org)

For immediate support, you can call our crisis line anytime, 24 hours a day at (612)825-0000.

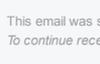
To stay connected with us through social media you can always follow us on [Twitter](#) or [Facebook](#). The youth team posts a lot of different things that you might be interested in, including job and volunteer opportunities, links to videos and articles, as well as fun upcoming events to get involved in.



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