



# MVP SPRING NEWSLETTER

April 2025



## What's Going On

### Express Good Event

Last month, we hosted our biannual Express Good event at Tubman's Northstar Youth Outreach Center in Maplewood mall. Staff, volunteers, and community members gathered to enjoy delicious food, crafts, and an amazing performance from youth singer-songwriter Rosie!



### Meet Nia!

We hired a new youth educator this spring- Nia is a University of Minnesota graduate who loves fiber arts, thrifting, & houseplants. She's been with Tubman for 2 years as a volunteer and is loving connecting with youth in her new role.

### 2025 Teen Dating Violence Poster Contest

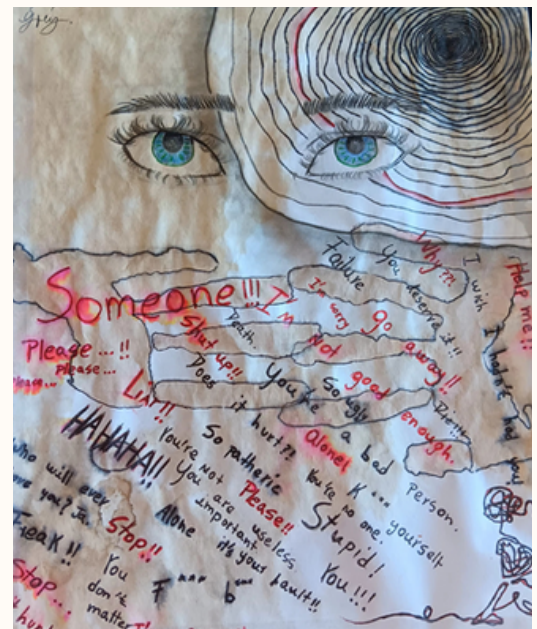
Our annual Teen Dating Violence Poster Contest gave us the opportunity to see the passion and talent of many amazing youth artists- thanks to all who submitted!

## Spring has Sprung!

We've been gardening outside of our Tubman Chrysalis building, cleaning out our desk drawers, and enjoying the extra sunlight from daylight savings.

We'd love to hear what you're up to, whether you're busy with spring sports, just got back from an awesome spring break trip, or starting to plan for graduation- let us know!

## Poster Contest Winner



# APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Read below to learn about youth activists fighting sexual violence in their communities, the “checklist” of affirmative consent, and resources available to MN youth!



## Maya and Gemma Tutton (Brighton, UK)

Started the “Our Streets Now” campaign in the UK at the ages of 15 and 21, raising awareness about the impacts of public street harassment and campaigning for cultural and legislative change to end street harassment for future generations.

## Sofia Ongele (California, US)

Developed the award-winning app “ReDawn” at the age of 17, a chatbot designed to provide confidential advice and resources to victims of sexual assault.



## Consent Checklist



**ENTHUSIASTIC/ACTIVE**  
*(silence or passivity is not consent)*



**INFORMED**  
*(the person understands what they are consenting to)*



**FREELY GIVEN**  
*(not coerced, no pressure or consequences)*



**REVOCABLE**  
*(step-by-step and can be withdrawn at any time)*

## Resources

### Confidential 24/7 Sexual Assault Lines:

- **Statewide:** Call 1.866.223.1111 or text 612.399.9995 (DayOne)
- **Hennepin:** 612-871-5111 (Sexual Violence Center)
- **Washington:** (651) 777-1117 (Canvas Health)
- **Ramsey:** 651-266-1000 (Sexual Offense Services)

**Have questions?** [Scarleteen.com](https://www.scarleteen.com) is an information hub for sexuality and relationships designed for youth and run by sex educators!

**Need help supporting a friend?** Try this list of do's and don'ts, reach out to a hotline above, or email us at [youth@tubman.org](mailto:youth@tubman.org) for resources!



# ASK A TEEN!

Some advice from high schoolers to younger students on topics like studying, love, and mental health.

## Middle Schoolers Asked...

## ...and High Schoolers Answered



I need advice about... "Love I guess"

"I would say don't focus on relationships until 9th. But if you already have, don't go from relationship to relationship. It will ruin your mental health and make you not feel great. Take things slow with whoever you're with. Don't feel pressured into things you don't wanna do."

"Love is hard, but the first step to love is loving yourself, and if you do catch interest in someone then make sure they're right for you and make sure you two are compatible with each other. And if you do find someone that you love, DO NOT CHEAT ON THEM!"



I need advice about... "How to study better"

"Try to get as much done as you can at school of the school-work and then study at home."

"Stay away from distractions, drop the phone, tv, and all electronics. Try to get in a quiet spot and tell yourself that you're ready. And stay focused."

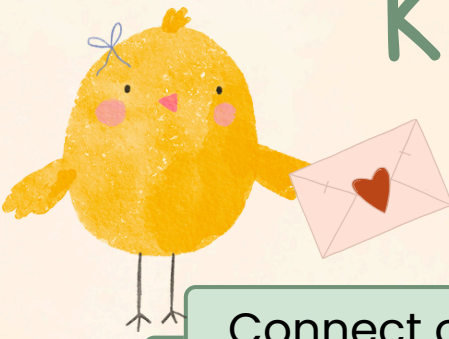


I need advice about... "Self-harm"

"You should go to somebody you trust."

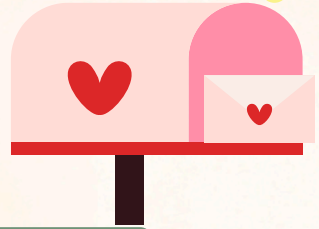
"Try talking to someone and changing the people you're around and try to stay positive because negative thoughts will trigger those emotions."

# KEEP IN TOUCH!



## Connect on Socials!

Find us **@tubmanmvp** on Tiktok, Instagram, Facebook, and X!



## Email us any time!

 : **youth@tubman.org**

We're here to answer questions, provide resources, hear your ideas, give you volunteer opportunities, and chat with you. You are always invited to add to our blog posts and newsletters, and if you have something you'd like us to promote on social media, let us know!

## Stop by!




Our Northstar Youth Outreach Center, located in the Maplewood mall, is open for drop-in support, snacks, laundry, or just a place to hang out with friends and relax.

Updated hours can be found on our website at  
**<https://www.tubman.org/get-help/youth/northstar.html>**.

## Visit our website!

Visit **[www.mydefinition.org](http://www.mydefinition.org)** for info about events & contests, as well as relationship info, resources, quizzes, vids, blog posts, and more!

## Community Events This Month

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- **Missing and Murdered Black Women and Girls Day on the Hill**, State Capitol Rotunda, April 9<sup>th</sup> from 11am-12pm. (Hosted by the Minnesota Office of Justice Programs)
  - **Take Back the Night Celebration**, Boom Island Pavilion, April 30<sup>th</sup> from 6-8pm! (Hosted by the Sexual Violence Center)