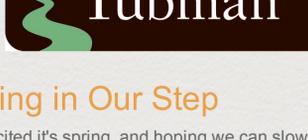


Tubman MVP

Movement for Violence Prevention



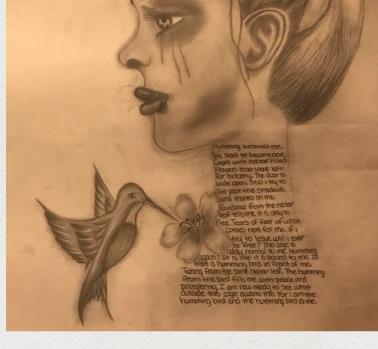
A Spring in Our Step

We are excited it's spring, and hoping we can slowly reintroduce in-person programming, events, and groups. We're happy to see you whether it's virtual or in-person, and we're here to support you, whether that's with resources, leadership, or by highlighting the amazing things you're working on.

Congratulations!

Congratulations to the winners of our poster and video contest. We hold this contest annually in February, which is **Teen Dating Violence Awareness Month**. These posters and videos are used to raise awareness about violence, unhealthy traits, and resources, as well as celebrate healthy communication, friendship, love, and support.

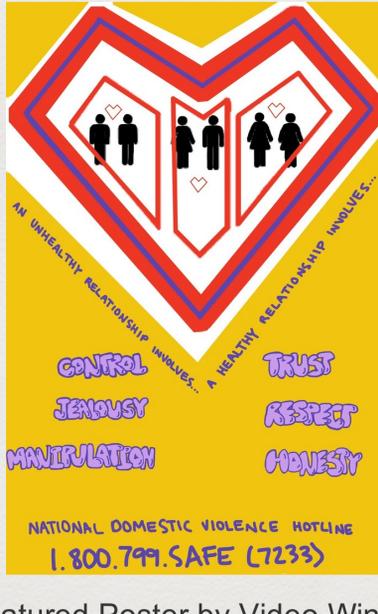
First Place



Second Place



Third Place

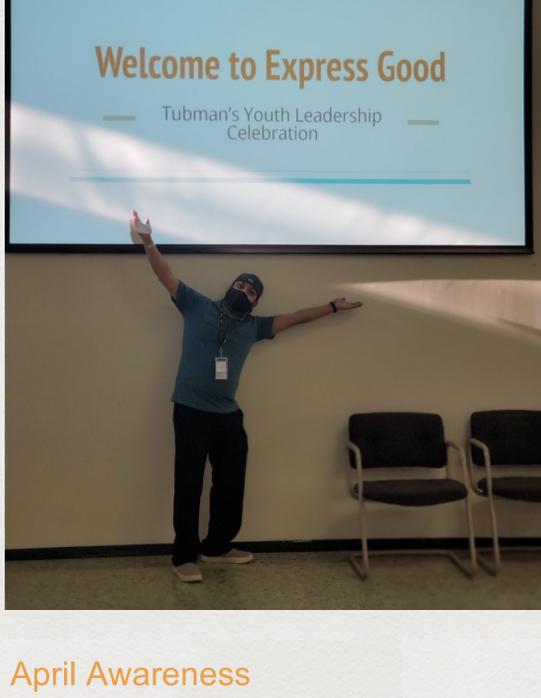


Featured Poster by Video Winner



March Express Good Event

On March 18th we held our semi-annual event celebrating youth voices, **Express Good**. It was a hybrid event, with some in-person participation as well as a broadcast via Zoom. Our theme was mental health, self-care and resources. Youth Educator **Lucas Dugan** emceed the event and our guest speaker, **Clinton Rooney**, was so inspiring! Our next Express Good event will be held in October - we'll see you there!



April Awareness

April was **Sexual Assault Awareness Month (SAAM)** and we took a look at how we can support a friend in helpful, unobtrusive, and empowering ways.

Listen to their story if they are ready and want to tell it

- Hold space for them to express sadness, anger, and frustration
- But be prepared for the situation that they do not have any strong emotions tied to the event at the moment- this is also normal
- Know that your friend may express shame or guilt, even if it is clear that they were being taken advantage of or abused

Examples of what to say in response:

- "You are not what was done to you."
- "Thank you for sharing."
- "You are not to blame for what happened."

Accountability and Justice

We of course followed the trial surrounding George Floyd's murder, and the verdict was as we hoped. We recognize that while this result was a relief, there is a lot of work we must commit to now.

Accountability is taking responsibility for one's actions. We think that there should be more accountability in our law enforcement, the justice system, and the community in general for violence, injustice, and systemic oppression - racism in particular.

Justice is righteousness, equitableness, or a moral rightness. Specifically, we believe that justice requires that all systems and organizations uphold human rights and equity.

Furthermore, this necessitates that we focus on actions, programming, and policies that protect and elevate the human rights and access to equity for black and brown people in this country.

COVID Resources

Every Minnesotan age **16 years** and older is **now eligible** to get their vaccine! Please note that young people under 18 must have consent signed by a legal guardian.

Find more info [HERE](#).

What We Have for You

As always, please reach out for support, resources, and volunteer opportunities. You can **EMAIL US** anytime, or reach out to our 24-hour help line: **612-825-0000**.

Our **Movement for Violence Prevention (MVP)** Youth Leadership Group supports youth and young adults in making positive change. [CLICK HERE](#) to find out the dates & times of our upcoming sessions and to register.

We need your voice! If you have any writing, art, music, or opinions you'd like to share on our **BLOG**, send it to us! We'd love to highlight your ideas and accomplishments in our blogs, newsletters, and on our social media pages.

Find us on your favorite social media platforms! We're at **TubmanMVP** on Facebook, Twitter, Instagram, & TikTok.



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