

Tubman MVP

Movement for Violence Prevention



It's a Winterful Life

Happy winter and happy new year! We hope you're staying warm and safe during these chilly times. We'd love to hear what you're up to - whether you're rejoicing in the weather and partaking in winter sports and outdoor activities, or if you're finding ways to keep it bright and cozy indoors, [LET US KNOW!](#) We've got stuff for you below, including a student's perspective on paranoia and trust, as well as info about our upcoming [poster & video contest](#) for Teen Dating Violence Awareness Month (TDVAM) in February.



We're in the Classroom!

Our Movement for Violence Prevention team has been in classrooms with you all this school year. We're teaching our six-lesson curriculum about healthy relationships and identifying violence. [EMAIL US](#) if you want us to bring programming to your class, team, or school group.

See pics of our wonderful interns teaching about healthy relationships in a Health class below!



Spotlight: Student Opinion on Paranoia, Trust, and Isolation

By Aaron M. Bryans

Paranoia - unjustified suspicion and mistrust of other people or their actions also defined as the unwarranted or delusional belief that one is being persecuted or harassed, or betrayed by others, occurring as part of a mental condition. Paranoia can truly be terrifying and debilitating, I know personally from experience how painful it can be when you feel like someone is talking behind your back or you can't trust anyone or going as far as to put tape over your phone cameras for fear of being watched.

Paranoia becomes a self-sabotaging defense mechanism where something traumatic happens and as a result you isolate yourself and become more anxious and depressed where you no longer fully engage in anything. Of course everyone's Paranoia can be different some far more severe than others. You feel as if you're the only person you can trust, you feel like everyone around you is inauthentic and a threat. You lose touch with reality.

Fear and social isolation are the biggest culprits to being paranoid of the outside world.

Your representation to the people around you is far more important to you than you may actually believe. We were given the gift of socializing but with every gift comes a cost in nature unfortunately. You may believe you are all that you need, but one day you're gonna wake up in that imaginary scenario and realize how truly alone you are.

Of course there are those who can be perfectly happy being alone but there's a big difference in feeling like you have to be alone and just being alone because you're an introvert. People experiencing Paranoia may be perceived a certain way, and like I said, the power of representation is far more powerful than you may believe. We choose not to confide not because we don't want to talk, but because we feel that we cannot

trust anyone. Our mental health is so shocked and defensive that we lose the ability of rationality which further increases isolation.

Unfortunately I have my own battles with my own Paranoia constantly feeling like everyone around me hates me or gossips about me. There is no cure for being treated differently unfortunately however there are treatment options such as therapy, medications, meditation, etc. But until you can actually start trusting people, Paranoia will cling onto you for as long as possible because in our animalistic brains it's just trying to protect you.

I want to take a moment for a friendly reminder as well to say if you suspect or even know someone who has a mental illness it is not a weakness, not something that is cool or funny. It should be taken seriously; people have harmed themselves because of being mocked or bullied for their mental health, you may believe it's all fun and games but to them it could mean life or death. Not trying to use a scare tactic but just genuinely reminding people it should be taken seriously.

The more that people pretend to be fine when they're not, the less serious people take mental health conditions. Paranoia creates a fake reality that you mistake as the truth, confusion, and mistrust of everything and this isn't uncommon.

For support or resources feel free to [EMAIL US](#) or contact our **24-hour help line at 612.825.0000** or find additional resources [HERE](#).

February is Teen Dating Violence Awareness Month

As we head into the new year, we get the opportunity to celebrate awareness for the various types of abuse that

teens experience. This is the perfect time to discuss these issues, find and highlight resources, and bring these conversations to the forefront. We'll have lots of resources for you in the coming months, so check out our [WEBSITE](#) and stay up to date by reading our [BLOG](#). Find additional resources to educate and support others at [LOVEISRESPECT](#) and the [CDC](#) website.

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 & red flags, or depict what healthy behaviors, communication, and relationships look like. You can look for more info about our contest on our [WEBSITE](#) 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

What We Have For You

Find us on TikTok, Instagram, FB, & Twitter: [@TubmanMVP](#) [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.

Visit our website [MyDefinition](#) for info about upcoming events, resources, quizzes, vids, blogs, and more!



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