

Tubman MVP

Movement for Violence Prevention



Get Ready For 2020!

Hello MVP Action Team,

We hope you're having fun preparing to wave goodbye to 2019 and looking forward to all the possibilities of 2020. We wanted to send you some tips about filling your free time and making goals the SMART way. Let us know what you think by hitting "reply" or emailing teens@tubman.org

As always, let us know if there is anything we can do to support your leadership, whether that's connecting you to resources or helping you acquire the supplies you need to get your voice out.

Goal-Setting

A lot of people like to set goals around the new year. No matter when you are inspired to update your priorities or create goals, it can be a daunting task. Something that people have found helpful is setting goals within certain parameters. That's where SMART goals come in. SMART goals help with making reasonable goal setting that eventually leads to more consistent and attainable results, while breaking down goals in a way that helps you feel accomplished and productive.

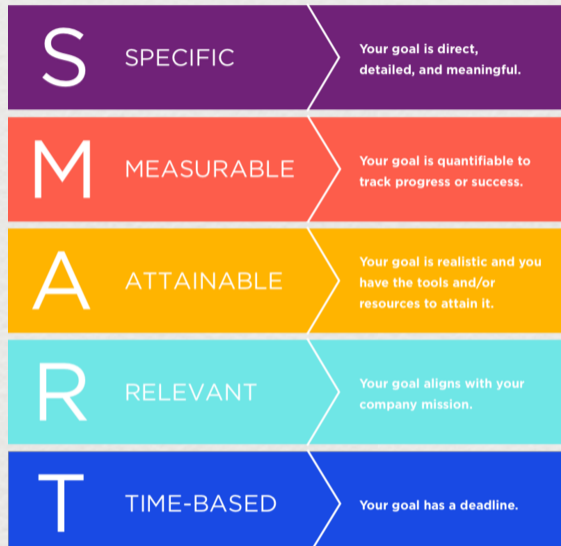
SMART Goal:

- S**pecific
- M**easurable
- A**chievable
- R**elevant
- T**imely

For example, instead of setting a lofty, hard-to-define goal like "get healthier" you could set a SMART goal with the same purpose.

A "SMART" goal would look more like: "Eat three vegetables per day" or "exercise 4 times a week". Those are **specific** goals because you can define them exactly. They are **measurable** because you can easily track them. They are **achievable** if you have access to vegetables or a way to exercise regularly. They are **relevant** to the larger idea of getting healthier and they are **timely** because they are tracked weekly.

For templates and additional information about how to create a SMART goal: Click [HERE](#) or [HERE](#)



Our Recommendations For You

We like to share cool things that we've found with you! Look below for ideas about engaging books, movies, podcasts, and tv shows. If YOU have a recommendation, send it to us and we'll include it in our next newsletter!

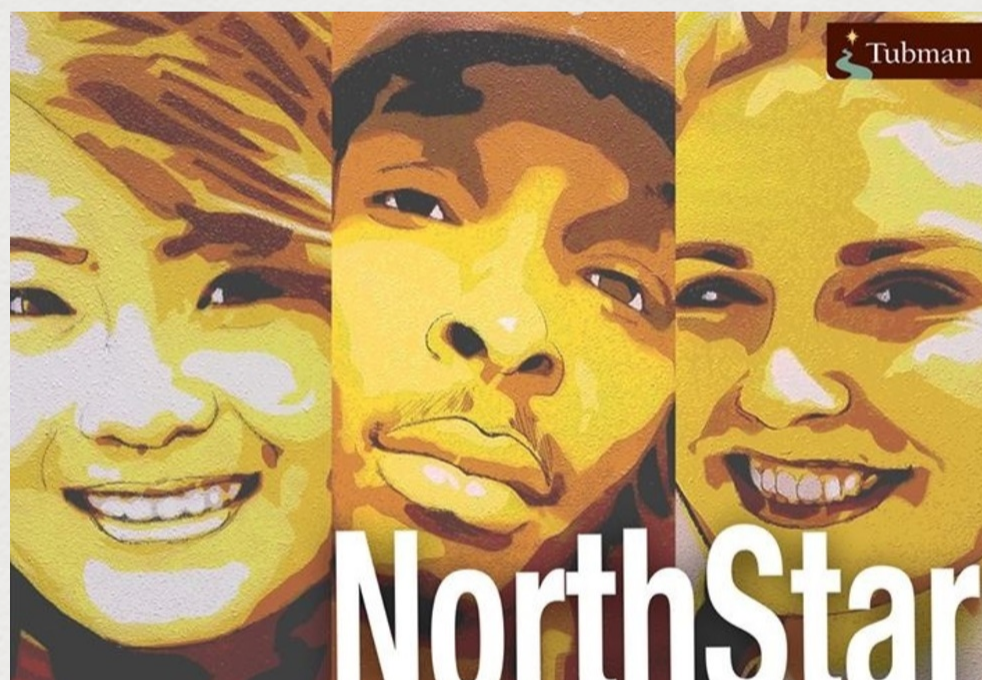
One of our Inspiring Youth participants, age 17, recommends the book [Yummy: The Last Days of a Southside Shorty](#). This story is based on real events in Chicago in 1994. This involves an exploration of youth gang life.

Rojo, one of our Tubman staff, recommends the podcast [The Nod](#) by Gimlet. In this podcast, Brittany Luse and Eric Eddings explore all aspects of Black life, from culture to innovation and resilience.



NorthStar Youth Outreach 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. NorthStar is in the Maplewood Mall and is located in Suite 2006, right across from the street from the Maplewood Transit Center. Feel free to drop by to check out the space!



Upcoming MVP Sessions

Register [online!](#)

January 21 & 22 at Tubman East, 3:30-6:30 pm

1725 Monastery Way, Maplewood, MN 55109

February 18 & 19 at Tubman West, 3:30-6:30 pm

3111 1st Ave S., Minneapolis, MN 55408

Staying Connected

We want to hear what you are up to and if there is any way that we can help support you and your projects! If you have used any skills related to healthy relationships, violence prevention, or communication, we want to hear about it. Follow this [link](#) to tell us what you've been up to!

If you need to contact us for support feel free to email us at teens@tubman.org



Tubman | 3111 1st Avenue South, Minneapolis MN, 55408

612.825.3333 | teens@tubman.org

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