

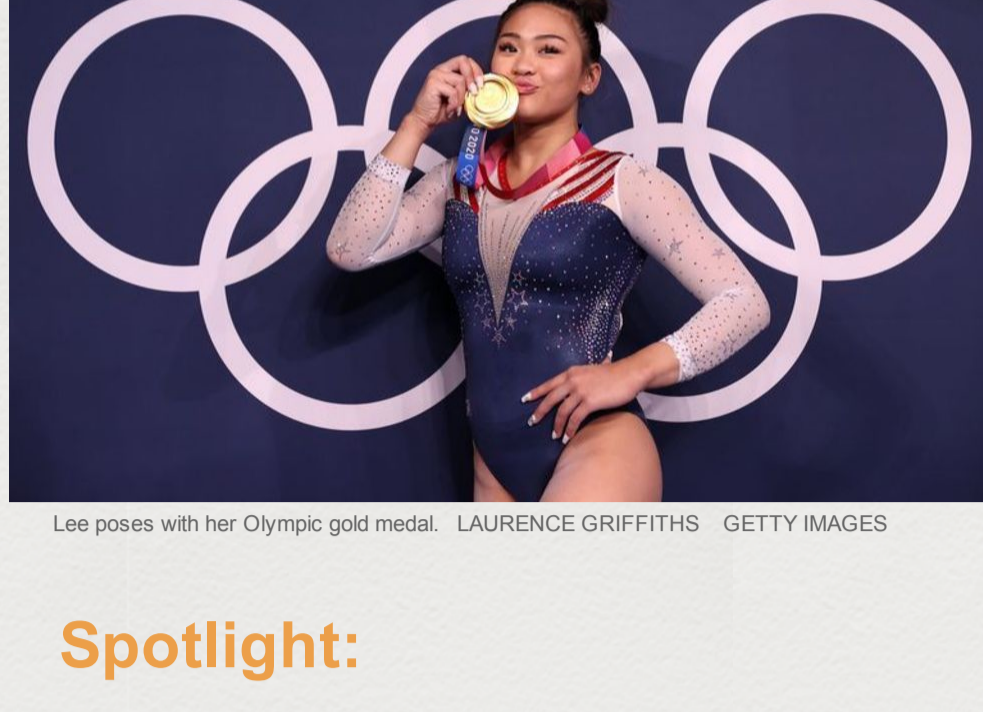
Tubman MVP

Movement for Violence Prevention



Summer 2021

We hope that you're enjoying your Summer! We hope you're safe and healthy, and as you gear up for the upcoming school year, we want to be here to remind you about self-care, healthy friendships, boundaries, and more. You can check out our [BLOG](#) as we update it weekly with info, tips, and resources for you.



Lee poses with her Olympic gold medal. LAURENCE GRIFFITHS GETTY IMAGES

Spotlight:

Women and Girls in Sports

We love seeing female athletes doing sports they love! We want to take a moment to celebrate hometown hero **Suni Lee**.

Sunisa Lee is an 18 year old Olympic gymnast with 6 world championship & Olympic medals. To honor her success in the Olympics and to celebrate her being the first Hmong-American to win an Olympic gold medal, Minnesota's Governor (Tim Walz) and St. Paul Mayor (Melvin Carter) declared **Friday, July 30, 2021** to be "**Sunisa Lee Day**."

Check out the [PROCLAMATION](#) and [READ MORE](#).

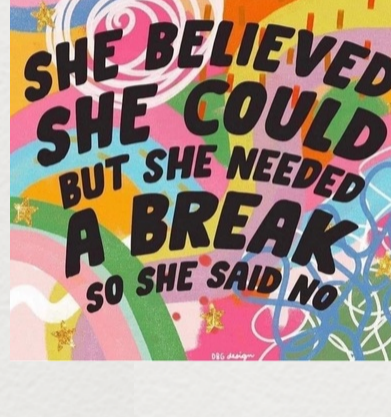
Supporting Simone Biles

Simone Biles made the decision to scale back her involvement in the team final competition.

"I have to do what's right for me and focus on my mental health, and not jeopardize my health and well-being," she said. "We also have to focus on ourselves, because at the end of the day, we're human, too."

Many people can recognize that we put athletes in dangerous and unhealthy situations for the sake of entertainment, which is dehumanizing. It is important to further recognize the trauma that Simone has experienced as one of the athletes that reported sexual abuse. Not only has she faced years of pressure to represent the country, but also to ensure accountability for the individual who perpetrated that abuse as well the systems that enabled it.

This has also inspired much discussion about stigmas surrounding mental health in our society, and specifically within BIPOC communities - this includes beliefs about mental health, the ability to and consequences of saying no, and accessing resources and peace when needed.



Student Perspective:

Mental Health and Stigmas

By: MVP Intern

Mental health is surrounded by stigmas. So many employers don't grasp that mental health is just as important as physical health. If your mental state is poor, your physical health can decline, stress levels will increase, making work harder. Poor performance makes more stress, and adds that are all about deadlines will press them more and boss even more stress.

There are stories of so much stress being piled on that people break. One story that comes to mind is a previous Buzzfeed employee. She had so many deadlines and was pushed to make content so much that she was in a horrible place mentally and collapsed on set a few times. Her therapist said she needed to take a 3-month break from work. She didn't listen because she was scared of losing her job. **Being able to take mental health days is important, but the option isn't provided to enough people.** Here is the [VID](#) about the Buzzfeed employee's experience.

There are many stigmas around mental disorders. DID/OSDD for one. I've seen DID as a plot point multiple times on shows like Criminal Minds. Depending on how this is depicted, it can be extremely harmful. Psychosis isn't like how much of the media portrays it. You can have a psychosis diagnosis and still be a "normal" person. I say "normal" because no one's normal. Everyone's different, so who's to say someone's more normal than the person next to them? PTSD gets over-generalized. People often misunderstand what can be the cause of PTSD, so you may hear "You don't have that, you've never been to war or anything". War is a very traumatic thing, so it's no wonder so many soldiers have PTSD. However, that's not the only cause. PTSD can be from any traumatic event. Being on a bridge when it collapses, nearly drowning, house fires, abuse, being shot, a lot of things. There's more than one thing to send your brain into a near-constant fight-or-flight state.

There's so much stigma with how people handle mental disorders. People with anxiety/panic disorders are told to "just calm down". People with Tourettes or autistic folks? "Just be quiet/sit still". Paranoia, "just let it go, it's fine". Dissociation episodes? "Get out of La-La-Land and do your work". Something as simple as a nervous stutter, "Just stop, talk to me normally". I watched a video where a lady (Pamela Rae Schuller) talked a bit about her school experience before she went to boarding school. She has Tourettes, and her school saw fit to isolate her because she was too disruptive. Her family sued the school, and someone said to her mother "People with disabilities don't get As and Bs, they don't go to college, they don't get invited to parties. It's best to lower your expectations now so you don't get hurt down the line." Obviously, that isn't good, and it's absolutely false. She was told she would be nobody, and she's now a pretty popular comedian.

Student Recommendations

We asked some students their recommendations of things they have been enjoying this summer. Check out some of these ideas if you're interested!

Books

- [The Lying Game](#) by Sara Shepard
- [Tokyo Ghoul](#) (Manga Series) by Sui Ishida
- [A Properly Unhaunted Place](#) by William Alexander

Movies

- [The Florida Project](#) (2017)
- [A Silent Voice](#) (2016)
- [His House](#) (2020)

TV

- [Black Mirror](#)
- [Girl from Nowhere](#)
- [Castlevania](#)

Music

- "Good Days" by SZA
- "Don't Cry" by J Dilla
- "Feel Good Inc" by Gorillaz
- Tally Hall (band)
- Lovejoy (band)

More

- [The Magnus Archives](#) (horror podcast)
- [The Prince of Southland](#) (webcomic)

What We Have For You

On **August 11th at 6:30 pm** we will be having a youth leadership celebration with snacks, games, and trivia at Tubman East in Maplewood. Celebrate and uplift youth voices with us! [EMAIL US](#) for details - see you there!

Join us for more **Movement for Violence Prevention** youth leadership opportunities coming up! You can request MVP groups anytime - in person or via Zoom, and see our [WEBSITE](#) to sign up for scheduled groups.

Upcoming Groups:

- [August 24 & 25](#), 2-5 pm at Tubman Chrysalis
- [September 20, 21, 22](#), 4-6 pm via Zoom
- [October 26 & 27](#), 3:30-6:30 pm at Tubman East
- [November 16 & 17](#), 3:30 -6:30 pm at Tubman Chrysalis

If you have any questions or would like to schedule a group (either online or in person) [EMAIL US](#) anytime.

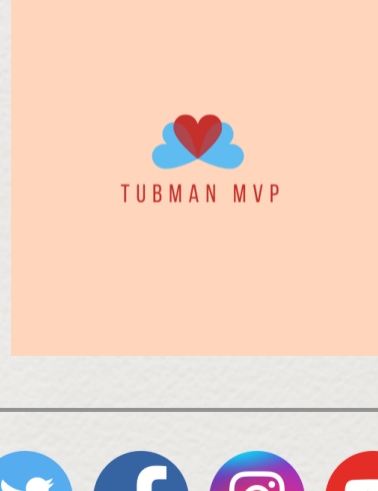
Jam With Us

We are starting a **Spotify** page! We would love to share your playlists for self-care, winding up, pumping yourself up, getting through heartbreaks, or whatever you make playlists for! [EMAIL US](#) your recommendations!

And we'll also see you around TikTok, Instagram, FB, and Twitter. As always you can find us with [@TubmanMVP](#)

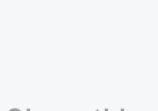
If you would like to contact us to chat, collaborate with us on a project, share an event, or find out about volunteering, [EMAIL US](#) anytime. We would love to feature you in an upcoming newsletter or blog post, so let us know what you're up to and interested in.

Visit our website [MyDefinition](#) for more info, quizzes, vids, blog posts, and more!



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