

Getting to 'Y' Middle School & High School

Youth Bring Meaning to Their Own YRBS Data



Youth serve as leaders in the Getting to 'Y': Students Bring Meaning to their Youth Risk Behavior Survey program (GTY).

There is a wealth of information in the biennial YRBS report on the wellness of young people in our state. What the report does not include is a thoughtful and informed analysis of the why ('Y') behind the statistics and what might change them for the better. Who better to tell us than

youth themselves?
Getting to 'Y' creates an opportunity for young people to take action to shape their own futures.

For over a decade, leadership teams of youth and adults from 80 Vermont middle and high schools have participated in this action research program. Getting to 'Y' teams receive training and support to bring meaning to their local YRBS data, learning tools and skills to:

- Organize a retreat to analyze their local 2021 YRBS data. At their retreat, the core team will work with a larger group of peers to identify community assets, decide on top strengths and areas of concern in their YRBS data, and develop a preliminary plan of action based on an exploration of the root causes of their concerns.
- Host a Community Dialogue Event to share their work and priorities with their local community and lead meaningful multi-generational discussions.
- Combine what they have learned to frame action steps to improve youth health and wellness.

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Who Should Come

Middle and/or high school students and teachers, counselors, or other adults focused on youth health and wellness. The recommended Core Team composition is 1-2 adults and 6-7 youth. Success requires strong youth-adult partnership and a commitment to hold regular team meetings over the course of the year.

Expectations

CORE TEAMS CAN EXPECT TO:

- Implement all phases of this program over the course of the school year: regular team meetings, data analysis retreat, community dialogue event, design and implementation of an action plan, and assessment of impact;
- Communicate regularly with the GTY Director and to document their work with pictures, outcomes, and written feedback from participants.

IN RETURN, CORE TEAMS CAN EXPECT:

- An engaging training with experienced GTY youth and adult facilitators;
- Ongoing virtual and on-site support throughout the school year from the GTY Director;
- A comprehensive GTY 'how-to' manual and access to additional materials through a web portal;
- A \$250 mini-grant to help underwrite the cost of food and materials for planned events;
- Publication in an end-of-year GTY newsletter capturing the scope of the work.

Format

PHASE 1

Core Teams will receive fall training from UP for Learning youth and adult experts to introduce skills, tools and

materials that Teams will use to lead their own school and community through data analysis, dialogue and action. Training format and dates will be set by September 15, and may include in-person and remote options, depending



on public health guidance. Please contact Hans Cabra or Sharon Koller if you would like to arrange a custom regional training.

PHASE 2:

- Meet regularly as a Core Team;
- Recruit a representative group of peers to help analyze local YRBS data;
- Organize and lead a Data Analysis Retreat which will include analysis of their local YRBS data, mapping youth assets, identifying root causes of concerns, and planning for action;
- Host a Community Dialogue Event;
- Develop an Action Plan;
- And move to Action.

Cost

The cost for each school participating in this year-long program is \$1000. (This is a reduced fee thanks to a generous grant from the Vermont Department of Health.)

Registration

Register at [eventbrite.com/e/getting-to-y-2021-2022-tickets-335348144327](https://www.eventbrite.com/e/getting-to-y-2021-2022-tickets-335348144327) or contact Hans Cabra (hans@upforlearning.org 802-391-6187) or Sharon Koller (sharon@upforlearning.org 802-373-7594) with questions.

Getting to 'Y' is an evidence based practice and an Association of Maternal and Child Health Programs BEST PRACTICE. Participation increases youth Health Literacy, Self-Efficacy, Community Engagement, Knowledge, and Protective Factors.

Empowering youth and adults to reimagine & transform education together

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