

Getting to 'Y'

MIDDLE SCHOOL TRAINING DAY

October 21, 2019 • Capitol Plaza, Montpelier



Main Street Middle School students review their local YRBS data.

Youth serve as leaders in the Getting to 'Y': Students bring Meaning to their Youth Risk Behavior Survey initiative. 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 why ('Y') young people are making either wise or unwise choices and what might change these statistics for the better. Who better to tell us than youth themselves, creating an opportunity for young people to take action to shape their own futures?

For over a decade, leadership teams of youth and adults from 79 Vermont middle and high schools have participated in this action research initiative. Through 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 own YRBS data. At their local retreat, the core team will work with a larger group of peers to identify community assets, decide on three strengths and three 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 address their identified concerns.

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Who Should Come

Middle school students and teachers, counselors, or other adults focusing on youth health and well-being. The recommended team composition is 1-2 adults and 6-7 youth. This work will require a strong youth-adult partnership, sustained over the course of the year, to be successful. The 'core team' will use the tools and skills they learn at the training day to implement GTY at their own school.

Expectations

Teams should come with:

- A commitment to implement all phases of this initiative over the course of the school year (data analysis, dialogue event, design and implementation of an action plan, and assessment of impact).
- A willingness to document their work with pictures and written feedback from participants, which will be summarized and shared in a newsletter. This requires a commitment to ongoing communication with the GTY coordinator.

In return, teams can expect:

- An engaging training day with experienced GTY youth and adult facilitators.
- Ongoing virtual and on-site support throughout the school year from the GTY coordinator.
- A comprehensive GTY 'how-to' manual and access to additional materials through a web portal.
- A \$200 mini-grant to help underwrite the cost of food and materials for planned events.
- Publication in a spring GTY newsletter capturing the scope of the work.

Format

Phase 1: The orientation day is an interactive day-long workshop. We utilize a training of trainers format, first modeling the materials and tools and then providing time for reflection so that teams feel prepared to return to their school and lead peers through an analysis of their own YRBS data and to facilitate dialogue around youth assets, root causes of concerns, and action planning. The day will conclude with individual team planning time.

Phase 2: Teams will return to their home school to:

- recruit a diverse group of peers to participate in analysis of their local YRBS data,
- organize and lead a data analysis retreat,
- host a community dialogue event,
- develop a plan,
- and move to action.

Teams are encouraged to meet regularly throughout the year to ensure the success of their efforts.

Cost

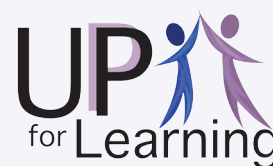
The cost for each school participating in this year-long initiative is \$1,000. (This is a reduced fee thanks to a generous grant from the Vermont Department of Health.)

Logistics & Registration

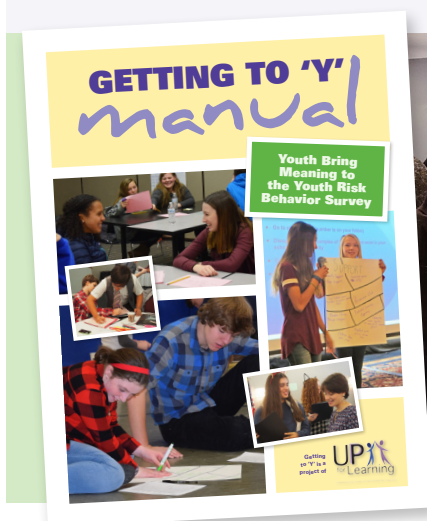
The training day will be held on October 21, 2019 from 9:00 am to 2:30 pm at the Capitol Plaza Hotel & Conference Center, 100 State Street, Montpelier, VT. Snacks, beverages, and lunch will be provided.

Registration will be accepted on a first-come, first served basis and space is limited.

Registration closes on October 4, 2019. Please register online at tinyurl.com/GTY-MS2019 or contact Sharon Koller at sharon@upforlearning.org with any questions.



Unleashing the Power of Partnership for Learning



"The one thing I liked most was learning how I can be a **leader** and effect a positive change in my community."

—student participant