

GETTING TO 'Y'

Inspiring Student-Driven Change in Health & Risk Behavior



Unleashing the Power of Partnership for Learning



WHAT WE KNOW ABOUT YOUTH DEVELOPMENT:

- The adolescent years are a key time to develop healthy behaviors.
- Schools play a central role in promoting the health and safety of young people.
- When students are engaged in meaningful work they are highly effective in initiating positive changes in their schools and community.
- Youth who become agents of change are more likely to become civically engaged later in life.

WHY GETTING TO 'Y'?

There is a growing concern about the mental and physical health of youth, particularly school safety, opioid addiction, bullying and suicide. The national Youth Risk Behavior Survey (YRBS) data is a primary tool used by school officials and community organizers to inform work and dialogue around these critically important issues. Students are rarely involved in the process of analyzing this data or actively shaping the health and well being of their schools.

Our GTY partners

- Vermont Department of Health
- Vermont Agency of Education

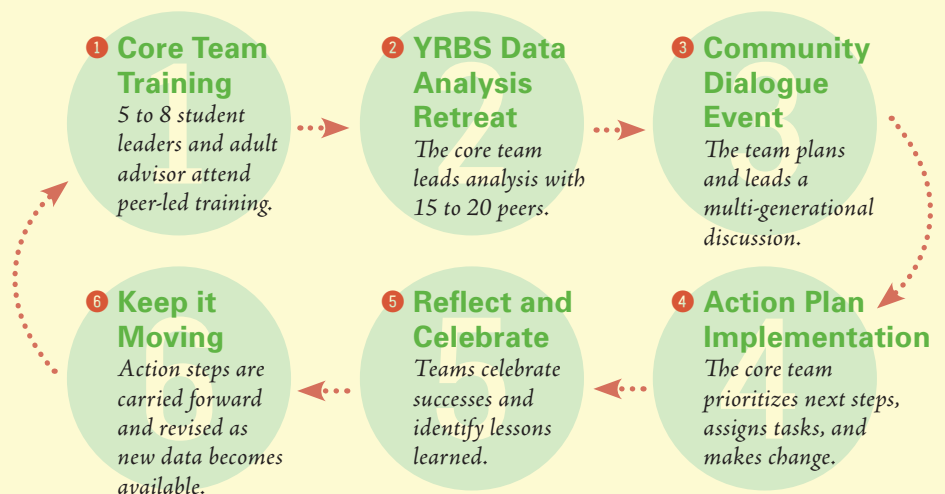
In 2012, the program was successfully replicated in **Albuquerque, NM**, in diverse, urban schools.

Getting to 'Y' invites youth teams, working with adult advisors, to facilitate the analysis of the YRBS data for their own schools, empowering students to take the lead and bring meaningful solutions to their specific issues. The Getting to 'Y' program cultivates student and community engagement, which promotes the healthy development and resilience of young people and seeds lifelong civic engagement.

GTY BY THE NUMBERS (as of 2018-19)

12 years • **79** Vermont schools
132 teams • **1,050** student leaders

Getting to 'Y' 6-Step Program



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

—GTY Student Participant



“GTY is the **strength-based approach to youth voice and agency that public health needs.** It is the foundation of our prevention efforts and changes the conversation in communities in meaningful ways.”

—Breena Holmes, MD, Director of Maternal and Child Health for Vermont



Getting to ‘Y’ Impact

- **Youth ownership** of their own health issues.
- **Sense of responsibility** for peer and community well-being among students.
- **Increased youth belonging and competence.**
- Administrators, teachers, and parents gain **new insight into school culture, adolescent health, and students as agents of change.**

For more info about GTY, contact Sharon Koller: sharon@upforlearning.org or 802.373.7594.

OUR GOAL: To expand GTY nationally to schools and state agencies who wish to mobilize their students as agents of change to improve school climate and culture.

Getting to ‘Y’ is presented by

UP for Learning

A nonprofit organization amplifying the role of youth as partners & agents of change in education

- We employ researched-based initiatives to ensure **equitable access to quality education** for all youth.
- We empower youth through **shared responsibility**, building their capacity for leadership and lifelong civic engagement.
- We **foster agency** with youth and meaningful change in education.

“Students who believe they have a voice in school are **seven times more likely** to be academically motivated than students who do not believe they have a voice in school.”

—Russell Quaglia, Quaglia Institute of Student Aspirations, 2014

Our areas of expertise

UP for Learning supports youth-adult teams engaged in education change work through training, coaching, graduate courses, professional development, and online resources. In addition, we work to build public understanding for change in state and national education policy.

Our work

- Develop **innovative, student-centered education initiatives** that focus on shared responsibility between youth and adults.
- Build capacity through **open, meaningful dialogue** with students, teachers, and community to create a **shared vision and direction.**
- Research to customize initiatives, provide meaningful feedback, and **support long-lasting change.**