Getting to 'Y'

MIDDLE SCHOOL TRAINING DAY

October 5, 2020 • Capitol Plaza, Montpelier

Blue Mountain Union Middle School team at the training.

Working together physically or remotely, UP for Learning has the resources and experience to help youth and adults navigate our new educational environments to reimagine and transform the learning experience.

Youth serve as leaders in the Getting to 'Y': Students Bring Meaning to their Youth Risk Behavior Survey initiative (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 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? 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 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 local 2019 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 school students and teachers, counselors, or other adults focused on youth health and wellness. The recommended 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

Teams should come to the training day with:

A commitment to implement all phases of this initiative 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;

- A willingness to communicate regularly with the GTY coordinator and to document their work with pictures, outcomes, and written feedback from participants.

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 an end-of-year GTY newsletter capturing the scope of the work.

Format

Phase 1: Teams attend an interactive day-long training workshop on October 5. 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 lead their own school and community through the GTY process. The training day will conclude with individual team planning time.

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

- identify a regular Team Meeting Time;
- recruit a diverse group of peers to help analyze local YRBS data;
- organize and lead a Data Analysis Retreat which will include analysis of their own 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.

NEW for 2020: Year 2 Training Option: Returning GTY teams who previously analyzed their 2019 data may select a 'Year 2' option, which will include breakout sessions focusing on facilitation skills, action planning and best practices instead of data analysis.

Cost

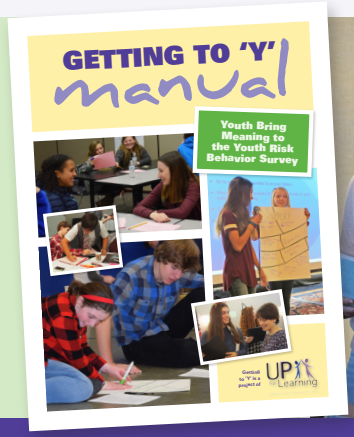
The cost for each school participating in this year-long initiative is $1000. (This is a reduced fee thanks to a generous grant from the Vermont Department of Health.)

Logistics & Registration

The training day will be held on Monday, October 5, 2020 from 9:00 am to 2:30 pm at the Capitol Plaza Hotel & Conference Center, 100 State Street, Montpelier, VT. Snacks, beverages, lunch, and materials will be provided. Space is limited and registration will close on September 25 or when full. **Contact Sharon Koller to register: sharon@upforlearning.org or 802-373-7594.**

UP for Learning

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

UP FOR LEARNING: Empowering youth and adults to reimagine & transform education *together*