

SPOTLIGHT: Getting to 'Y': Thetford Academy Photo Story

Thetford Academy (TA) joined Getting to 'Y' (GTY) for the first time this year by forming two new clubs. Middle and high school youth joined the school's Student Assistance Provider for a year of learning, fun, community engagement and action. The two clubs met weekly throughout the year, using a mix of in person and virtual meetings. They made a point of starting and ending each meeting with activities, such as sharing a 'rose, thorn and pickle' from their week. that helped them get to know each other and form a true team bond. Despite being from different grade levels and social groups, the members of each GTY team clearly felt a sense of belonging and commitment to each other and to their group, as well as to the greater TA community. This is a look at their year.

October, 2020 - SAP Kara Toms recruits for two new clubs



Check out this *brand new* opportunity at TA!

Getting to 'Y'
Middle & High School Teams

What is Getting to 'Y'?
Getting to 'Y' focuses on youth bringing meaning to the Youth Risk Behavior Survey (YRBS). Teams will look at the YRBS data and take steps to make positive change in our school and community.

Why should I join?

- Make a difference in your community
- Have your voice be heard
- Build leadership skills
- Work with students from around VT
- Possible academic credit
- It's FUN!

How do I get involved?
Fill out this form by **Oct 25** to sign-up:
<https://bit.ly/2I2UTUJ>
The 1st GTY meetings will be:
Middle School - Tuesday, Oct 27, 2-3
High School - Thursday, Oct 29, 2-3
If you have any questions, contact Kara or Mark
kara.toms@thet.net mark.pichette@thet.net

Youth Risk Behavior Survey
2019 Results

November 2020 - TA middle school and high school teams attend virtual/in-person hybrid trainings with UP for Learning youth and adult facilitators Astrid, Maisie, Sharon and Xander



December 2020: Teambuilding, preparing remote and in-person materials and recruiting peers for the Data Analysis Retreat



High Schoolers...

\$5 Dunkin' Gift Card! All you have to do is help the TA High Schoolers and Y team this Thursday look at data.

What is it?

- Spend two hours looking at the results of the Youth Risk Behavior Survey (YRBS). You will discuss and decide what you are most concerned about in our community, and what our community strengths are. Then we will share the results with our administrators, teachers, and community leaders to help shape further action.

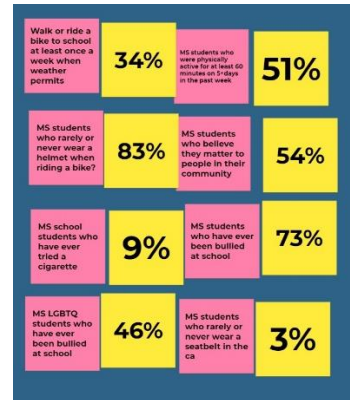
When?

..... and leading their Data Analysis Retreats!

Thetford Academy Getting to 'Y': Youth Bring Meaning to their Youth Risk Behavior Survey



Data Analysis Retreat



January, 2021: Team meetings to coalesce their data analysis results and prepare for Community Dialogue Events

Circle of Courage - Belonging

What opportunities do young people have to have healthy connections with others and feel a sense of belonging (interest groups, clubs, teams, family, school etc)?

Language. Family. Friends. Culture.

- Advisory/pods
- Sports
- Basketball club and others
- GSA Club
- Building trades at tech center (working together)
- Smaller communities/neighborhoods
- Family business
- Summer jobs
- Learning Pods
- Travel/Challenge teams
- Band
- Robotics
- Plays (Revels, HOP)
- Assemblies



Our Strengths

- 91% of Orange County middle school students mostly or always wear a helmet when skiing or snowboarding
- 98% of middle school students mostly or always wear a seatbelt
- 62% of middle school students ate dinner at home with an adult family member every day in the past week (90% at least twice per week)
- Many middle school students participate in physical activity and play on at least one sports team (83% walk or ride bike to school at least 1x per week; 82% activity break during class at least 1x per week and 66% daily; 68% play on a sports team)



February 2021: 3 Community Dialogue Evenings



Thetford Academy Getting to 'Y':
Youth Bring Meaning to their Youth Risk Behavior Survey.



Community Dialogue Event Night 2



Text boxes in the abstract graphic include: "Curiosity or peer pressure", "modern alcohol use or abuse", "I think some people might be trying it as a way to relieve pain/stress/hurt", "help kids find ways to relieve stress", "decrease access to alcohol", "find ways to have fun that are healthy", "Media presence", "Providing safe alternatives/lots of activities for middle schoolers", "limiting access at home", "coping skills", "er siblings", "is surprised at high-for toolers.", "overwhelmed".

Breakout Rooms

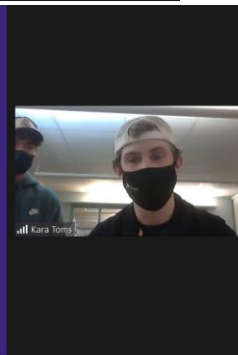
1. What reactions do you have to the information we have shared so far?
2. Root Causes and Solutions for the Concern areas



Room 1: [Slept away from home](#) Rose and Cody
Room 2: [Not feeling they matter to community](#) Dylan and Elliot
Room 3: [Attempted suicide](#) Margaret and Shannon



Text boxes in the mind map include: "Root Causes", "create inclusive community events", "Opportunities to gather - despite covid", "Solutions", "what does 'matter' mean? Is the bar too high to define for ones self as matter?", "fewer outlets to get involved - feel important", "Celebrate small things - the acts of kindness", "small acts of kindness", "Social media steps to connect people...", "social media?", "Culture change initiatives that can be implemented everywhere", "How do we let people know they are important?", "Not hearing from others that you matter", "Social media - displaying only the BEST of everything", "Roses/Thorns/pickles/owls".



March - May 2021: Planning, taking ACTION (and taking time for fun!)



MIDDLE SCHOOL OPEN GYM NIGHT

LOTS OF FUN GAMES AND ACTIVITES! SPORTS, CARD GAMES, BOARD GAMES AND DRAWING, AS WELL AS FREE FOOD!



And Elliott and Layliana co-presented with Sharon at a national conference!

7TH ANNUAL CONFERENCE ON ADOLESCENT HEALTH

ADOLESCENT HEALTH INITIATIVE

Innovations in Centering Youth Voices: Models from AMCHP's Innovation Station Database
Friday, May 14, 4:30 PM-5:30 PM EDT

Breakout Session 4 [Add to calendar](#)

Description

Laura Powis, MPH, Association of Maternal and Child Health Programs
Co-presenters:
Tammy Tom, MA, MS, University of Hawaii
Sharon Koller, MS, UP for Learning
Elliott Jones, Youth, Thetford Academy, Getting to "Y" Club
Layliana Benjamin, Youth, Thetford Academy, Getting to "Y" Club



June 2021: Celebration and planning for continuing the work next year!

