

Getting to 'Y'

Middle School & High School

Youth Bring Meaning to Their Own YRBS Data



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. Getting to 'Y' training and support will be customized to meet the fall 2021 health requirements of participating schools.

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



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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 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 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.

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- Combine what they have learned to frame action steps to improve youth health and wellness.

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 coordinator 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 coordinator;
- 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 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 will be at the Capital Plaza in Montpelier on **October 12, 2021, for high school teams** and **October 18, 2021, for middle school teams**. If public health or school guidelines change, we will shift to remote orientation for all Core Teams on the same dates, followed by customized support for each Team.

NOTE: Teams who previously analysed their 2019 YRBS



data may select training focused on facilitation skills and action planning instead of data analysis.

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.

NEW for 2021: Alternative data sources: Due to the delayed administration of the 2021 YRBS, Core Teams may choose alternative data sources for their GTY process. Please contact Sharon Koller for more information.

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

Contact Sharon Koller to register: sharon@upforlearning.org or 802-373-7594.

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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