

# Getting to 'Y'

## Middle School & High School

Youth Bring Meaning to Their Own YRBS Data



### 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 informed analysis of the why ('Y') behind the statistics and what might change them 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.

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Unleashing the Power of Partnership for Learning



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## What

Getting to 'Y' youth and adult 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 YRBS data, identify community assets, strengths and areas of concern. Teams develop a plan of action based on 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.
- Frame action steps to improve areas of concern.

## Who

Middle and/or high school students and teachers, counselors, or other youth serving organizations 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.

## How

Thanks to a generous grant from the Vermont Department of Health, the cost for each school participating in this year-long program is reduced to \$1000. Participating teams receive a \$250 mini grant from their program fee to use towards their Getting to "Y" projects or events.

For more information contact Program Director, Jesse Brooks: [jesse@upforlearning.org](mailto:jesse@upforlearning.org) or call 802-343-2822



**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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