

# GETTING TO “Y”

## What is Getting to “Y”?

**At it’s core, Getting to “Y” (GTY) gives youth back their data to analyze and make change in their communities.**

The Youth Risk Behavior Survey (YRBS) is administered every two years in middle and high schools to assess risk factors and strengths of a community.



GTY trains youth and adults to work together in analyzing that data, presenting it, and using their findings to make change.

**GTY is an evidence-based best practice as determined by multiple reputable sources.**

GTY has been incorporated into the Vermont Department of Health’s strategic plan and was designated a Best Practice by the Association of Maternal and Child Health Programs in 2020. GTY touches on each of the CDC’s National Health Educations Standards for students in Prek-12.

These published articles demonstrate GTY’s efficacy (and informed this infographic).

1). [Beattie, H. M., FitzGerald, C. A., Koller, S. N., Scott, K. S., Garnett, B. R., & Holmes, B. \(2021\).](#)

[Impact of Engaging Students in Health Survey Data Analysis and as Full Partners in School Change: Results From a Mixed Methods Study.](#) *Health Promotion Practice*.

2). [Garnett, B., Beattie, H., Koller, S., Moore, M., Scott, K., Maseroni, M., & Holmes, B. \(2019\).](#) *Participatory survey data analysis as catalyst for empowering youth AS school health change agents.* *Health Promotion Practice*, 20(4), 483–488.

## Three Youth Theoretical Approaches

### 01 Positive Youth Development

A prevention model that focuses primarily on building assets (start from strengths), rather than “fixing” deficits to impact health outcomes. Sustaining a sense of purpose, agency and hope are central elements of the PYD model.

### 02 Youth Adult Partnership

When youth and adults respect each other enough to share responsibility and leadership, youth gain lived experience in civic engagement and adults benefit from cross-generational relationships that augment the impact of their change efforts.

### 03 Youth Participatory Action Research

Systematic steps whereby youth utilize research as a launching point for making change. Youth activism, informed by respected data such as the YRBS, elevates youth credibility and impact.

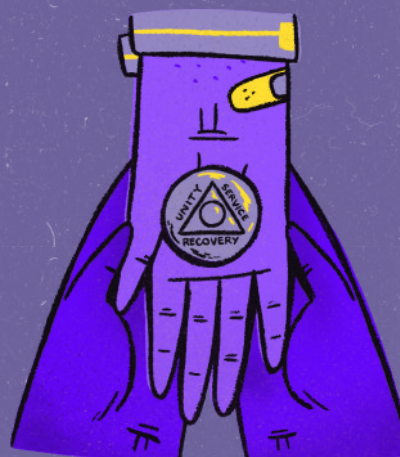
## Impacts & Outcomes

### 01 Increased Community Engagement

**“I think it was a once in a lifetime experience . . . I think that it was really important and it was eye-opening for a lot of parents and a lot of members of our community.”**

**—HS GTY Participant**

Youth leaders gained connection to peers and to adults in the community through GTY. They described gaining friendship, empathy for and from others, and feeling valued and heard by adults in their school and community.



### 02 Increased Knowledge

**“I get educated on the stuff . . . and with this you focus in and it’s like, ‘Well, why is this happening?’ And you’re trying to get to the root of it and how to prevent it. And I think that’s more important than just hearing about it in class and going, ‘Oh, whatever’”**

**—HS GTY participant**

Youth leaders spoke of learning new information about health, health literacy, and mental health. They also cited new insight into things that were working well, and ways to help improve physical and mental health concerns.

### 03 Increased Self Efficacy

**“I feel like we have a lot of reign here and we’re very empowered . . . and I think that’s super important. That’s why we keep on coming back, because we feel like we’re making a difference.”**

**—HS GTY participant**

Youth leaders cited increased confidence and belief that they made a difference in their community through their efforts as reasons for staying involved with GTY through the full school year despite challenges. Youth expressed appreciation for their new sense of agency to shape their school and community.

