

The YRBS is more than just a survey — *it gets results!*



Did you know that

94%

of Vermont high school students
have not smoked a cigarette in
the past 30 days?

We get a lot of information worth celebrating in the Youth Risk Behavior Survey — like the statistic above! AND we also learn a lot about where young people need more support, including, from the same survey, that 29% of VT high school students felt sad or hopeless every day for two or more weeks in the past year.

We need YOUR help in ensuring we collect all of this critical information!

What is the YRBS?

The Youth Risk Behavior Survey is a behavioral health survey developed and maintained by the Centers for Disease Control to monitor priority health risk behaviors that contribute to the leading causes of death, disease, injury and social problems among youth. It is administered in middle and high schools across the U.S. every two years.

What is it used for?

Schools, community partners, policy makers, and teams of youth use YRBS results to plan programs, policies, and approaches to improving quality of life for young people. With the support of the VDH, 42 Getting to 'Y' teams of students in schools across Vermont used YRBS results in the past year to improve the lives of their peers through data informed action!



How can I help?

School staff play a vital role in the YRBS by emphasizing its importance to the students taking it. Please share with your students that **this data is used to make real change**, including legislation, budgetary decisions, and projects in their own schools!

Learn more

For more information on the YRBS, visit healthvermont.gov/stats/population-health-surveys-data/youth-risk-behavior-survey-yrbs.

Looking for more resources to share at your school? Visit upforlearning.org/resource-center/yrbs-and-getting-to-y-resources or scan the code.



Unleashing the Power of Partnership for Learning



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Question: What percent of VT high school students have tried vaping?

Answer: **32%**

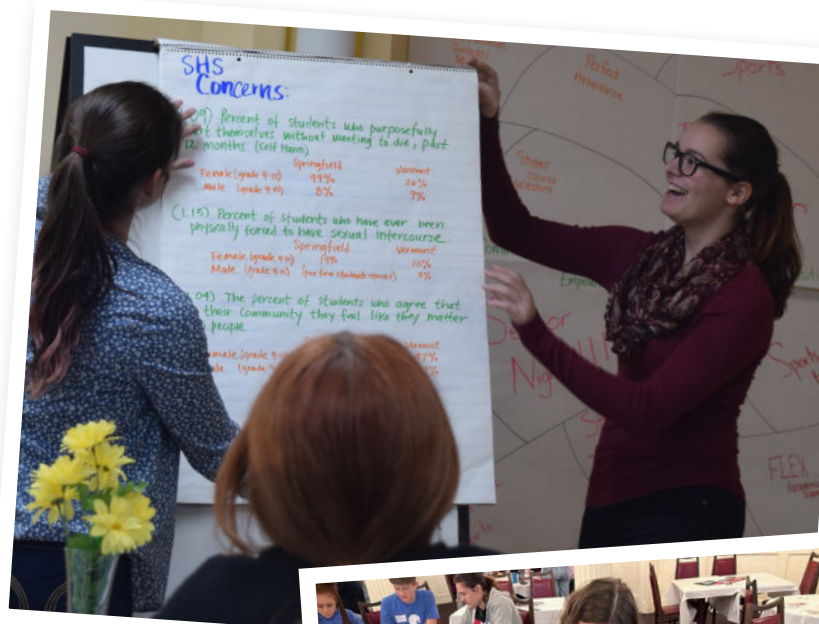
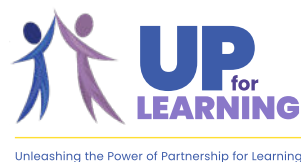
...Did you guess higher? Many people do. We bring our own lived experiences and other biases to our perceptions of youth behavior. The YRBS helps us see more clearly and target interventions and action to help address challenges as they currently exist.

The YRBS is used by educational leaders, public health professionals, policymakers, and youth to better understand their schools and design targeted actions to address areas of need. In fact, in the 2023-2024 school year, 42 school-based teams of youth and adults used YRBS data to create change in their communities through UP for Learning's Getting to 'Y' program.

Developed by the Centers for Disease Control and administered nationwide, the YRBS is sponsored in Vermont by the Department of Health and the Agency of Education. And **we need YOUR HELP** with this year's administration!

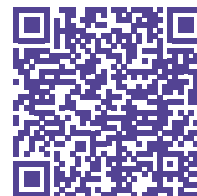
How you can help:

- **Support logistics around administration** of the YRBS at your school! Help us get as many responses as possible.



- Share the message with students, staff, and families that **these results inform real-world decision making** in Vermont schools and communities — a lot of which is driven by youth themselves!
- Make sure your students know that **the YRBS is available in multiple languages**.
- Check out the VT YRBS website and learn more! Visit healthvermont.gov/stats/population-health-surveys-data/youth-risk-behavior-survey-yrbs.

Looking for more resources to share at your school? Visit upforlearning.org/resource-center/yrbs-and-getting-to-y-resources or scan the code.



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Did you know that
of invited high schools in
Vermont administer the Youth
Risk Behavior Survey?

95%

And yet, just **66%** of those students
complete the survey.

We need your help ensuring that as many students as possible complete the YRBS in order for the results to fully reflect your students' experiences. The YRBS is used all the time by real people in Vermont — students and adults — to make plans to improve the quality of life for young people. **We want to make sure all voices are heard** so that the data being acted on reflects their experiences accurately.

Even if your school is already administering the survey, you can help!

This winter, you can help increase the 2025 survey response rate by:

- **Supporting logistics around administration** of the YRBS at your school! Help us get as many responses as possible.
- Sharing the message with students, staff, and families that **these results inform real-world decision making** in Vermont schools and communities — a lot of which is driven by youth themselves!

- Setting aside time with students before the survey to **discuss the importance of data in making meaningful change** that THEY care about.
- Making sure your students know that **the YRBS is available in multiple languages**.
- Checking out the VT YRBS website to learn more! Visit healthvermont.gov/stats/population-health-surveys-data/youth-risk-behavior-survey-yrbs

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