

# Getting to 'Y'

## Middle School & High School

Youth Bring Meaning to Their Own Youth Risk Behavior Survey (YRBS) Data



### Youth serve as leaders in Getting to 'Y' (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 young people themselves?

Getting to 'Y' creates an opportunity for young people to take action to shape their own futures.

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## What

Getting to 'Y' youth-adult teams attend one regional training to learn more about how to bring meaning to their local YRBS data with tools and skills to:

- Organize a retreat to analyze their local YRBS data and identify community assets, strengths, and areas of concern. They will then develop a plan of action based on 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.
- Establish action steps to improve areas of concern.

## TRAINING DATES & LOCATIONS

- White River Junction, Sept. 30, 2025
- Burlington, Oct. 9, 2025
- Wilmington, Oct. 16, 2025
- Montpelier, Oct. 21, 2025
- Rutland, Oct. 28, 2025

## Who

Middle and high school youth, teachers, counselors, SAPs, or other youth-serving organizations focused on youth health and wellness. The recommended Core Team composition is 1-2 adults and 6-15 students (may vary). Success requires a strong youth-adult partnership and a commitment to hold regular team meetings.

## How

A generous grant from the Vermont Department of Health significantly reduces the cost for each school participating in this year-long program to \$1,000. Participating teams also receive a \$250 mini-grant from their program fee to use towards their Getting to "Y" projects or events, further easing the financial burden.

For more information, contact Liberty Belote: [gty@upforlearning.org](mailto:gty@upforlearning.org) or call 802-552-8140

**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**