

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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Unleashing the Power of Partnership for Learning

What

Getting to 'Y' creates an opportunity for young people to analyze the biennial YRBS data from their school or district and take action to shape their own futures. Teams are typically composed of 1-2 dedicated adults (educators, counselors, SAPs, or other youth-serving organizations focused on youth health and wellness) and 6-15 students (may vary) who want to make a change.

Youth-adult teams in the program will:

- Attend one regional training to acquire the tools and skills necessary to realize the following goals.
- Organize a retreat to analyze their local YRBS data, identify assets in the community, and develop a plan of action based on the root causes of their concerns.
- Host a Community Dialogue Event to share their findings with their local community and lead meaningful multi-generational discussions.
- Establish action steps to improve areas of concern.

Success requires a strong youth-adult partnership and a commitment to hold regular team meetings, supported by UP for Learning coaching and follow-up.

2026 TRAINING DATES & LOCATIONS

- White River Junction: October 6
- Wilmington: October 13
- Montpelier: October 15
- Burlington: October 20
- St. Johnsbury: October 22
- Rutland: October 27

How

Register at tinyurl.com/46hpkceb or scan the QR code.



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.

For more information, contact Liberty Belote: 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.

