

# Getting to 'Y'

## Middle School & High School

### Youth Bring Meaning to Their Own YRBS Data



### Youth serve as leaders in Getting to 'Y' (GTY): Students Bring Meaning to their Youth Risk Behavior Survey.

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 (teachers, 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 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.

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.**



Unleashing the Power of Partnership for Learning

**Empowering youth and adults to reimagine & transform education together**

[upforlearning.org](http://upforlearning.org) • (802) 552-8140 • [info@upforlearning.org](mailto:info@upforlearning.org)  [@upforlearning\\_vt](https://www.instagram.com/upforlearning_vt)  [/UPforLearning](https://www.facebook.com/UPforLearning)