

# GETTING TO 'Y'



## Youth Bring Meaning to their Youth Risk Behavior Survey, 2018-19

During the 2018-2019 school year, leadership teams of youth and adults from 19 different Vermont schools participated in **Getting to 'Y': Youth Bring Meaning to their Youth Risk Behavior Survey (GTY)**. Over the course of the year, these teams attended training in data analysis and facilitation, analysed their Youth Risk Behavior Survey (YRBS) data\*, led community dialogues, and made action plans to strengthen their school and community. This newsletter celebrates their work and their dedication to improving youth health and well-being using youth-led interpretation of their own data and youth-led dialogue about what matters to them.

**Congratulations to all of the school teams for a productive year!**

\*Unless otherwise noted, school teams used their respective 2017 supervisory union or school district data.

# BE Above BTV

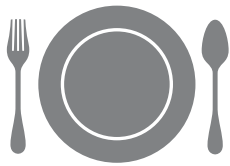
## Burlington, Vermont

Students from Edmunds and Hunt Middle Schools participated in GTY as part of the BE Above BTV club with the Burlington Partnership for a Healthy Community (BPHC). They met with others in their club to review their local YRBS data. The BE Above BTV club worked with students from Burlington High School and BPHC advisors to host a community dialogue event at the high school in April. During this event, youth and adults engaged in discussions about assets, concerns, and ways the school and community can help support youth in making healthy choices. BE Above BTV will continue to work on raising awareness and improving assets and healthy choices in their community.



Edmunds and Hunt students at the fall training.

### STRENGTHS



**87%**

of Burlington middle school students report having

dinner at home with at least one parent 4 or more days in the past week.



**69%**

agree or strongly agree that they matter in their community.

### CONCERNS



**6%**

of Burlington middle school students used tobacco products in the last year.



**4%**

drank alcohol in the past 30 days.



**3%**

used marijuana in the past 30 days.

# Bellows Falls Union High School

## Westminster, Vermont

A GTY group composed of students in grades 9 to 11 met and identified a strength to highlight and two areas for improvement that they plan to tackle. They agreed that the supportive community gives students the push to work hard in extra-curricular activities and to “put in the extra hours” because so many people cheer them on, thank them, and show up to support them on the field or court and for concerts and plays. The school spirit reflected throughout the town inspires students daily to participate in the wide variety of options offered. The GTY group plans to reconvene in the fall to do a full review of the 2019 data and compare that to 2017 and then present their findings at a school staff meeting and a “joint board meeting” so all of the town school boards can be part of the conversation.



Bellows Falls team members at the fall training.

### STRENGTHS



# 31%

of Bellows Falls students spend 10 or more hours per week participating in afterschool activities, which is much higher than the state average of 24%. The rate for BFU males is higher than females, but both are higher than their peers across the state. All grades show higher participation than the state average, but especially 9th grade!

### CONCERNS



# 9%

of Bellows Falls students did not go to school because they felt unsafe in the past 30 days, vs 5% across Vermont. The difference was largest for males (11% SU vs 4% VT) and grade 9 (11% SU vs 5% VT) and 10 (10% SU vs 5% VT).



# 15%

of Bellows Fall students drove a car or other vehicle after drinking alcohol in the past 30 days which is more than double the state rate. Again, males showed the largest difference with 20% SU vs 9% VT (females were 12% SU and 5% VT).

### PROPOSED ACTION STEPS and Accomplishments

- GTY students proposed to administration that there be more Restorative Practices and Restorative Justice work.
- GTY students shared the data and concerns about students' perceived risk of safety with administra-

tors and shared a proposal, which will be discussed during the summer staff in-service days.

- The group plans to promote more parent and community education on the risk of underage drinking, and driving under the influence. They will continue to work to engage the entire community and school in these discussions.



# BFA Fairfax High School

## Fairfax, Vermont



BFA Fairfax Data Analysis Retreat.

*After attending the fall GTY training, the BFA Fairfax Teen Institute group (TI) organized and led 19 students in grades 9 through 12 through a full day retreat in November. They identified many community and school assets and qualities, including good teamwork, initiative and willingness to tackle tough subjects and studied their local YRBS data. Based on the data, they decided that they wanted to address sexual activity and health, as well as increase Health class focus on life topics and issues such as sexual education and drug use. During the school's Family Institute, the students shared the data point that 47% of high school students in their Supervisory Union have had sexual intercourse, and asked for feedback from families who attended the event. The students then organized action steps to address their concern.*

### **PROPOSED ACTION STEPS and Accomplishments**

- Teen Institute students went into the High School health class to present YRBS data and talk about safe sex. They led "the sex game" where individuals rolled dice to take a chance on getting an "STD" or "unexpected pregnancy" and get factual information. It was a fun yet educational activity
- Eight TI students also presented this information at a high school wide Unity Day in May.
- In August, TI members will plan next steps such as expanding their education efforts to other grades or bringing in other topics and statistics from their YRBS data.

# Blue Mountain Middle & High School

## Wells River, Vermont

High school and middle school students attended the training days with school staff and the Prevention Partnership coordinator from Northeastern VT Regional Hospital. They then planned and led a productive Student Data Retreat where a powerful group of 25 grade 7-12 students examined their YRBS data, identified top priorities, and had deep discussions about ways to improve their school. In April, students, faculty, community members and organizations met to further explore the small school's many strengths and to work on solution ideas for three school wide concerns. The GTY group hopes to inspire others to work on creating positive change and they have voted unanimously to do GTY again next year to work on actions and work with the new 2019 data.



BMU data analysis retreat

### STRENGTHS

**73%**

of MS students ate dinner with at least one parent on 6-7 days of the past week.

Only **7%**

of MS students think that marijuana would be sort of or very easy to get.

**96%**

of MS and **87%** of HS students think their parents/guardians feel it would be wrong or very wrong for them to smoke cigarettes.

**33%**

of HS students were physically active at least 60 minutes per day on all of the past 7 days.

**90%**

of HS students reported they experienced no bullying in the past 30 days.

### CONCERNS



**31%**

of HS students felt so sad/hopeless almost every day for 2+ weeks that they stopped doing some usual activities. **28%** of MS students felt sad/hopeless in the past year.



**7%**

of HS students made a plan to kill themselves in the past year. **9%** of HS and **6%** of MS had ever tried to kill themselves.



**57%**

of HS and **46%** of MS students think alcohol would be sort of or very easy for them to get.

### PROPOSED ACTION STEPS and Accomplishments

- Worked with the Youth & Adults Transforming Schools Together class to plan possible peer support group for fall 2019.
- Advocated for increased dialogue, training, and education for adults and youth on mental health, wellness, and substance use, and a resource guide on where to get support/information.
- Reviewing the process to start a mentoring program.
- Advocated for mental health supports for students and parents such as Emotional CPR, Question/Persuade/Refer and Mental Health First Aid training.
- Maintaining/developing partnerships with NVRH, 302 Cares, WIC, We R Hope, Hunger Free VT, Umbrella, 3 Squares VT/ Capstone, Wells River Wellness and 211.

# Burr & Burton Academy

## Manchester, Vermont

After the GTY training, 9th grade student Lexi Lacoste and advisor Megan Brooks led an engaged group of 21 students through an exploration of existing assets using the Circle of Courage, analysis of the strengths and concerns in the YRBS data, and meaningful discussions about root causes of their concern areas. They ended the day with concrete ideas for existing student groups to implement and a strong list of existing resources that help support independence, mastery, generosity and belonging. The hope is for these groups to continue discussions of how to build supports and continue to plan actions based on the data.



Burr and Burton data analysis retreat.

### STRENGTHS



**90%**

of high school students at BBA get mostly As and Bs (vs 85% statewide)



**Most sexually active students** use some type of pregnancy prevention method.



**Cocaine, heroin and meth use** are very low compared to state rates of use.

### CONCERNS



**47%**

of LGBTQ students purposefully hurt themselves without wanting to die, and **21%** tried to kill themselves in the past year.



**9%**

Only of students have been tested for HIV while **38%** have had sexual intercourse.



Among those who drink alcohol,

**62%**

reported binge drinking.

### PROPOSED ACTION STEPS and Accomplishments

- Designed an informational sheet about sexually transmitted infections and how to get tested and put copies in all school restrooms.
- A student group is setting up a training for adults on how to work better with diverse groups such as LGBTQ students.

- Planning is underway to use social media to share information and resources about the topics with a focus on positivity, knowing the facts and helping people.
- Plans are being made to focus education efforts on alcohol use in the coming year.



# Hartford Middle School

## White River Junction, Vermont

On January 28, a diverse group of 15 sixth, seventh and eighth grade students assembled to analyze their YRBS middle school data for assets and strengths present in the community, and to start the process of creating action steps to address areas of concern they found in their data. Six of those students then led a Community Dialogue Event in April to share and further discuss their priorities and ideas with parents, grandparents, administrators, police officers, and community and state preventionists.



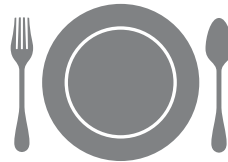
The core team at the Community Dialogue event (one student missing).

### STRENGTHS



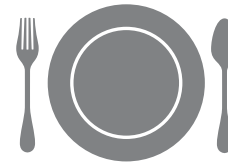
**83%**

of students always wear a seatbelt and less than 1% never wear one.



**92%**

of students ate breakfast in the past week.



**88%**

of students ate dinner with at least one parent/guardian on 4+ days in the past week.

### CONCERNS



**17%**

of students (25% of females) ever seriously thought about killing themselves. 18% of females students made a plan and 11% of 8th graders have tried to kill themselves.



**51%**

of students were ever bullied on school property (7% higher than the state)



**50%**

Only of female students agree or strongly agree that they matter to people in their community (vs 71% of males).

### PROPOSED ACTION STEPS

#### and Accomplishments

→ Implement Bystander Training in 2019-2020 with emphasis on how to seek help/find support, skills to meet and talk with new people, noticing and supporting someone who is hurting, how to increase involvement in clubs and sports, and how to report an incident/talk through it with an adult.

# Harwood Middle School

## Harwood, Vermont

*Harwood middle and high school students have participated in GTY for numerous years, using YRBS data to guide the priorities for student prevention groups. This year, a middle school team attended the GTY training and then led a group of peers in a data analysis retreat to map school and community assets and review their own YRBS data. After identifying suicide as a top concern, they worked with the high school group to host a community dialogue event in February. As in previous years, the Harwood teams are using the data and ideas that came from youth and community discussions to inform their planning as they act to improve the well-being of students in their school.*



Harwood team at the fall training.

### CONCERN



# 17%

**of middle school students ever made a plan to kill themselves, and 21% ever seriously thought about killing themselves, which are both higher than the state.**



Harwood data retreat.



# Lamoille Union Middle School

Hyde Park, Vermont

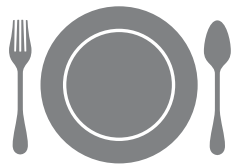
In February, Lamoille Union Middle School's GTY leaders brought together 35 of their peers to help them analyze the school's 2017 data. Throughout the day, the group combed through the data and even had an opportunity to discuss the results with their school's superintendent. With support from Healthy Lamoille Valley, these six leaders hosted a successful community dialogue in May. The evening allowed the leaders to share the results of the data retreat and to ask the community for ideas and support around the school's most troubling data.

In the fall, the school and district will be working with surrounding agencies to bring in support and education for the students, teachers and staff, administration and community on supporting our students mental health wellness.



The LUMS team at the fall training.

## STRENGTHS



**90%**

of students ate dinner at home

with at least 1 parent 4 times in the last week.



**87%**

of students always wear a helmet skiing

or snowboarding.



**92%**

of students believe their parents feel

smoking a cigarette in school is wrong.

## CONCERNS



**31%**

of female students have seriously thought

of killing themselves.



**24%**

of female students have made a plan to kill

themselves.



Only **53%**

of 8th graders believe smoking one or more packs of cigarettes greatly risk their health (statewide 70%).

# Main Street Middle School

## Montpelier, Vermont

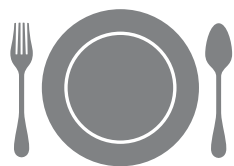
The Student Ambassadors gathered a diverse group of peers in January to identify three strengths and three concerns in their school YRBS data. After some fun icebreakers, they created an asset web of the supports in their school and community. They split into groups to go over the different categories of the survey, and then came together to vote on top strengths and concerns for the entire school and spent time discussing root causes and ways to improve their concern areas. In March, the Student Ambassadors met with the school Parent's Group, and many other important community members to discuss how to help the school to be a better,

safer place. People were very engaged in the data and discussion. After seeing the students' top strengths and concerns, the community members seemed very willing to help improve the school to prevent some of these concerns, and helped brainstorm more ideas on how to improve education on the health topics, to help students find support, and to help everyone feel they are important to every person in the community.



Main Street Middle School Student Ambassadors.

### STRENGTHS



**90%**

of MSMS students ate

dinner with at least one parent/guardian 4 or more days of the past week.



**Too few to report** used smokeless tobacco in the past 30 days.



**96%**

were physically active during the past week.

### CONCERNS



**32%**

of MSMS students do not believe

they matter to people in their community.



**50%**

believe they couldn't harm themselves by binge drinking every weekend.



**16%**

of 8th graders reported having attempted suicide.

### PROPOSED ACTION STEPS and Accomplishments

→ Student Ambassadors have created Restorative Circle scripts based on the subject equality, equity and why you matter, which will be used throughout the school.

- They plan to conduct an anonymous survey about how it feels to matter, to inform ways to help the school become a stronger community.
- They suggested creating support groups to help people who feel down or depressed because they have no one to talk to.

# Middlebury Union High School

## Middlebury, Vermont

*In February, the core leadership group led 17 students through a Youth Risk Behavior Data Analysis retreat to look at the results of MUHS's most recent YRBS Survey. The students spent several hours working together to decide what was important in the data, and created a summary of the strengths and areas of concern for our community. Additionally, students explored root causes and possible action steps to improve and strengthen our school. During the retreat, they were able to discuss their insights on the data with their superintendent and curriculum director. The students' priorities will be further shared with administrators, teachers and community to help shape future planning and move forward with action.*



The core team at the Data Retreat.

### STRENGTHS



**26%**

of MUHS students spend 10 or more hours per week in after school

activities, which is higher than the state average.



**11%**

of MUHS students were bullied in the last month,

which is lower than the 16% state average.



**70%**

of MUHS students agree that in their

community they feel like they matter to people, which is higher than 61% across the state.

### CONCERNS



**6%**

of female students attempted suicide

in the past year, twice as many as male students (3%).



**11%**

of racial and ethnic minority and 11% of LGBTQ students

were threatened or injured with weapons on school property in the past year compared to 2% of white/non-hispanic and 3% of heterosexual, cisgender students.



**9%**

of female and 10% of LGBTQ students were

ever physically forced to have sexual intercourse.



# Mount Anthony Union Middle School

## Bennington, Vermont

In March, a leadership group of 28 middle school students attended a day long retreat at Bennington College to analyze their YRBS data, explore existing assets and determine areas of concern. The group decided to develop action plans to support and improve the SVSU school district based on two areas they identified: vaping and feeling safe at school. Bennington District Senator Brian Campion stopped by and conversed with students about these issues, including ideas to limit vaping within our communities. In May, the Student Leadership Group invited the community to hear an overview of the YRBS data for the school district and the students' findings and to give input on their action plans. Over 30 community members attended the event and were active participants.



Mount Anthony's data analysis retreat.

### STRENGTHS



**88%**

of middle school students think their parents/

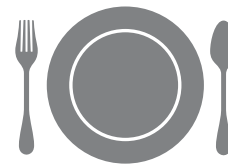
guardians feel it would be wrong or very wrong for them to drink alcohol.



**73%**

of current smokers said that they typically

smoked one or less than one cigarette.



**64%**

of middle school students

ate dinner with a parent or guardian every day of the past week.

### CONCERNS



**19%**

of middle school students have seriously thought

about killing themselves



Almost **twice as many female students and racial and ethnic minority students** did not go to school because they felt unsafe on their way to or at school, compared to the same groups statewide.



**18%**

of middle school students ever used an electronic vapor product, with higher rates among females (20%) and racial and ethnic minorities (31%).

### PROPOSED ACTION STEPS and Accomplishments

- Inform school and community about dangers of vaping and marketing towards teens.
- Work with community leaders to ban selling of vaping products within a 3 mile radius of local schools.

- Identify people that students can use as resources and supports at school.
- Promote school and community events that promote diversity and discourage bullying.
- Identify, develop and promote peer groups (like GLOW) that help students feel safe at school.

# Oxbow High School

## Bradford, Vermont

This was the first year of GTY for Oxbow. Their core team held a retreat in November with nineteen students from grades 7-12 to analyze the Orange East Supervisory Union data and identify strengths, concerns, and root causes of the concerns. They also mapped community and school assets including: Clubs and Activities, Community Service opportunities, Alternative learning opportunities (dual enrollment, River Bend Tech Center, AP classes, etc), VSAC services and supports, social activism, student responsibilities at home, Bradford Teen Center, and more. The core group then led a Community Dialogue in February to share information with the community and to refine action plans. Attending were representatives from mental health agencies, parents, private therapists, school board members, and Vermont Department of Mental Health. The GTY team covered the basics of the YRBS, reviewed some key data points from the survey and asked community members to add their ideas of community assets to the student input. Everyone then worked on developing action plans.



Team members: Megan Hebb, Lara Jones, Kyle Emerson, Jessica Parent (not shown: Amber Morse).

### STRENGTHS



Only **6%** of sexually active students did not use any method to prevent pregnancy.

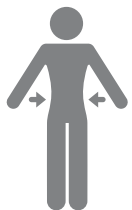


**Too few students** to report ever used heroin.



**Too few students** to report smoked daily or more than 11 cigarettes per day.

### CONCERNS



**48%** of students report they are trying to lose weight.



**58%** of students think their parents feel it would be wrong or very wrong for them to drink alcohol.



**3%** of students report going hungry most of the time or always and 10% sometimes went hungry due to lack of food in the past 30 days.

### PROPOSED ACTION STEPS and Accomplishments

- Hosted teen mental health and resilience speaker for parents and community
- Concerns led National Honor Society to create a food shelf within the school
- Focus on mental health and wellbeing in the coming year
- Provide student and parent education around the negative effects of second-hand smoke and under-age drinking.
- Promote positive body image within the school with posters and information.
- Communicate regularly for the need to donate to local and in-school food shelves

# Peoples Academy Middle School

## Morrisville, Vermont

*In November, 32 volunteer students walked from Peoples Academy Middle Level to the VFW Lodge in Morrisville where they discussed the results of their school's 2017 YRBS. After a day of analyzing and thinking about the survey results, students came up with strengths and concerns about their school/community. They shared their work with administration, parents and community members in May, and led discussions of possible ways to improve their concerns. Participants were especially impressed with the extensive list of school and community assets the youth had identified. At the end of the evening, everyone identified personal action steps they would take to build youth assets or reduce risk areas.*



PAML team at the fall training.

### STRENGTHS



Only **3%**  
of students rarely or never wear  
a seatbelt (**97%** wear seatbelt).



**2%**  
used marijuana in  
the past 30 days  
(**98%** did not).



**96%**  
of students think  
it is wrong or  
very wrong for  
someone their age to smoke  
cigarettes.

### CONCERNS



**12%**  
of students ever  
made a suicide  
plan.



**17%**  
felt sad or hopeless  
during the past year.



**28%**  
ever rode with a driver  
that had been drinking  
alcohol.

### PROPOSED ACTION STEPS and Accomplishments

- Attended the U-Matter for Youth Mental Health Training and Youth Summit.
- Attended the Youth Advocacy Council Training for U-Matter.
- Began weekly PSA announcements to parents and community to highlight fact about what they have learned.
- Posted dangers of vaping around the school.
- Planning a monthly calendar of events to post around the school, highlighting prevention, assets and healthy choices



# Sheldon Middle School

## Sheldon, Vermont

*In January, the Student Leaders helped the entire 7th & 8th grade examine and analyze their middle school YRBS data and vote on key areas of strength and concern to bring forth to their community. 50 members of the Sheldon and larger Franklin County Community came together in February to hear the students' ideas on the data and existing community assets. They discussed ways to develop Actions Plans to address important issues such as alcohol use, sexual activity and suicide.*



Sheldon student leaders at their Data Analysis Retreat.

### STRENGTHS



**82%**

of students (vs 76% statewide) believe there is at least one adult in their school that they can talk to if they have a problem.



**98%**

of students wear seat belts.



**95%**

think their parents/guardians feel it would be wrong or very wrong for them to smoke cigarettes.

### CONCERNS



**41%**

of students (vs. 37% statewide) think alcohol would be sort of or very easy to get.



**9%**

have had sexual intercourse (vs. 5% statewide).



**26%**

have ever thought seriously about killing themselves (vs. 18% statewide).

### PROPOSED ACTION STEPS and Accomplishments

- Held school wide presentation to address bullying with 2 pre-session and 2 post-session classes, and a corresponding parent presentation.
- Working with NorthWestern Counseling & Support to train students as Peer Counselors and to implement mental health screening days at school in the coming year.
- Partnering with UVM Medical School to create a student led education, prevention and intervention program on anti-bullying and positive mental health support in fall 2019. Program development will be by Sheldon middle school and UVM med school students with parent and teacher involvement.
- Sent home a contract to have family discussions around alcohol use and to lock up alcohol at home.
- Working with Athletic Director to add substance use expectations to Sports Night Education and adding no use contracts for athletes.
- Social emotional learning in guidance and wellness classes.
- Fall 2019 Mental Health First Aid course for teachers and staff.
- Area businesses sponsoring 4 new off-site events for Monthly Rec Nights.

# Stowe Middle and High School

## Stowe, Vermont

The middle school Making a Difference Stowe group (MADS) and high school Bettering Our School Surroundings club (BOSS) continued their multi-year involvement with GTY by using data to inform their action plans for the year. MADS students hosted a full day retreat at the Stoweflake to help 22 students analyze the Stowe school data. Because of their concern about the number of middle school students who seriously thought about killing themselves in the past year, MADS has been working to make the school community a place where all students feel they belong. Stowe High School students found looking at the data extremely interesting, especially as a small school. They made the point that in a school this small, it is inevitable that one of the “statistics” is a friend, and decided that random acts of kindness were imperative to school climate.



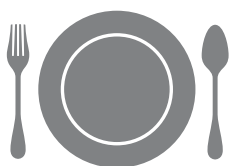
High school and middle school teams at the fall training days.

### STRENGTHS



**98%**  
of MS students  
think it is wrong  
or very wrong

for someone their age to smoke  
cigarettes.



**95%**  
of MS students  
ate dinner with

at least one parent/guardian on 4  
or more days of the past week.



Only **2%**  
of MS students  
have ever smoked  
a whole cigarette.

### CONCERNS



**10%**  
of MS students

ever seriously thought  
about killing themselves,  
and **9%** of HS students  
made a plan for suicide  
in the past year.



**47%**  
of MS students

think alcohol would be  
sort of or very easy to  
get.



**9%**  
of MS students

bullied someone in the  
past 30 days.



**21%**  
of HS students

felt so sad or hopeless  
almost every day for 2  
weeks in a row that they  
stopped doing some  
usual activities.

### PROPOSED ACTION STEPS and Accomplishments

→ Hosted a Youth Mental Health evening in partnership with Lamoille County Mental Health Services, Healthy Lamoille Valley, and Growing up Stowe parenting group

- Conducted random acts of kindness including a Hot Chocolate Bar, a Gratitude Ice Cream stand and an exam week popsicle stand.
- Did a bathroom beautification project, so the bathrooms are a place where students can feel uplifted and positive about themselves.

# U32 Middle and High School

## Montpelier, Vermont

U32 students held two separate data analysis retreats to examine their middle and high school YRBS data in the fall. The students identified school and community assets, decided on strengths and concerns in their data, and started the process of thinking about action steps to address areas of concern. Students shared their work with school administrators, teachers, parents, and community prevention experts at a March evening dialogue event, getting feedback on community strengths and resources, and leading dialogue about how to best address concern areas. The students have already begun their action steps and hope to continue their work next year.



High school and middle school teams at the fall training days.

### STRENGTHS



**85%**  
of HS

students had at least one teacher or other adult in the school that they can talk to if they have a problem.



**95%**  
of HS

students and **98%** of MS students believe their parents think it would be wrong or very wrong for them to smoke.



**73%**  
of MS

students ate dinner with at least one parent every day of the past week.



**58%**  
of MS

students engaged in at least 60 minutes of physical activity for 5 or more days per week.

### CONCERNS

**70%**

of high school students reported that would be sort of or very easy for them to get alcohol, and **38%** of current users were given alcohol.

**22%**

of 10th graders reported experiencing sexual dating violence, double the state average of 11%.

Although the percent was low in the 2017 YRBS data, school administration reported to the group that e-cigarette disciplinary infractions **more than tripled** between 2016/2017 and 2017/2018.

**9%**

of MS students didn't go to school because they felt unsafe at or on the way to school and **20%** of MS students have ever been electronically bullied.

**10%**

of MS students have ever made a plan to kill themselves.

### PROPOSED ACTION STEPS and Accomplishments

- Attended VAMLE Bullying Conference (MS)
- Attended Dismantling Rape Culture Conference (HS)
- Presented GTY priorities to the School Board
- Implemented a Ghost Out
- SAP counselor and nurse ran Not On Tobacco Group for students who vape
- Surveyed MS and HS students about access to drugs and alcohol
- Began the #AskableAdults Program
- Held educational meetings with Circle and the Sexual Assault Crisis Team and will continue collaborating



# Vergennes Union Middle & High School

## Vergennes, Vermont

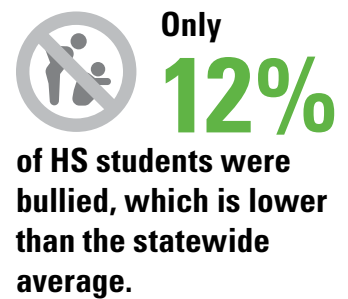
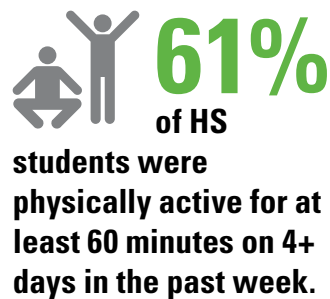
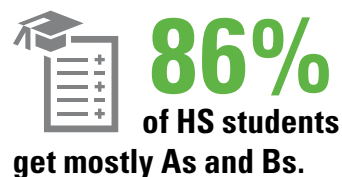
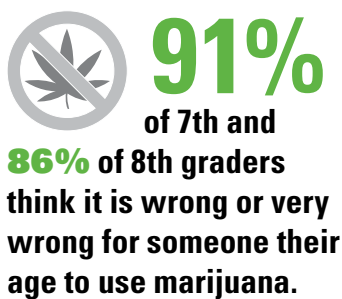
Two Vergennes teams participated in GTY this year. The high school team led a day-long retreat in the Bixby Library, where 12 students and three adults analyzed their high school data to decide on priorities and identify existing strengths. They later held a Community Conversation with the Commodore Parent Teacher Group, administration, and prevention experts, who were very receptive to the presentation of community assets, strengths and concerns and helped explore ways to increase youth-community connections.

The Vergennes for Responsible Educated Decisions group (V-RED) explored their middle school YRBS data and decided to focus vaping because of the increasing incidents of students vaping at school. They hosted a spaghetti dinner and dialogue night which was attended by 25 community members, 10 V-RED students, 2 school board members, and the Chief of Chronic Disease and Prevention from the Vermont Department of Health.

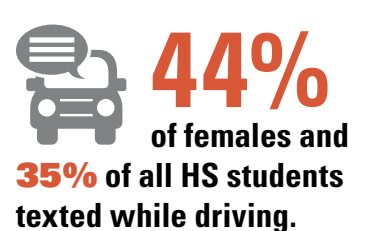
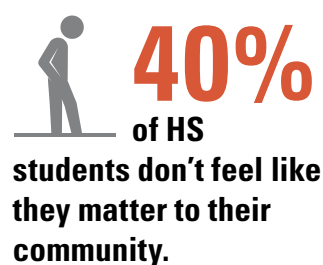
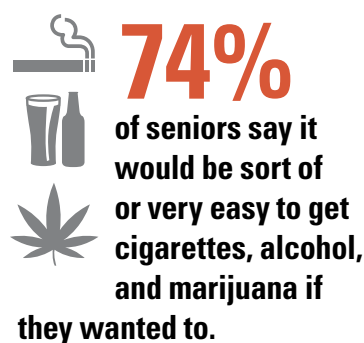
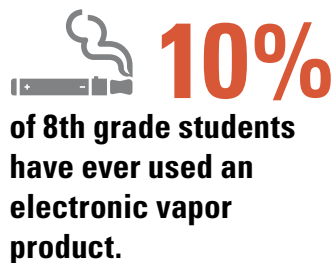


Middle and high school teams at the fall training days.

### STRENGTHS



### CONCERNS



### PROPOSED ACTION STEPS and Accomplishments

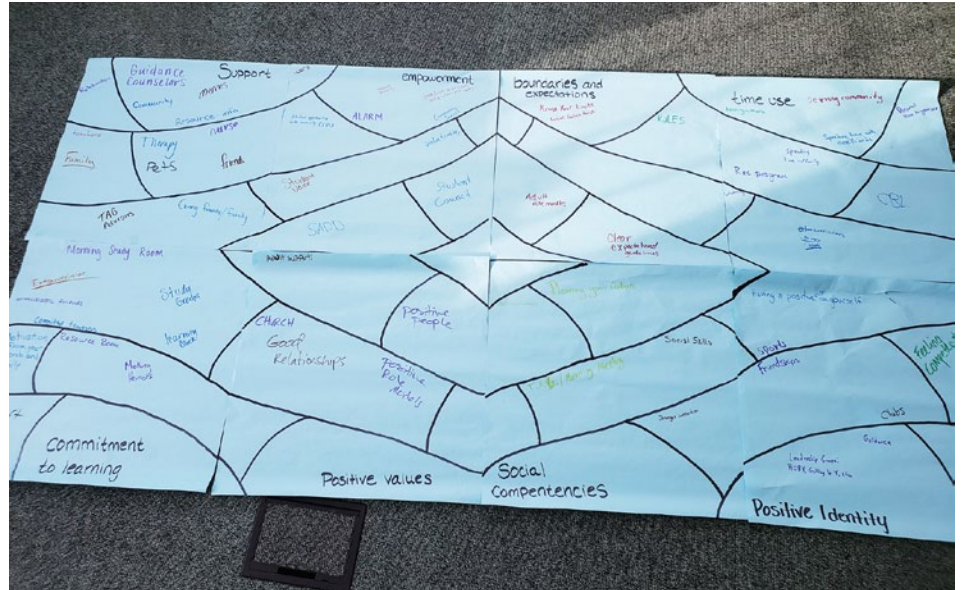
- Hosted education evening around vaping with the Vermont Department of Health.
- Created an informational brochure and educational posters on vaping.
- Other ideas include: Mock car crash, assembly, and

guest speakers on distracted driving; sharing information about apps to help reduce texting and driving; building peer relationships through buddies or peer partners; hosting a student fair of opportunities in the Vergennes area; having counselors teach positive conflict resolution skills; and finding more ways to get community to visit the school and attend games, concerts and other events.

# White River Valley High School

## Royalton, Vermont

White River Valley School held their data retreat with about twenty high school students. Rich conversations were had at the data retreat and at the subsequent community dialogue night which was attended by students, parents, staff and community members. To help address one of their concern areas, a workshop was held by the Orange County Sheriff's Department Child Advocacy Team at an annual Teen Summit for all of the 8th graders across our SU. This workshop addressed both healthy boundaries and relationships and covered sexting and its legal ramifications. Health educators are working to have more comprehensive sex education, especially for middle school students.



White River Valley "Asset Web."

## STRENGTHS



**96%**

of students earned As, Bs or Cs in school.



**78%**

of students reported they probably or definitely will complete a post high school program.



**33%**

of students were physically active at least 60 minutes per day all 7 days of the past week.

## CONCERNS



**32%**

of females were electronically bullied during the past year (vs 22% statewide).



**13%**

of females report being forced to have sexual intercourse (vs 9% statewide).



**31%**

of students felt so sad or hopeless everyday that they stopped doing some of their usual activities during two or more weeks of the past year.





**GTY will be published in the July 2019 issue of *Health Promotion Practice*!**

Read "Participatory Survey Data Analysis as Catalyst for Empowering Youth as School Health Change Agents" at [upforlearning.org](http://upforlearning.org) under Resource Center > Publications.



Unleashing the Power of Partnership for Learning

Learn more about Getting to 'Y' and other UP for Learning initiatives at [upforlearning.org](http://upforlearning.org) or contact:

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*Special thanks to the Vermont Department of Health for their support of this youth engagement initiative.*