

VYP

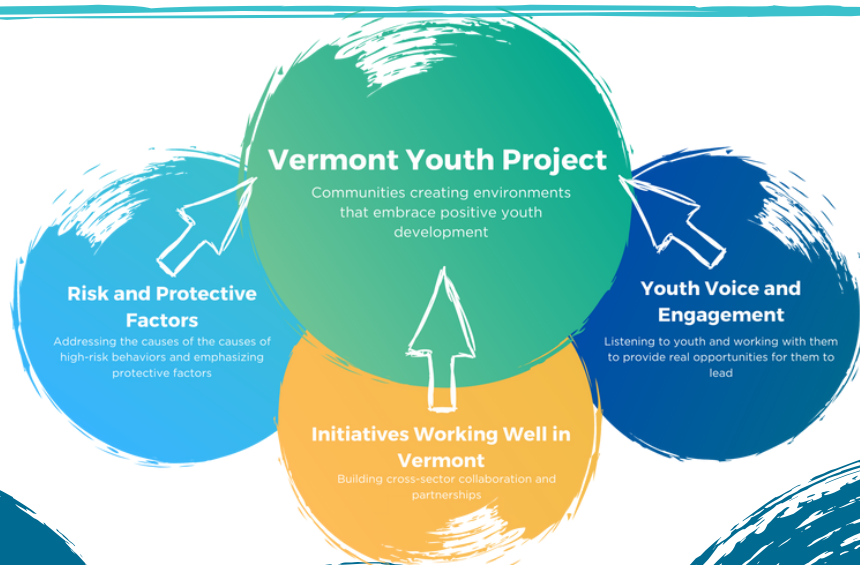
VERMONT YOUTH PROJECT

positive youth development in Vermont communities

The Vermont Youth Project (VYP) is a statewide initiative supporting communities with creating a built environment that embraces positive youth development. As the state developer and manager of VYP, Vermont Afterschool helps participating communities with establishing local coalitions centered around positive youth development, creating localized plans to address risk and protective factors of youth, supporting youth voice and engagement, and building cross-sector partnerships and collaboration. Communities that participate in VYP commit to empowering youth and creating healthy accessible spaces for youth to be themselves, engage with peers, learn new skills, and connect with caring adults.

The Vermont Youth Project takes inspiration from Finland's efforts on youth voice as well as the Planet Youth data tool and the Icelandic Model of Prevention. However, ultimately this is a Vermont model designed to support the great efforts already happening in your community. Communities participating in this project have a support system that helps with amplifying, connecting, and refocusing the great programming and efforts already happening in your community as well as identifying new opportunities to provide healthy environments for youth.

Participating communities will each have specific and localized plans that start with access to real-time key data findings so they know what's going on with their youth right now. With these findings, the communities implement local strategies with support and facilitation from VYP staff and consultants.



FEBRUARY 2022 UPDATES AND SURVEY FINDINGS

FIVE COMMUNITIES PARTICIPATING

Enosburg, Fair Haven, Richford, Rutland City, and Swanton started year three of a five-year pilot.



KEY FINDINGS

1. Substance use: Rates are relatively high, particularly with alcohol, cannabis, and vaping
2. Parent and Family Engagement: Parental collaboration and co-communication are relatively low
3. Perceptions: There is a culture of acceptance, particularly around alcohol and cannabis
4. Third Space Activities: Unorganized free time (e.g. late outside hours) and lack of participation in structured activities during out-of-school time is significant
5. Covid-19: Covid-19 has impacted youth mental health and wellbeing

VYP YEAR 3

In year 3, VYP communities are continuing to build strong local coalitions focused on positive youth development, engaging parents and families, and increasing access to third space activities by establishing youth councils that lead a participatory budgeting (PB) process. This PB process funds up to \$5000 of youth-led initiatives in each community!

WHAT'S NEXT?

1. Local community coalitions have discussed their local data and are making steps to address their findings focusing on upstream prevention.
2. Local youth councils funded youth-led projects up to \$5000 in their community that support the local key data findings.
3. Workshops hosted by Vermont Afterschool on the VYP key data findings, youth council participatory budgeting process, youth mental health first aid, and training in youth resilience and adolescent development for sports coaches, third space leaders, and community members

INTERESTED IN LEARNING MORE?

Contact Vermont Afterschool
info@vermontafterschool.org / 802-448-3464
<https://vermontafterschool.org/vyp/>

14%

9th and 10th graders report staying outside the home past midnight once or more a week



42%

High schoolers report feeling nervous and "stressed" very or fairly often in the past month

15%

9th and 10th grade youth use e-cigarettes daily



78%

7th and 8th graders report spending time with their family often or always on the weekends

71%

Middle school students report their parents know the parents of their friends

48%

Adolescents would like to continue to live in the same community



90%

Middle school students report it's easy to receive caring and warmth from their parents



14%

Middle school students report hanging out at a friends house with no adult present

47%

11th and 12th graders have reported using alcohol



23%

High school students report they cried easily or wanted to cry often in the past week