

# **2013 Vermont Youth Risk Behavior Survey Report**

## **Report for Rutland Southwest Supervisory Union**

### **Survey Format in 2013**

In 2013, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

All results in the 2013 high school report are for grades 9 through 12 only, and the middle school report are for grades 6 through 8 only. The participation rate for Rutland Southwest Supervisory Union was 65%.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx>

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

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## How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.
- **Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst>.

## **How to Read this YRBS Report**

**Format:** The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

**Weighting:** The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of public students in grades six through eight (middle school survey) and grades nine through twelve (high school survey). This permits us to draw inferences about the school-based student population in Vermont.

In 2013, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between supervisory union estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years (trend lines can be found at the end of the 2011 local-level reports). In the 2013 statewide report you will find updated 2011 numbers (so they might look different from previous 2011 reports you have seen). These results are generalizable to the Vermont public high school and middle school populations.

**Statistical Comparisons:** We note significant differences in the far right column on each table labeled “Notes.” For the 2013 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each supervisory union were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this supervisory union is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In some cases there were not enough students responding to report an estimate. In those cases there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

## **A Word of Caution**

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

## Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self harm.

- Physical fighting is a marker for problem behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.<sup>4,5,6</sup>
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.<sup>14</sup>

## Alcohol, Tobacco and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. Both surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,<sup>15</sup> and about one-third of all motor vehicle crash fatalities.<sup>16</sup> Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.<sup>17,18</sup>
- Tobacco use is the single most preventable cause of death in the United States,<sup>19</sup> contributing to more than one in five deaths.<sup>20</sup> Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.<sup>19</sup>
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.<sup>21</sup> Other reactions include feelings of distrust, anxiety, or depression.<sup>21</sup> In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.<sup>22</sup>
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.<sup>23</sup>
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.<sup>24</sup> As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.<sup>24</sup> Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.<sup>24</sup>

## **Sexual Behavior and Orientation**

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.<sup>30</sup>



## **Body Image**

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.<sup>31</sup> Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>
- Overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.<sup>34,35</sup> Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors such as fasting and self-induced vomiting that can lead to abnormal physical and psychological development.<sup>36,37</sup>

## Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.<sup>39-43</sup>
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.<sup>44-45</sup>
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>46</sup> The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.<sup>46</sup>
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.<sup>47-50</sup>
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

## Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.<sup>55</sup>
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.<sup>56</sup> A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.<sup>57</sup> Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>57</sup>
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.<sup>58</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.<sup>59</sup>
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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*Demographics***Number of Students by Grade and Sex**

Grade			Sex			Total
Missing Grade	9th and 10th	11th and 12th	Missing Sex	Female	Male	
3	70	26	3	43	53	99

**Percent of Students by Age**

	2013
14 years or younger	16%
15 years	39%
16 years	24%
17 years	12%
18 years or older	7%

**Percent of Students by Race and Ethnicity**

	2013
White non-Hispanic	87%
Racial or ethnic minority	11%

**Percent of Students by Mother's Education**

	2013
High school or less	37%
Some college	13%
College graduate	24%
Graduate or professional degree after college	11%
Not sure	14%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Rutland Southwest Supervisory Union. All other numbers represented in this report are weighted to reflect the enrolled student population.

NOTE: To protect student privacy and ensure accurate estimates, only overall estimates were produced for Rutland Southwest Supervisory Union

*1 Personal Safety*

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**1.01 Percent of students who were in a physical fight, past 12 months**

	RutlandSW	Vermont	Notes
Total	25%	20%	

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**1.02 Percent of students who did not go to school because they felt unsafe, past 30 days**

	RutlandSW	Vermont	Notes
Total	5%	5%	

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**1.03 Percent of students who carried a weapon such as a gun, knife, or club on school property, past 30 days**

	RutlandSW	Vermont	Notes
Total	10%	9%	

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**1.04 Percent of students who were in a physical fight on school property, past 12 months**

	RutlandSW	Vermont	Notes
Total	8%	8%	

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**1.05 Percent of students who were threatened or injured with a weapon on school property, past 12 months**

	RutlandSW	Vermont	Notes
Total	3%	5%	

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**1.06 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

	RutlandSW	Vermont	Notes
Total	80%	56%	SU statistically higher

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*1 Personal Safety*

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**1.07 Percent of students who never or rarely wore a seatbelt when riding in a car**

	RutlandSW	Vermont	Notes
Total	6%	7%	

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**1.08 Percent of drivers who texted or e-mailed while driving a car or other vehicle, past 30 days**

	RutlandSW	Vermont	Notes
Total	24%	35%	

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**1.09 Percent of students who rode with a drinking driver, past 30 days**

	RutlandSW	Vermont	Notes
Total	19%	21%	

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**1.10 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

	RutlandSW	Vermont	Notes
Total	.	8%	Too few students

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**1.11 Percent of students who rode with a driver who had been smoking marijuana, past 30 days**

	RutlandSW	Vermont	Notes
Total	14%	23%	SU statistically lower

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**1.12 Percent of drivers who drove a car or other vehicle when they had been smoking marijuana, past 30 days**

	RutlandSW	Vermont	Notes
Total	6%	16%	SU statistically lower

---

*1 Personal Safety***1.13 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

	RutlandSW	Vermont	Notes
Total	11%	9%	

**1.14 Percent of students who have ever been physically forced to have sexual intercourse**

	RutlandSW	Vermont	Notes
Total	10%	6%	

NOTE: This question changed in 2013, previously it read: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? Response options: Yes ; No. In 2013 it was changed to: During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.) Response options: I did not date or go out with anyone during the past 12 months; 0 times; 1 time; 2 or 3 times; 4 or 5 times; 6 or more times

**1.15 Percent of students who reported being bullied, past 30 days**

	RutlandSW	Vermont	Notes
Total	26%	18%	

**1.16 Percent of students who bullied someone else, past 30 days**

	RutlandSW	Vermont	Notes
Total	11%	14%	

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way.

*1 Personal Safety*

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**1.17 Percent of students who reported being electronically bullied, past 12 months**

	RutlandSW	Vermont	Notes
Total	16%	16%	

NOTE: Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

**1.18 Percent of students who purposefully hurt themselves without wanting to die, past 12 months**

	RutlandSW	Vermont	Notes
Total	15%	16%	

**1.19 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months**

	RutlandSW	Vermont	Notes
Total	22%	21%	

**1.20 Percent of students who made a suicide plan, past 12 months**

	RutlandSW	Vermont	Notes
Total	10%	11%	

**1.21 Percent of students who attempted suicide, past 12 months**

	RutlandSW	Vermont	Notes
Total	.	5%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

	RutlandSW	Vermont	Notes
Total	50%	59%	

**2.02 Percent of students who drank alcohol, past 30 days**

	RutlandSW	Vermont	Notes
Total	22%	33%	SU statistically lower

**2.03 Percent of students who drank alcohol, other than a few sips, before age 13**

	RutlandSW	Vermont	Notes
Total	14%	14%	

**2.04 Percent of students who had five or more drinks in a row (binged), past 30 days**

	RutlandSW	Vermont	Notes
Total	11%	19%	SU statistically lower

**2.05 Percent of students who drank 10+ drinks in a row, past 30 days**

	RutlandSW	Vermont	Notes
Total	.	5%	Too few students

**2.06 Percent of students who drank liquor (out of those who drank), past 30 days**

	RutlandSW	Vermont	Notes
Total	.	46%	Too few students

2 Alcohol, Tobacco and other Drug Use

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**2.07 Of students who drank in the past 30 days, the percent who bought their own alcohol (including a bar, store, public event)**

	RutlandSW	Vermont	Notes
Total	.	5%	Too few students

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**2.08 Of students who drank in the past 30 days, the percent who got their alcohol from someone else (either were given, or gave someone money to purchase)**

	RutlandSW	Vermont	Notes
Total	.	65%	Too few students

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NOTE: Students were asked that if they drank in the past 30 days, where they usually got their alcohol. Response options included: Bought it at a store, supermarket or gas station; bought it at a restaurant, bar or club; bought it at a public event such as a concert; gave someone money to buy it for them; someone else gave it to them; took it from a store or family member; and got it some other way.

**2.09 Percent of students who have ever smoked a whole cigarette**

	RutlandSW	Vermont	Notes
Total	27%	24%	

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**2.10 Percent of students who smoked cigarettes, past 30 days**

	RutlandSW	Vermont	Notes
Total	14%	13%	

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**2.11 Percent of students who smoked a whole cigarette before age 13**

	RutlandSW	Vermont	Notes
Total	9%	7%	

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*2 Alcohol, Tobacco and other Drug Use***2.12 Percent of students who smoked on all 30 days of the past month**

	RutlandSW	Vermont	Notes
Total	7%	4%	

**2.13 Percent of students who smoked 11 or more cigarettes on days they smoked**

	RutlandSW	Vermont	Notes
Total	.	2%	Too few students

**2.14 Percent of smokers who tried to quit smoking, past 12 months**

	RutlandSW	Vermont	Notes
Total	.	44%	Too few students

**2.15 Percent of students who smoked in the past 30 days who bought their own cigarettes**

	RutlandSW	Vermont	Notes
Total	.	21%	Too few students

**2.16 Percent of students who smoked in the past 30 days who were given or bummed their cigarettes from someone else, or gave someone money to buy cigarettes for them**

	RutlandSW	Vermont	Notes
Total	.	61%	Too few students

NOTE: Students were asked if they smoked in the past 30 days, where they usually got their own cigarettes. Answer options included: Bought them in a store, bought them at a vending machine, gave someone money to buy them, borrowed or bummed them, someone 18 years old or older gave them to me, took them from a friend or family member, got them some other way.

**2.17 Percent of students who used snuff or dip, past 30 days**

	RutlandSW	Vermont	Notes
Total	5%	8%	

2 Alcohol, Tobacco and other Drug Use

---

**2.18 Percent of students who smoked cigars or little cigars, past 30 days**

	RutlandSW	Vermont	Notes
Total	8%	13%	

---

**2.19 Percent of students who used snus, ever**

	RutlandSW	Vermont	Notes
Total	.	7%	Too few students

---

**2.20 Percent of students who think that at least 56 out of 100 high school students smoke cigarettes**

	RutlandSW	Vermont	Notes
Total	14%	15%	

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**2.21 Percent of students who heard or saw an ad about the dangers of smoking, past 30 days**

	RutlandSW	Vermont	Notes
Total	76%	80%	

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**2.22 Percent of students who ever heard about Our Voices Exposed - OVX**

	RutlandSW	Vermont	Notes
Total	9%	20%	SU statistically lower

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**2.23 Percent of students who were in the same room as someone smoking, past 7 days**

	RutlandSW	Vermont	Notes
Total	52%	41%	

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2 Alcohol, Tobacco and other Drug Use

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**2.24 Percent of students who were in the same car as someone smoking, past 7 days**

	RutlandSW	Vermont	Notes
Total	42%	31%	SU statistically higher

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**2.25 Percent of students who were asked if they smoked by a health care provider, past 12 months**

	RutlandSW	Vermont	Notes
Total	42%	54%	SU statistically lower

---

**2.26 Percent of students who have ever tried marijuana**

	RutlandSW	Vermont	Notes
Total	27%	39%	SU statistically lower

---

**2.27 Percent of students who used marijuana, past 30 days**

	RutlandSW	Vermont	Notes
Total	12%	24%	SU statistically lower

---

**2.28 Percent of students who used marijuana before age 13**

	RutlandSW	Vermont	Notes
Total	6%	7%	

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**2.29 Percent of students who ever misused a stimulant or prescription pain reliever**

	RutlandSW	Vermont	Notes
Total	6%	13%	SU statistically lower

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**2.30 Percent of students who misused a stimulant or prescription pain reliever, past 30 days**

	RutlandSW	Vermont	Notes
Total	.	7%	Too few students

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2 Alcohol, Tobacco and other Drug Use

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**2.31 Percent of students who ever used cocaine**

	RutlandSW	Vermont	Notes
Total	.	5%	Too few students

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**2.32 Percent of students who ever used hallucinogens**

	RutlandSW	Vermont	Notes
Total	4%	9%	SU statistically lower

---

NOTE: Hallucinogens include LSD, acid, PCP, angel dust, mescaline or mushrooms.

**2.33 Percent of students who ever used methamphetamines**

	RutlandSW	Vermont	Notes
Total	.	3%	Too few students

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**2.34 Percent of students who ever used inhalants**

	RutlandSW	Vermont	Notes
Total	.	7%	Too few students

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**2.35 Percent of students who ever used heroin**

	RutlandSW	Vermont	Notes
Total	.	2%	Too few students

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**2.36 Percent of students who were offered, sold or given an illegal drug on school property, past 12 months**

	RutlandSW	Vermont	Notes
Total	12%	18%	

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3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use \_\_\_\_\_

**3.01 Percent of students who think their parents think it is wrong for them to smoke cigarettes**

	RutlandSW	Vermont	Notes
Total	90%	90%	

**3.02 Percent of students who think their parents think it is wrong for them to drink alcohol**

	RutlandSW	Vermont	Notes
Total	78%	74%	

**3.03 Percent of students who think their parents think it is wrong for them to smoke marijuana**

	RutlandSW	Vermont	Notes
Total	89%	82%	SU statistically higher

**3.04 Percent of students who think it is wrong for someone their age to smoke cigarettes**

	RutlandSW	Vermont	Notes
Total	80%	75%	

**3.05 Percent of students who think it is wrong for someone their age to drink alcohol**

	RutlandSW	Vermont	Notes
Total	59%	49%	

**3.06 Percent of students who think it is wrong for someone their age to smoke marijuana**

	RutlandSW	Vermont	Notes
Total	69%	57%	SU statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use \_\_\_\_\_

**3.07 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day**

	RutlandSW	Vermont	Notes
Total	54%	63%	

**3.08 Percent of students who think people their age risk harming themselves if they binge drink on weekends**

	RutlandSW	Vermont	Notes
Total	36%	38%	

**3.09 Percent of students who think people their age risk harming themselves if they smoke marijuana regularly**

	RutlandSW	Vermont	Notes
Total	39%	31%	

**3.10 Percent of students who think it would be easy to get cigarettes**

	RutlandSW	Vermont	Notes
Total	67%	66%	

**3.11 Percent of students who think it would be easy to get alcohol**

	RutlandSW	Vermont	Notes
Total	59%	72%	SU statistically lower

**3.12 Percent of students who think it would be easy to get marijuana**

	RutlandSW	Vermont	Notes
Total	59%	63%	

**3.13 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police**

	RutlandSW	Vermont	Notes
Total	39%	27%	SU statistically higher

4 Sexual Behavior and Orientation

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**4.01 Percent of students who have ever had sexual intercourse**

	RutlandSW	Vermont	Notes
Total	47%	43%	

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**4.02 Percent of students who have ever had oral sex**

	RutlandSW	Vermont	Notes
Total	37%	44%	

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**4.03 Percent of students who had sexual intercourse before age 13**

	RutlandSW	Vermont	Notes
Total	.	4%	Too few students

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**4.04 Percent of students who have had sexual intercourse with four or more people**

	RutlandSW	Vermont	Notes
Total	10%	12%	

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**4.05 Percent of students who have ever been tested for HIV**

	RutlandSW	Vermont	Notes
Total	19%	12%	

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**4.06 Percent of students who had sex at least once in the past 3 months (sexually active)**

	RutlandSW	Vermont	Notes
Total	34%	33%	

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**4.07 Of sexually active students, those who used alcohol or drugs the last time they had sex**

	RutlandSW	Vermont	Notes
Total	.	22%	Too few students

---

4 Sexual Behavior and Orientation

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**4.08 Of sexually active students, those who used condoms the last time they had sex**

	RutlandSW	Vermont	Notes
Total	.	62%	Too few students

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**4.09 Of sexually active students, those who used prescription birth control the last time they had sex**

	RutlandSW	Vermont	Notes
Total	.	44%	Too few students

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**4.10 Of sexually active students, those who used either a condom or prescription birth control the last time they had sex**

	RutlandSW	Vermont	Notes
Total	.	85%	Too few students

---

**4.11 Of sexually active students, the percent who used no method of birth control, withdrawal or some other method, or were not sure what method they used the last time they had sex**

	RutlandSW	Vermont	Notes
Total	.	15%	Too few students

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**4.12 The percent of students who report same-sex sexual contact**

	RutlandSW	Vermont	Notes
Total	5%	5%	

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**4.13 The percent of students who identify as lesbian, gay, bisexual or unsure**

	RutlandSW	Vermont	Notes
Total	12%	9%	

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*5 Body Image***5.01 The percent of students who are overweight (85th to <95th BMI percentile)**

	RutlandSW	Vermont	Notes
Total	18%	16%	

**5.02 The percent of students who are obese (=>95th BMI percentile)**

	RutlandSW	Vermont	Notes
Total	25%	13%	SU statistically higher

NOTE: BMI = body mass index; weight in kilograms divided by height in meters squared.

**5.03 The percent of students who describe themselves as slightly or very overweight**

	RutlandSW	Vermont	Notes
Total	32%	30%	

**5.04 The percent of students who are trying to lose weight**

	RutlandSW	Vermont	Notes
Total	47%	43%	

**5.05 The percent of students who wear SPF 15 or higher most of the time or always when outside in the sun for one or more hours**

	RutlandSW	Vermont	Notes
Total	14%	16%	

*6 Nutrition and Physical Activity*

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**6.01 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days**

	RutlandSW	Vermont	Notes
Total	19%	23%	

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**6.02 The percent of students who ate fruits or fruit juice 2 or more times per day, past 7 days**

	RutlandSW	Vermont	Notes
Total	26%	33%	

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**6.03 The percent of students who ate vegetables 3 or more times per day, past 7 days**

	RutlandSW	Vermont	Notes
Total	11%	17%	

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**6.04 The percent of students who ate breakfast on all of the past 7 days**

	RutlandSW	Vermont	Notes
Total	40%	43%	

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**6.05 The percent of students who ate breakfast on at least 3 of the past 7 days**

	RutlandSW	Vermont	Notes
Total	73%	76%	

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**6.06 The percent of students who ate breakfast on none of the past 7 days**

	RutlandSW	Vermont	Notes
Total	14%	10%	

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*6 Nutrition and Physical Activity*

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**6.07 The percent of students who drank at least 4 glasses or bottles of water yesterday**

	RutlandSW	Vermont	Notes
Total	36%	30%	

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**6.08 The percent of students who drank at least 1 can, bottle or glass of soda every day, past 7 days**

	RutlandSW	Vermont	Notes
Total	13%	17%	

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**6.09 The percent of students who drank at least 1 can, bottle or glass of sugar-sweetened beverage (not soda) every day, past 7 days**

	RutlandSW	Vermont	Notes
Total	19%	17%	

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**6.10 The percent of students who participated in at least 60 minutes of physical activity every day, past 7 days**

	RutlandSW	Vermont	Notes
Total	31%	25%	

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NOTE: The question instructed students to: add up all of the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.

**6.11 The percent of students who attended physical education classes one or more days in an average school week**

	RutlandSW	Vermont	Notes
Total	46%	40%	

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*6 Nutrition and Physical Activity*

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**6.12 The percent of students who attended physical education classes daily in an average school week**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	44%	14%	SU statistically higher

---

**6.13 The percent of students who had 3 or more hours per school day of non-school screen time**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	38%	40%	

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**6.14 The percent of students who had 5 or more hours per school day of non-school screen time**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	17%	12%	

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7 Youth Assets

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**7.01 The percent of students who report their grades are mostly As or Bs**

	RutlandSW	Vermont	Notes
Total	73%	79%	

---

**7.02 The percent of students who spoke with their parents at least weekly about school**

	RutlandSW	Vermont	Notes
Total	58%	77%	SU statistically lower

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**7.03 The percent of students volunteer one or more hours on an average week**

	RutlandSW	Vermont	Notes
Total	53%	57%	

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**7.04 The percent of students who agree that: in your community you feel like you matter to people**

	RutlandSW	Vermont	Notes
Total	40%	50%	

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**7.05 The percent of students who report that they will probably or definitely complete a post high school program**

	RutlandSW	Vermont	Notes
Total	78%	82%	

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**7.06 The percent of students who agree that teachers really care about them and give them lots of encouragement**

	RutlandSW	Vermont	Notes
Total	45%	59%	SU statistically lower

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**7.07 The percent of students who agree that students help decide what goes on in school**

	RutlandSW	Vermont	Notes
Total	47%	47%	

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*Demographics*

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**Number of Students by Grade and Sex**

Grade		Sex		Total
7th	8th	Female	Male	
25	33	28	30	58

**Percent of Students by Age**

	2013
<b>11 years or younger</b>	0%
<b>12 years</b>	19%
<b>13 years</b>	47%
<b>14 years or older</b>	34%

**Percent of Students by Race and Ethnicity**

	2013
<b>White non-Hispanic</b>	83%
<b>Racial or ethnic minority</b>	17%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Rutland Southwest Supervisory Union. All other numbers represented in this report are weighted to reflect the enrolled student population.

NOTE: In order to protect student privacy and ensure accurate estimates, numbers for Rutland Southwest Supervisory Union were combined and only overall estimates are reported.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

	RutlandSW	Vermont	Notes
Total	49%	43%	

**1.02 Percent of students who did not go to school because they felt unsafe, past 30 days**

	RutlandSW	Vermont	Notes
Total	.	7%	Too few students

**1.03 Percent of students who were ever bullied at school**

	RutlandSW	Vermont	Notes
Total	34%	47%	

**1.04 Percent of students who were bullied at least once, past 30 days**

	RutlandSW	Vermont	Notes
Total	23%	26%	

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way.

**1.05 Percent of students who bullied someone at least once, past 30 days**

	RutlandSW	Vermont	Notes
Total	14%	13%	

*1 Personal Safety***1.06 Percent of students who reported they had ever been electronically bullied**

	RutlandSW	Vermont	Notes
Total	31%	25%	

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way.

NOTE: Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

**1.07 Percent of students who never or rarely wore a bicycle helmet (out of those who rode a bicycle)**

	RutlandSW	Vermont	Notes
Total	.	35%	Too few students

**1.08 Percent of students who never or rarely wore a helmet while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)**

	RutlandSW	Vermont	Notes
Total	.	39%	Too few students

**1.09 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

	RutlandSW	Vermont	Notes
Total	8%	3%	

**1.10 Percent of students who ever rode in a car driven by someone who had been drinking**

	RutlandSW	Vermont	Notes
Total	27%	21%	

*1 Personal Safety*

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**1.11 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	13%	18%	

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**1.12 Percent of students who ever seriously thought about suicide**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	13%	17%	

---

**1.13 Percent of students who ever seriously made a suicide plan**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	13%	11%	

---

**1.14 Percent of students who ever attempted suicide**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	5%	Too few students

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*2 Alcohol, Tobacco, and Other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

	RutlandSW	Vermont	Notes
Total	22%	18%	

**2.02 Percent of students who drank alcohol other than a few sips before age 11**

	RutlandSW	Vermont	Notes
Total	8%	7%	

**2.03 Percent of students who drank any alcohol, past 30 days**

	RutlandSW	Vermont	Notes
Total	.	7%	Too few students

**2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days**

	RutlandSW	Vermont	Notes
Total	.	2%	Too few students

**2.05 Percent of students who ever tried cigarette smoking, even one or two puffs**

	RutlandSW	Vermont	Notes
Total	17%	9%	

**2.06 Percent of students who smoked a whole cigarette before age 11**

	RutlandSW	Vermont	Notes
Total	.	2%	Too few students

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked cigarettes, past 30 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	2%	Too few students

**2.08 Percent of students who smoked 11 or more cigarettes per day on days they smoked, past 30 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	0%	Too few students

**2.09 Percent of students who used chewing tobacco, snuff, or dip, past 30 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	2%	Too few students

**2.10 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	1%	Too few students

**2.11 Percent of students who ever used snus**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	3%	Too few students

**2.12 Percent of students who think that, out of 100 Vermont high school students, 56 or more smoke cigarettes**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	19%	17%	



*2 Alcohol, Tobacco, and Other Drug Use***2.13 Percent of smokers who got their cigarettes from someone else or gave someone money to purchase them cigarettes**

	RutlandSW	Vermont	Notes
Total	.	46%	Too few students

**2.14 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days**

	RutlandSW	Vermont	Notes
Total	42%	30%	

**2.15 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days**

	RutlandSW	Vermont	Notes
Total	30%	22%	

**2.16 Percent of students who, in the past 12 months, were asked they smoke by a health professional**

	RutlandSW	Vermont	Notes
Total	20%	21%	

**2.17 Percent of smokers who attempted to quit smoking, past 12 months**

	RutlandSW	Vermont	Notes
Total	.	48%	Too few students

**2.18 Percent of students who have ever used marijuana**

	RutlandSW	Vermont	Notes
Total	.	6%	Too few students

*2 Alcohol, Tobacco, and Other Drug Use***2.19 Percent of students who used marijuana before age 11**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	1%	Too few students

**2.20 Percent of students who used marijuana, past 30 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	3%	Too few students

**2.21 Percent of students who have ever used inhalants**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	5%	Too few students

**2.22 Percent of students who ever took a prescription drug without a doctor's prescription**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	.	3%	Too few students

**3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use****3.01 Percent of students who think their parents would think it is wrong or very wrong for them to smoke cigarettes**

	RutlandSW	Vermont	Notes
Total	94%	96%	

**3.02 Percent of students who think their parents would think it is wrong or very wrong for them to drink alcohol**

	RutlandSW	Vermont	Notes
Total	93%	91%	

**3.03 Percent of students who think their parents would think it is wrong or very wrong for them to smoke marijuana**

	RutlandSW	Vermont	Notes
Total	94%	95%	

**3.04 Percent of students who think it would be wrong or very wrong for someone their age to smoke cigarettes**

	RutlandSW	Vermont	Notes
Total	88%	94%	

**3.05 Percent of students who think it would be wrong or very wrong for someone their age to drink alcohol**

	RutlandSW	Vermont	Notes
Total	92%	88%	

**3.06 Percent of students who think it would be wrong or very wrong for someone their age to smoke marijuana**

	RutlandSW	Vermont	Notes
Total	88%	92%	

*3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use***3.07 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day**

	RutlandSW	Vermont	Notes
Total	55%	71%	SU statistically lower

**3.08 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend**

	RutlandSW	Vermont	Notes
Total	49%	51%	

**3.09 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly**

	RutlandSW	Vermont	Notes
Total	57%	64%	

**3.10 Percent of students who report that it would be easy or very easy to get cigarettes**

	RutlandSW	Vermont	Notes
Total	37%	26%	

**3.11 Percent of students who report that it would be easy or very easy to get alcohol**

	RutlandSW	Vermont	Notes
Total	32%	38%	

**3.12 Percent of students who report that it would be easy or very easy to get marijuana**

	RutlandSW	Vermont	Notes
Total	26%	14%	

*4 Body Image***4.01 Percent of students who describe themselves as slightly or very overweight**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	47%	26%	SU statistically higher

**4.02 Percent of students who are trying to lose weight**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	63%	41%	SU statistically higher

**4.03 Percent of students who most of the time or always use SPF 15 or higher when outside in the sun for more than an hour****5.01 Percent of students who ate breakfast on all of the past 7 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	47%	52%	

**5.02 Percent of students who ate breakfast on at least three of the past 7 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	76%	82%	

**5.03 Percent of students who ate breakfast on none of the past 7 days**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	16%	7%	

*5 Nutrition and Physical Activity*

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**5.04 Percent of students who reported drinking at least four bottles or glasses of water a day**

	RutlandSW	Vermont	Notes
Total	34%	39%	

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**5.05 Percent of students who participated in at least 60 minutes of physical activity every day, past 7 days**

	RutlandSW	Vermont	Notes
Total	46%	57%	

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**5.06 Percent of students who attended physical education classes one or more days in an average school week**

	RutlandSW	Vermont	Notes
Total	28%	91%	SU statistically lower

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**5.07 Percent of students who attended physical education classes daily in an average school week**

	RutlandSW	Vermont	Notes
Total	22%	13%	

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**5.08 Percent of students who watched three or more hours of TV per day on an average school day**

	RutlandSW	Vermont	Notes
Total	33%	23%	

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**5.09 Percent of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day**

	RutlandSW	Vermont	Notes
Total	46%	29%	SU statistically higher

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**5.10 Percent of students who went online 6 or 7 days a week for something that was not school-related**

	RutlandSW	Vermont	Notes
Total	44%	45%	

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*6 Youth Assets***6.01 Percent of students who talk to their parents about school at least weekly**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	67%	79%	

**6.02 Percent of students who agree or strongly agree that 'in your community you feel like you matter to people'**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	35%	54%	SU statistically lower

**6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	54%	62%	

**6.04 Percent of students who agree or strongly agree that students help decide what goes on in school**

	<b>RutlandSW</b>	<b>Vermont</b>	<b>Notes</b>
Total	53%	42%	