

# 2021 VERMONT HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

Sexual Orientation and Gender Identity

October 2023

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

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:  
<https://www.HealthVermont.gov/yrbs>

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### About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health risk behaviors that contribute to the leading causes of death and disability among youth and young adults.

These include:

- Behaviors that contribute to unintentional injuries
- Violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement

### About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered among students in 8th through 12th grades in 1993. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ slightly. The middle school survey is shorter and focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors such as driving behaviors and self-reported height and weight.

Copies of the 2021 Vermont high school and middle school surveys as well as previous surveys can be found online at:

<https://www.HealthVermont.gov/yrbs>

## Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the spring semester. However, due to the COVID-19 pandemic and remote learning, the CDC allowed for the survey to be delayed to the fall semester in 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

For more information on the delayed administration and how it may have impacted the 2021 results, please see "Understanding the 2021 YRBS Results" on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

## Using the YRBS

### Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations 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.

Participate in Getting to 'Y': Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at <http://www.upforlearning.org/initiatives/getting-to-y>

## How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

More information on survey reliability including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

## Understanding and Interpreting the Results

### Statistical Differences

Each table in the report includes the overall statewide and prevalence rates (%) among each subpopulation. Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In this report, comparisons are made with the overall statewide rate. Statistical differences are noted with an asterisk (\*).

### Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

## Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by specific populations of youth are analyzed.

In 2021, the CDC modified the sexual orientation question with additional response options. Changes to the question include the addition of “I describe my sexual identity some other way” and “I do not know what this question is asking”. Additionally, the “Not sure” response from previous questionnaires was changed to “I am not sure about my sexual identity (questioning)”.

Results are based on two questions:

Which of the following best describes you?

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. I describe my sexual identity some other way
- E. I am not sure about my sexual identity (questioning)
- F. I do not know what this question is asking

Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender.

Are you transgender?

- A. No, I am not transgender
- B. Yes, I am transgender
- C. I am not sure if I am transgender
- D. I do not know what this question is asking

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## Special Considerations for 2021

The Vermont YRBS is typically administered during the spring semester of the school year. However, due to COVID-19 and related school closures, the CDC allowed for the 2021 YRBS to be delayed and administered during the fall semester. Students in Vermont took the survey between September and December 2021.

Prevalence estimates for the 2021 VT YRBS and comparisons with previous YRBS data have likely been impacted by some significant factors unique to 2021, including the COVID-19 pandemic and the delay of the survey. Students who participated in the 2021 YRBS were facing different educational and social experiences compared to those of previous participants. Disruptions, including remote learning, lack of social interactions and extracurricular activities, are likely reflected in the survey results.

Age can influence the risk behavior prevalence estimates. Because students took the survey in the fall semester (September-December 2021) instead of the spring semester (January-June 2021), the average age of survey participants was younger than in past years. As seen in other states with a Fall 2021 YRBS administration, some risk behavior prevalence estimates may be lower due to the change in age of student participants.

Caution should be used when interpreting and comparing the 2021 results to other years.

More information on "Special Considerations for 2021" is available on the Vermont Department of Health YRBS webpage at:  
<https://www.HealthVermont.gov/yrbs>

## Demographics

Overall	N
VT	17412

Sexual Orientation / Gender Identity	N	%
LGBTQ+	4845	28
Heterosexual/Cisgender	12094	72

Sexual Orientation	N	%
Heterosexual	12235	72
Gay or Lesbian	672	4
Bisexual	2258	13
I describe my sexual identity some other way	891	5
I am not sure about my sexual identity (questioning)	963	5

N = Unweighted number of students; % = Weighted percent



## Demographics

Gender Identity	N	%
No, I am not transgender	16000	93
Yes, I am transgender	656	4
I am not sure if I am transgender	496	3

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

## Unintentional Injuries, Personal Safety, and Violence

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were in a physical fight	16	16	19	17	11 *	17	16	23 *	19
Carried a weapon on school property	4	4	6	4	3	7 *	4	10 *	8 *
Were threatened or injured with a weapon on school property	7	6 *	13 *	8	7	12 *	6 *	18 *	14 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were electronically bullied	17	14 *	30 *	29 *	19	28 *	16 *	38 *	28 *
Were bullied	17	13 *	32 *	26 *	19	29 *	15 *	39 *	29 *
Bullied someone	9	9	12	10	7	8	9	13 *	13 *

Hetero = Heterosexual; BI = Bisexual; Q = Questioning sexual orientation; Other = Describe sexual orientation in some other way; Cis = Cisgender; Trans = Transgender; Q Gender = Questioning gender

. = Too few students to report; \* = Statistically different compared to VT overall

## Unintentional Injuries, Personal Safety, and Violence

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Report someone has ever done sexual things to them that they did not want	21	15 *	40 *	43 *	30 *	42 *	20 *	49 *	39 *
Experienced physical dating violence	8	6 *	13 *	12 *	9	14 *	7	19 *	13 *
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	25 *	42 *	43 *	38 *	45 *	29	46 *	39 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did not go to school because they felt unsafe at school or on their way to or from school	9	7 *	18 *	13 *	10	16 *	8 *	23 *	16 *
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	14 *	25 *	20 *	12 *	23 *	15	29 *	22 *

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## Unintentional Injuries, Personal Safety, and Violence

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Rode with a driver who had been drinking alcohol	16	15	21 *	17	17	16	15	21 *	17
Rode in a car or other vehicle driven by someone who had been using marijuana	19	17 *	27 *	27 *	19	23 *	19	28 *	26 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Texted or e-mailed while driving a car or other vehicle	33	34	32	32	28	23 *	33	28	32
Drove a car or other vehicle when they had been drinking alcohol	6	6	12 *	6	5	6	5	17 *	9
Drove a car or other vehicle when they had been using marijuana	10	9	17 *	16 *	9	12	10	24 *	18 *

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## Unintentional Injuries, Personal Safety, and Violence

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Had at least one sunburn	76	76	75	78	79	73	76	73	77
Rarely or never wore a bicycle helmet	45	46	38 *	44	36 *	42	45	43	36 *
Had a concussion from playing a sport or being physically active	15	16	13	12 *	10 *	11 *	15	13	12

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## Mental Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Reported that their mental health was most of the time or always not good	35	26 *	60 *	62 *	48 *	64 *	33 *	72 *	63 *
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	27 *	65 *	64 *	52 *	68 *	34 *	75 *	63 *
Felt sad or hopeless	30	22 *	56 *	53 *	38 *	59 *	27 *	67 *	56 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did something to purposely hurt themselves without wanting to die	22	13 *	49 *	48 *	33 *	54 *	20 *	64 *	53 *
Made a plan about how they would attempt suicide	14	8 *	33 *	29 *	19 *	36 *	12 *	47 *	33 *
Attempted suicide	7	4 *	16 *	15 *	7	18 *	6 *	26 *	15 *

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## Sexual Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were ever tested for human immunodeficiency virus (HIV)	6	6	9	7	5	7	6	9 *	5
Were ever tested for a sexually transmitted disease (STD)	6	6	8	8 *	5	7	6	9 *	4

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ever had sexual intercourse	32	32	32	36 *	21 *	26 *	32	31	23 *
Had sexual intercourse for the first time before age 13 years	3	2 *	9 *	4 *	3	6 *	3	10 *	8 *
Had sexual intercourse with four or more persons during their life	7	6	8	9 *	4 *	7	7	10 *	6

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Sexual Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were currently sexually active	24	25	21	27 *	15 *	16 *	24	21	16 *

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## Sexual Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Drank alcohol or used drugs before last sexual intercourse	21	19	37 *	23	22	30	20	42 *	29
Used a condom during last sexual intercourse	49	53 *	22 *	43 *	42	31 *	51	25 *	33 *
Used birth control pills before last sexual intercourse with opposite-sex partner	31	32	.	32	30	19 *	32	18 *	31
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner	18	17	.	20	20	25	18	21	.
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	53	.	57	53	48	54	43	40

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## Sexual Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	18	19	.	18	.	.	18	6 *	11
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	6	.	7	10	15 *	6	19 *	19 *

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## Lifetime Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ever smoked cigarettes	18	17 *	22 *	25 *	13 *	20	18	23 *	19
Ever used an electronic vapor product	33	32	34	43 *	29 *	32	33	34	28 *
Ever used a flavored tobacco product	18	17	20	26 *	15	17	18	21	17

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ever drank alcohol	47	46	48	55 *	43	44	47	48	44
Ever used marijuana	31	29 *	38 *	43 *	28	30	31	36 *	31

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## Lifetime Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Lifetime prescription drug misuse	10	8 *	18 *	14 *	10	16 *	9	20 *	19 *
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	6 *	15 *	11 *	9	13 *	7	17 *	15 *
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	5	4 *	11 *	8 *	4	8 *	4	12 *	10 *

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## Lifetime Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ever used cocaine	2	2	6 *	3	2	4	2	10 *	6 *
Ever used inhalants	7	6 *	15 *	11 *	8	16 *	6 *	23 *	18 *
Ever used heroin	1	1	5 *	1	.	2	1 *	7 *	4 *
Ever used methamphetamines	2	1	5 *	1	1	3 *	1 *	7 *	5 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
First tried cigarette smoking before age 13 years	6	5 *	10 *	9 *	4 *	11 *	6	14 *	10 *
Had first drink of alcohol before age 13 years	13	12	17 *	16 *	11	16 *	12	22 *	16
Tried marijuana for the first time before age 13 years	5	4 *	10 *	8 *	4	8 *	5	13 *	7

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## Current Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	17	20	25 *	13 *	16	18	20	17
Currently smoked cigarettes or cigars or used smokeless tobacco	7	7	10 *	8	5 *	7	7	12 *	10

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## Current Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently smoked cigarettes	5	5	9 *	7 *	4	7	5	11 *	8 *
Currently used an electronic vapor product	16	15	17	23 *	13 *	15	16	18	14
Currently smoked cigars	3	3	5 *	3	2	3	3	7 *	5 *
Currently used smokeless tobacco	3	3	5 *	1 *	1 *	2	3	6 *	4
Tried to quit using all tobacco products	49	48	44	54	58	52	49	44	42

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently drank alcohol	25	25	25	28 *	20 *	19 *	25	20 *	21
Currently were binge drinking	12	13	11	13	9 *	8 *	12	10	9
Reported that the largest number of drinks they had in a row was 10 or more	3	3	3	2	2	2	3	6 *	4

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Current Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently used marijuana	20	18 *	26 *	30 *	19	20	20	24 *	22

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	2	2 *	6 *	3	2	5 *	2 *	9 *	7 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Substance Use Among Current Users

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently smoked cigarettes on 10+ days, among current users	35	33	63 *	26	.	50	31	68 *	.
Currently smoked 11+ cigarettes, among current users	15	14	46 *	3 *	.	19	10 *	46 *	.
Currently smoked 20+ cigarettes, among current users	13	11	42 *	3 *	.	19	9	42 *	.
Currently smoked cigarettes daily, among current users	21	19	50 *	11 *	.	26	16	56 *	.
Currently smoked cigarettes frequently (20+ days), among current users	25	23	53 *	15 *	.	39	21	59 *	.

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High School Results

Substance Use Among Current Users

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Usually use JUUL or other rechargeable device that uses pods, among current users	19	21	21	16	17	11	19	17	21
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	5	6	2	.	5	4	8	.
Used electronic vapor products mainly because they were curious about them, among current users	13	14	18	11	16	10	13	11	18
Currently used electronic vapor products daily, among current users	30	30	44 *	26	26	29	29	43 *	30
Used EVP 10+ days, among current users	42	42	50	40	37	40	41	53	38
Currently used electronic vapor products frequently (20+ days), among current users	42	42	50	40	37	40	41	53	38

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High School Results

Substance Use Among Current Users

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Currently binge drank, among current users	57	60	51	51 *	53	49	57	58	48
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	14	14	8 *	9	12	12	30 *	19
Currently drank 10+ days, among current users	13	13	17	9 *	9	14	12	31 *	18
Currently drank 20+ days, among current users	6	5	12 *	3	3	7	5	25 *	15 *
Currently drank everyday, among current users	4	3	12 *	2	3	6	3	22 *	14 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Substance Use Among Current Users

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among current users	76	77	69	76	75	73	77	63 *	58 *
Currently used marijuana 10+ times, among current users	42	42	44	42	36	46	41	48	44
Currently used marijuana 20+ times, among current users	30	30	32	29	26	34	29	42 *	32
Usually used marijuana by vaping it, among current users	10	10	10	11	10	7	10	8	.

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## Substance Use Exposure and Prevention

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were asked by a doctor, dentist, or nurse if they smoked	49	49	54	55 *	47	51	50	51	47
Were offered, sold, or given an illegal drug on school property	12	11 *	17 *	16 *	11	14	11	17 *	17 *
Attended school under the influence of alcohol or other illegal drugs	10	9 *	14 *	15 *	9	14 *	10	17 *	12

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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Perceptions of Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	58	59	58	61 *	54 *	53 *	58	57	52 *
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	64	70 *	69 *	68	71 *	65	72 *	67
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	53	59	62 *	53	57	54	60 *	56

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Perceptions of Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Think it is wrong or very wrong for someone their age to use electronic vapor products	67	69	66	59 *	68	65	67	60 *	67
Think it is wrong or very wrong for someone their age to drink alcohol	55	55	55	51 *	58	61 *	55	58	57
Think it is wrong or very wrong for someone their age to use marijuana	55	59 *	46 *	40 *	55	48 *	56	45 *	48 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Perceptions of Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	90	91	87 *	88 *	92	87 *	91	82 *	87
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	71	69	70	73	71	71	70	72
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	80 *	69 *	68 *	75	70 *	78	67 *	69 *

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## Perceptions of Substance Use

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	39	38	44 *	39	45 *	40	39	40	48 *
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	37	35 *	42 *	42 *	.	.	36	47 *	47 *
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	26 *	20 *	17 *	25	21	25	20 *	22

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## Obesity, Overweight, and Weight Perceptions

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Were overweight	14	13	15	16 *	14	17	14	17	18
Were obese	14	13	18 *	16 *	12	20 *	13	19 *	17

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Described themselves as slightly or very overweight	29	26 *	38 *	37 *	33 *	44 *	28	42 *	42 *
Were trying to lose weight	41	38 *	50 *	54 *	46 *	47 *	41	46	48 *

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## Physical Activity

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did not participate in at least 60 minutes of physical activity on at least 1 day	13	9 *	25 *	20 *	16 *	22 *	12 *	27 *	25 *
Were physically active at least 60 minutes per day on 5 or more days	53	60 *	33 *	36 *	40 *	31 *	55 *	28 *	29 *
Were physically active at least 60 minutes per day on all 7 days	28	33 *	16 *	14 *	14 *	12 *	29	10 *	11 *
Spent 3 or more hours per day on screen time	73	72 *	79 *	79 *	76	81 *	73	83 *	80 *

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## Nutrition

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ate 5+ fruits/vegetables every day, past week	18	19	17	15 *	17	14 *	18	13 *	17

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did not eat fruit or drink 100% fruit juices	6	6	8	6	6	7	6	9 *	11 *
Ate fruit or drank 100% fruit juices one or more times per day	58	59	52 *	54 *	57	52 *	58	48 *	54
Ate fruit or drank 100% fruit juices two or more times per day	27	28	24	22 *	25	21 *	27	19 *	23

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## Nutrition

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did not eat vegetables	5	5	7	4	6	8 *	5	8 *	8
Ate vegetables one or more times per day	70	70	68	68	71	65 *	70	63 *	67
Ate vegetables two or more times per day	34	35	33	31 *	35	29 *	34	28 *	30
Ate vegetables three or more times per day	17	17	17	15	17	15	17	16	17

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Did not eat breakfast	16	14 *	22 *	20 *	16	21 *	16	23 *	19
Ate breakfast on all 7 days	33	36 *	23 *	24 *	32	23 *	34	22 *	21 *

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## Nutrition

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Drank a can, bottle, or glass of a sugar-sweetened beverage	18	18	19	19	15	20	17	26 *	20
Did not drink a bottle or glass of plain water	4	4	6	4	3	5	4	8 *	7 *
Drank a bottle or glass of plain water one or more times per day	77	78	75	75	78	70 *	78	65 *	72 *
Drank a bottle or glass of plain water two or more times per day	68	70 *	64	65 *	69	61 *	69	54 *	61 *
Drank a bottle or glass of plain water three or more times per day	52	54 *	50	47 *	51	44 *	53	39 *	43 *

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## Social Determinants of Health

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Have a disability or long-term health problem that keeps them from doing everyday activities	7	5 *	14 *	11 *	7	17 *	6 *	24 *	13 *
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	14 *	21 *	20 *	17	24 *	15	27 *	22 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Usually did not sleep in their parent's or guardian's home	3	2	4	3	2	4	2	7 *	4
Most of the time or always went hungry because there was not enough food in their home	2	1	3 *	2	1	3 *	1	6 *	3 *
Think their family's subjective social status is worse than other families'	2	2	5 *	3	2	3	2	6 *	4 *

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## Protective Factors

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Are sometimes, most of the time or always treated badly or unfairly because of their race, ethnicity, sexual orientation, gender identity, or age	19	12 *	52 *	34 *	24 *	48 *	16 *	66 *	46 *
Most of the time or always get the kind of help they need	33	37 *	21 *	26 *	29 *	21 *	34	17 *	24 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Ate dinner at home with at least one of their parents or other adult family member on four or more days	74	78 *	64 *	66 *	72	64 *	75	61 *	68 *
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	88	89	86	87	89	88	89	86	86

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## Protective Factors

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	70	72 *	67	67 *	65 *	59 *	71	57 *	57 *
Strongly agree or agree that their school has clear rules and consequences for behavior	55	59 *	42 *	45 *	48 *	38 *	56	35 *	40 *

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Spend 10 or more hours participating in afterschool activities	25	27 *	19 *	19 *	22	15 *	25	13 *	16 *
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	70	69	71	73 *	62 *	70	59 *	62 *

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## Protective Factors

	VT	Hetero	Gay Lesbian	BI	Q	Other	Cis	Trans	Q Gender
Strongly agree or agree that in their community they feel like they matter to people	52	58 *	35 *	37 *	43 *	29 *	54 *	20 *	31 *

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