

The 2005 Vermont Youth Risk Behavior Survey Statewide Highlights

The Vermont Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The statewide highlights are based on a random sample of 9,342 Vermont students in grades 8 through 12.

For a copy of the full report visit our website at <http://healthyvermonters.org>

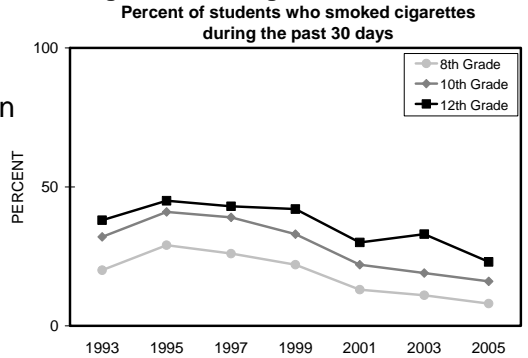
1. Smoking

Cigarette smoking continues to decline.

More students disapprove of smoking cigarettes.

- 16% of students smoked during the past 30 days, down from 31% in 1999
- 8% of 8th graders smoked, down from 22% in 1999
- 14% of students smoked prior to age 13, down from 28% in 1999
- 69% of students report that it is easy to get cigarettes, compared to 74% in 1999
- 78% of students think it is wrong to smoke cigarettes, up from 57% in 1999

Cigarette Smoking in Vermont 1993-2005

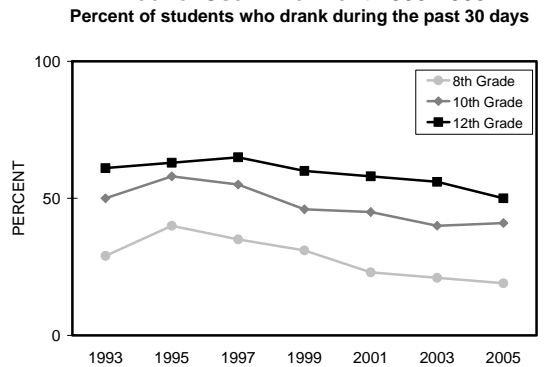


2. Alcohol

Alcohol use is declining. Still too many teens drink.

- 37% of students drink alcohol, down from 46% in 1999
- 19% of 8th graders drink, down from 31% in 1999
- 72% of 8th graders think it is wrong to drink alcohol, up from 64% in 1999
- 21% of students binge drink (five or more drinks), down from 29% in 1999

Alcohol Use in Vermont 1993-2005



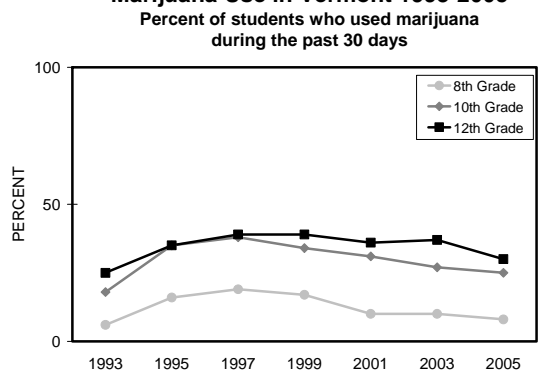
3. Other Drugs

Marijuana use is declining.

Heroin and other drug use essentially unchanged.

- 22% of students used marijuana, down from 32% in 1997
- 8% of 8th graders had used marijuana in the past 30 days, down from 17% in 1999
- 16% of 8th graders ever tried marijuana, down from 28% in 1999
- 84% of 8th graders think it is wrong to use marijuana, up from 73% in 1999
- 3% of students used heroin, unchanged from 2003 (3%), 2001 (3%), and 1999 (4%)
- 55% of students know an adult who uses illegal drugs and 31% of students know an adult who sells illegal drugs

Marijuana Use in Vermont 1993-2005



4. Driving

Riding in a car with a drinking driver has declined.

- 22% of students rode with a drinking driver, compared to 26% in 1999
- 23% of students rode with a driver who had been using marijuana, compared to 30% in 1999
- 8% of students have driven when drinking alcohol, unchanged from 10% in 1999
- 11% of students have driven when using marijuana, compared to 16% in 1999

Safety belt use is up

- 83% of students always or almost always wore a safety belt when riding in a car, up from 77% in 1999

5. Sex

Fewer students have had sex since 1993.

- 36% of students have had sex, down from 53% in 1993, but unchanged from 38% in 1999
- 65% of students who are sexually active used a condom during their most recent sexual experience, up slightly from 60% in 2003
- 24% of students who are sexually active use alcohol or other drugs before sex, down from 31% in 1999

6. Violence

Fewer students plan suicide.

- 11% of students made a suicide plan during the past year, down from 16% in 1999
- 15% of girls made a suicide plan vs. 8% of boys, and 9% of girls actually attempted suicide vs. 4% of boys

Physical fighting is down from 1993.

- 27% of students fought, down from 45% in 1993; but unchanged from 29% in 1999
- 6% of students were threatened or injured with a weapon on school property, similar to 8% in 1999
- 13% of boys carried weapons (guns, clubs, knives, etc.) to school down slightly from 19% in 1999
- 6% of students were hit, slapped, or physically hurt by a boyfriend or girlfriend, similar to 8% in 1999
- 18% of students were bullied, and 21% bullied someone during the past 30 days

7. Diet + Exercise

Fewer students eat enough fruits and vegetables.

Fewer students take PE every day.

- 24% of students eat five or more servings of fruits and vegetables per day, down from 33% in 1999
- 14% of students take PE five days a week, down from 24% in 1999
- 67% of students exercise aerobically three or more times per week, similar to 64% in 1999
- 36% of students spend three or more hours per school day watching TV, playing video games, or using the computer for fun, similar to 35% in 2003

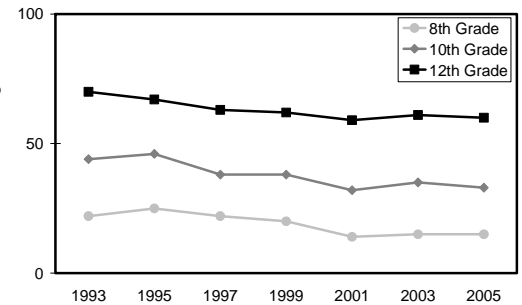
8. Youth Assets

Most students talk to their parents about school

- 78% of students said their parents talked with them about school every day or week, up slightly from 74% in 1999
- 31% spend 1 or more hours per week participating in clubs or organizations, similar to 28% in 2003
- 46% spend 1 or more hours per week volunteering their time, similar to 45% in 2003
- 88% have an adult in their life they can turn to for help and advice

Sexual Intercourse in Vermont 1993-2005

Percent of students who have ever had sexual intercourse



Physical Fighting in Vermont 1993-2005

Percent of students who were in a physical fight during the past 12 months

