2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

BENNINGTON COUNTY

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 and 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
- Sexual Orientation and gender identity

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey 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 as well as self-reported height and weight, driving behaviors, and other drugs used.

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students 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.

How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (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. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDCs Healthy Youth-DASH website at: https://www.cdc.gov/healthyyouth/data/yrbs/methods

Other information including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: https://www.healthvermont.gov/yrbs

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 the following specific populations are noted throughout this report:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation / Gender Identity

Please note: Due to the small sample size, all students of color were grouped into a "SOC" category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a "LGBT" category to compare to heterosexual/cisgender students.

Using the YRBS Results

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

Understanding and Interpreting the Results

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 middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

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 difference between the overall percentages 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 difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Bennington County

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall VT and Bennington County prevalence rates.

When subpopulations are included, statistical comparisons between subpopulations of students within Bennington County are also noted.

Throughout this report you will see the following key terms and statistical notations.

Key Terms

. = Too few students to report

VT = All students in Vermont

County = All students in Bennington County

M = Male students in Bennington County

F = Female students in Bennington County

Older = Students in grades 11 and 12

Younger = Students in grades 9 and 10

WnH = White, non-Hispanic students in Bennington County

SOC = Students of color in Bennington County

Het = Heterosexual or cisgender students in Bennington County

LGBT = Lesbian, gay, bisexual, or transgender students in Bennington County

Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Bennington County students as well as differences within Bennington County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

α = Students across VT are statistical different than students in Benn.

β = Male students are statistically different from female students

ε = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students

ι = 8th grade students are significantly different from 6th and 7th grade students

δ = Results statistically increase or decrease with each grade

ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students

θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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HIGH SCHOOL RESULTS

Demographics

Sex	VT	Benn.
Female	48	46
Male	52	54

Grade	VT	Benn.
9th grade	25	23
10th grade	25	24
11th grade	25	27
12th grade	25	26

Demographics

Race	VT	Benn.
Students of Color	16	15
White, non-Hispanic	84	85

Sexual Orientation / Gender Identity	VT	Benn.
Lesbian, Gay, Bisexual, or Transgender	14	13
Heterosexual / Cisgender	86	87

Violence and Unintentional Injuries

Physical Violence	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Were in a physical fight, past year	18	19	24	13	25	25	17	9	18	21	18	24	β ε
Carried a weapon on school property, past 30 days	5	6	9	4	6	5	8	7	6	7	6	7	α β
Were threatened or injured with a weapon on school property, past 30 days	7	6	6	5	10	6	5	3	5	10	5	12	ε ζ θ
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	6	4	8	7	7	6	4	5	11	4	15	β ζ θ

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Violence and Unintentional Injuries

Bullying	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Were electronically bullied, past year	16	16	8	24	16	20	15	12	15	17	13	36	β θ
Were bullied, past 30 days	17	18	13	24	21	24	19	9	18	20	15	40	β ε θ
Bullied someone, past 30 days	10	11	12	9	13	10	10	10	10	11	9	20	θ

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Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Report someone has ever done sexual things to them that they did not want	18	18	7	30	10	19	20	21	17	22	14	42	β θ
Experienced physical dating violence, past year	8	8	6	11	8	7	8	10	8	9	7	13	
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	28	30	25	37	31	30	32	29	30	32	27	46	β θ
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	24	26	23	21	26	27	23	24	24	22	39	α θ

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Rode with a driver who had been drinking alcohol, past 30 days	17	15	16	13	19	16	11	12	15	14	14	19	α ε
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	28	27	29	20	26	34	29	28	27	27	38	α ε θ

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	31	30	32	11	14	41	43	30	34	32	27	α ε
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	7	10	4	7	3	8	9	6	16	6	15	β ζ θ
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	18	19	17	12	14	20	23	17	25	18	24	α ε

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Rarely or never wore a helmet when skiing or snowboarding, past year	11	17	22	10	13	16	18	21	16	24	16	.	α β
Had a concussion from playing a sport or being physically active, past year	18	18	19	16	19	19	18	14	17	19	18	15	
Had a sunburn, past year	73	71	65	79	72	69	71	73	77	38	71	77	β ζ

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Mental Health

Mental Health	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did something to purposely hurt themselves without wanting to die, past year	19	19	10	29	21	23	17	14	19	18	13	53	β ε θ
Felt sad or hopeless, past year	31	32	24	42	28	35	30	36	33	32	27	68	β θ
Made a plan about how they would attempt suicide, past year	13	16	13	19	16	17	15	14	15	19	12	41	β θ
Attempted suicide, past year	7	7	4	9	10	8	5	4	6	8	4	23	β ε θ

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
First tried cigarette smoking before age 13 years	7	7	6	8	9	9	7	4	6	12	5	19	ε ζ θ
Drank alcohol before age 13	13	11	10	12	14	13	11	6	10	16	10	19	ε θ
Tried marijuana for the first time before age 13 years	6	7	8	7	9	9	6	5	7	11	6	17	α ε θ

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ever tried cigarette smoking	22	25	26	24	15	23	29	32	24	30	23	43	α ε θ
Ever used an electronic vapor product	50	53	52	54	42	52	56	60	54	45	52	63	ε ζ θ
Ever used a flavored tobacco product	27	32	32	32	19	34	36	36	32	30	29	48	α ε θ
Ever drank alcohol	55	55	53	58	34	52	65	67	55	56	55	68	ε θ
Ever used marijuana	40	47	47	47	30	43	55	57	48	39	45	63	α ε ζ θ

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ever used a prescription drug	12	13	15	12	12	13	14	14	13	16	12	24	θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	10	11	8	9	9	10	11	9	13	9	19	θ
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	7	9	10	7	7	9	10	9	8	10	7	18	α θ

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ever used cocaine	4	5	7	3	3	5	7	6	4	11	4	9	α β ζ θ
Ever used inhalants	7	7	8	7	9	9	6	5	8	7	7	12	θ
Ever used heroin	2	2	4	.	.	2	5	.	2	5	2	5	ζ
Ever used methamphetamines	2	3	5	1	.	2	6	.	2	6	3	5	β ζ

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	35	36	34	21	35	36	44	35	33	33	50	α ε θ
Currently smoked cigarettes or cigars or used smokeless tobacco	10	12	14	9	8	10	10	18	11	17	10	23	β ε θ
Tried to quit using all tobacco products, past year	44	49	46	52	42	48	52	50	49	44	51	40	

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes	7	9	10	7	5	8	7	14	8	13	7	21	α θ
Currently used an electronic vapor product	26	32	33	32	20	32	34	42	33	29	32	44	α ε θ
Currently used smokeless tobacco	3	3	6	.	2	2	5	4	3	5	3	5	
Currently smoked cigars	6	6	8	4	4	5	5	10	5	10	5	14	θ

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently drank alcohol	31	31	30	32	18	29	35	41	32	25	30	46	ε θ
Binge drank, past 30 days	15	15	16	14	6	13	16	23	15	15	14	21	ε
Currently used marijuana	27	32	32	32	21	31	36	37	33	28	31	43	α ε θ
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	6	7	5	4	6	7	6	5	10	4	15	θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Benn.
1 or 2 days	35
3 to 5 days	14
6 to 9 days	11
10 to 19 days	.
20 to 29 days	8
All 30 days	28

Number of Cigarettes Smoked, Among Current Users	Benn.
Less than 1 cigarette	35
1 cigarette	24
2 to 5 cigarettes	24
6 to 10 cigarettes	.
11 to 20 cigarettes	.
More than 20 cigarettes	12

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Benn.
1 or 2 days	12
3 to 5 days	12
6 to 9 days	10
10 to 19 days	13
20 to 29 days	14
All 30 days	39

Primary Reason for EVP Use, Among Current Users	Benn.
Friend/family used them	14
To try to quit other tobacco	13
Cost less than other tobacco	.
Easier to get than other	.
Less harmful than other	10
Available in flavors	11
Used for some other reason	51

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Benn.
Bought them in a store	17
I got them on the Internet	6
Someone else bought them	20
Borrowed them	30
Someone gave them to me	13
Took them from a store	.
Some other way	13

Type of EVP Used, Among Current Users	Benn.
JUUL /rechargeable w pods	77
Vape Pen/recharge e-cig	5
Disposable e-cig/vaping	.
Mods with refillable tanki	10
Other e-vapor product	3
Not sure	3

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Benn.
1 or 2 days	52
3 to 5 days	22
6 to 9 days	15
10 to 19 days	6
20 to 29 days	.
All 30 days	4

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Benn.
1 or 2 drinks	38
3 drinks	8
4 drinks	6
5 drinks	13
6 or 7 drinks	14
8 or 9 drinks	7
10 or more drinks	14

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Benn.
1 or 2 times	27
3 to 9 times	21
10 to 19 times	14
20 to 39 times	10
40 or more times	27

Primary Way Marijuana was Used, Among Current Users	Benn.
Smoked it	66
Ate in food	3
Drank in tea or other drink	.
Vaporized	18
Dabbed it	11
Some other way	2

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Other Substance Use Related Topics

Substance Use Exposure and Prevention	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	57	57	57	50	58	57	64	57	59	56	65	α
Most of the time or always see ads for cigarettes or other tobacco products	50	50	46	55	62	53	44	44	52	40	49	62	β ε ζ θ

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Other Substance Use Related Topics

Substance Use on School Property	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Attended school under the influence of alcohol or other illegal drugs, past year	15	18	18	17	13	19	19	18	17	18	16	31	α θ
Were offered, sold, or given an illegal drug on school property, past year	19	17	20	14	15	20	19	14	17	20	18	20	β

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Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	54	52	56	64	56	52	46	54	53	55	40	ε θ
Think it is wrong or very wrong for someone their age to drink alcohol	53	55	57	53	73	61	48	43	55	58	57	40	ε θ
Think it is wrong or very wrong for someone their age to use marijuana	51	45	46	44	61	49	39	35	44	52	47	25	α ε θ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	83	80	87	88	83	80	83	83	85	84	78	β
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	71	71	71	81	76	68	62	71	71	73	58	ε θ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	72	70	74	80	75	66	68	72	70	73	58	α ε θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	74	74	74	59	73	78	83	76	63	74	80	ε ζ
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	60	59	62	57	57	63	63	62	53	59	72	α θ
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	65	64	66	52	60	70	75	67	55	63	80	ε ζ θ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	30	24	35	32	27	26	32	29	31	28	34	β
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	39	43	39	48	46	48	37	43	42	47	41	53	α β ε θ
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	20	18	22	31	21	13	16	17	31	20	14	α ε ζ

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Sexual Health

HIV and STD Testing	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Were ever tested for human immunodeficiency virus (HIV)	13	11	10	11	8	10	14	9	10	15	10	14	
Were ever tested for a sexually transmitted disease (STD)	11	9	7	11	3	7	13	12	8	14	8	17	ε θ

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Sexual Health

Sexual Activity	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ever had sexual intercourse	40	40	42	39	19	32	52	54	41	38	40	51	ε θ
Had sexual intercourse for the first time before age 13 years	3	3	5	2	4	2	4	3	3	7	2	10	β ζ θ
Had sexual intercourse with four or more persons during their life	9	11	12	9	3	6	18	16	10	14	10	19	α ε θ
Were currently sexually active	31	29	29	29	12	22	43	36	29	29	29	35	ε

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Prescription Birth Control Use, Among Sexually Active Students	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Used birth control pills before last sexual intercourse, among sexually active students	32	32	25	39	.	22	35	36	34	.	35	.	β ε
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	5	4	6	.	.	5	.	5	.	4	.	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	12	10	15	.	.	12	18	11	.	12	.	α

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Used a condom during last sexual intercourse, among sexually active students	54	57	62	52	.	54	62	50	60	.	59	.	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	49	39	60	.	37	52	57	50	.	52	.	α β ε
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, among sexually active students	21	18	13	24	.	13	21	19	20	.	19	.	β

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not use any method to prevent pregnancy, among sexually active students	6	7	7	7	.	14	.	6	6	.	4	.	ε

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Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Were obese	13	13	14	12	12	16	12	13	14	7	12	19		ζ
Were overweight	14	14	13	17	17	15	15	11	14	15	14	17		
Described themselves as slightly or very overweight	31	33	28	38	30	35	36	30	34	27	30	51	β	θ
Were trying to lose weight	43	44	31	58	41	47	48	39	44	41	43	56	β	θ

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Weight, Physical Activity, and Nutrition

Physical Activity	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	15	14	16	11	15	19	15	15	17	14	23	θ
Were physically active at least 60 minutes per day every day, past week	22	22	26	17	30	22	18	18	22	20	24	14	β ε θ
Were physically active at least 60 minutes per day on 5 or more days, past week	46	46	51	40	57	47	40	41	47	40	48	34	β ε θ
Play video or computer games or used a computer 3 or more hours per day	48	48	50	46	49	50	49	46	47	55	47	62	θ

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Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Report they participate in physical activity or other short breaks during class at least 1x per week	62	58	58	57	69	62	54	49	58	58	58	51	α ε
Report they participate in physical activity or other short breaks during class, every day	23	21	23	20	28	24	15	21	22	20	22	17	ε

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Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not drink any soda or sugar-sweetened beverages, past week	23	20	16	24	19	21	19	19	19	21	20	18	α β
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	19	23	16	22	20	21	16	19	19	19	22	β
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	11	15	6	14	9	12	7	11	9	10	13	β
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	6	9	3	9	5	8	4	6	6	6	8	α β

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Weight, Physical Activity, and Nutrition

Water Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Drank one or more glasses per day of water, past week	79	75	72	79	74	73	74	80	76	72	76	75	α β
Drank two or more glasses per day of water, past week	70	64	60	69	62	66	61	68	65	63	64	68	α β
Drank three or more glasses per day of water, past week	54	47	44	50	47	50	43	47	46	50	47	48	α

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ate 5+ fruits/vegetables every day, past week	21	19	20	18	23	19	20	16	18	24	20	19	

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Weight, Physical Activity, and Nutrition

Fruit Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat fruit or drink 100% fruit juices, past week	6	6	7	5	7	8	8	3	6	7	6	6	
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	59	59	59	64	58	54	61	59	60	58	60	
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	27	28	26	33	26	25	25	27	29	27	28	α

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Weight, Physical Activity, and Nutrition

Vegetable Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Did not eat vegetables, past week	5	5	6	3	5	6	5	2	5	5	5	.		
Ate vegetables one or more times per day, past week	72	72	71	72	74	71	67	75	71	77	70	77		
Ate vegetables two or more times per day, past week	37	35	34	37	30	38	34	38	34	42	35	40		
Ate vegetables three or more times per day, past week	19	16	16	16	15	15	16	19	15	23	16	19	α	ζ

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Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat breakfast, past week	11	11	11	11	13	12	10	8	10	14	10	18	θ
Ate breakfast on at least 5 days, past week	54	50	52	48	49	51	48	53	50	49	51	44	α
Ate breakfast on all 7 days, past week	37	32	36	27	33	30	29	35	31	33	33	24	α β

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Social Determinants of Health

Social Determinants of Health	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	5	5	5	5	4	6	5	4	8	4	8	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	3	4	2	3	3	2	3	2	5	3	4	
Have a physical disability, emotional problems, or learning disability	30	29	27	33	24	33	27	33	30	25	24	60	θ

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Social Determinants of Health

Social Determinants of Health	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Described their grades in school as mostly A's or B's	78	82	77	88	76	83	80	89	82	82	83	78	α β
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	76	70	82	68	74	76	84	76	74	77	75	β ε

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Youth Assets and Other Protective Factors

Protective Factors - Family	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat dinner at home with parents, past week	9	9	9	8	7	8	11	9	7	16	8	11	ζ
Ate dinner at home with parent at least 2x, past week	86	88	87	89	89	88	86	87	89	80	89	81	ζ θ
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	75	74	76	80	76	70	74	75	70	76	66	θ

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	77	75	80	70	76	77	84	78	71	78	74	ε
Strongly agree or agree that their school has clear rules and consequences for behavior	56	62	63	60	66	63	60	59	62	60	64	51	α θ
Do not participate in any afterschool activities	34	32	34	30	29	33	38	27	32	32	31	35	
Spend 10 or more hours participating in afterschool activities	24	23	22	24	18	20	23	29	23	26	24	21	ε

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Benn.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	58	54	58	49	60	50	51	54	54	53	57	35	α β θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Sex	VT	Benn.
Female	49	48
Male	51	52

Grade	VT	Benn.
6th grade	24	13
7th grade	38	48
8th grade	38	38

Demographics

Race	VT	Benn.
Students of Color	19	17
White, non-Hispanic	81	83

Sexual Orientation / Gender Identity	VT	Benn.
Lesbian, Gay, Bisexual, or Transgender	11	10
Heterosexual / Cisgender	89	90

Violence and Unintentional Injuries

Violence	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Were ever in a physical fight	41	44	53	33	37	40	50	42	55	44	59	β ζ θ
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	9	10	5	15	12	8	10	9	14	7	27	β θ
Report someone has ever done sexual things to them that they did not want	10	7	3	12	7	5	10	7	11	6	24	α β θ

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Violence and Unintentional Injuries

Bullying	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Were ever bullied on school property	45	46	39	52	45	42	52	45	50	41	73	β θ
Were ever electronically bullied	24	28	18	39	20	28	31	29	29	27	42	β θ
Were bullied, past 30 days	24	26	17	34	32	26	24	26	25	21	53	β θ
Bullied someone, past 30 days	9	9	10	9	15	10	7	10	9	8	14	

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Rarely or never wear a bicycle helmet	26	34	34	33	36	29	38	30	56	33	48	α ζ θ
Rarely or never wear a helmet when skiing or snowboarding	6	13	14	10	.	14	16	13	15	12	.	α ε
Had a concussion from playing a sport or being physically active, past year	19	19	20	17	20	17	20	18	22	19	22	
Had a sunburn, past year	66	66	65	68	60	64	71	70	48	70	56	ζ θ

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Rarely or never wear a seat belt	2	3	3	3	.	2	5	3	.	2	.	
Ever rode with a driver who had been drinking alcohol	20	17	14	20	14	16	19	17	19	17	31	θ
Have ever ridden in a car driven by someone who had been using marijuana	10	11	9	14	10	9	15	11	18	11	23	θ

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Mental Health

Mental Health	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Ever seriously thought about killing themselves	18	19	13	26	15	18	21	18	28	16	50	β ζ θ
Ever made a plan about how they would kill themselves	12	12	7	18	9	10	15	11	16	9	43	β θ
Ever tried to kill themselves	6	7	4	11	6	6	9	6	14	5	29	β ζ θ
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	20	11	29	18	20	21	19	29	17	54	β ζ θ
Felt sad or hopeless, past year	23	25	15	36	20	24	28	26	27	22	55	β θ

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Lifetime Substance Use

Lifetime Substance Use	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Ever tried a cigarette	7	9	9	9	7	8	9	8	17	8	21	ζ θ
Ever tried a flavored tobacco product	8	9	7	10	5	7	11	8	12	10	11	
Ever used an electronic vapor product	16	21	18	25	12	15	30	20	30	22	32	α β i ζ
Ever drank alcohol	20	20	21	19	18	16	25	19	28	19	40	θ
Ever used marijuana	7	10	9	10	.	6	15	9	13	10	16	α
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	6	5	7	6	5	6	5	11	5	12	
Ever used inhalants	5	4	4	4	5	4	3	3	7	2	13	θ

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Lifetime Substance Use

Substance Use Before Age 11	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Tried cigarette smoking for the first time before age 11 years	3	3	4	3	.	4	3	3	8	3	9	ζ θ
Drank alcohol for the first time before age 11 years	9	9	10	8	16	8	8	8	14	8	18	θ
Tried marijuana for the first time before age 11 years	1	2	3	1	.	2	3	2	.	2	.	ε

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco	2	2	3	2	.	2	2	3	.	2	.	ε
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	11	11	12	.	10	16	11	13	12	18	α
Currently smoked cigarettes	2	2	2	2	.	2	.	2	.	1	.	
Currently used an electronic vapor product	8	10	10	12	.	8	16	10	13	11	17	α
Currently used smokeless tobacco	1	1	2	.	.	.	.	1	.	1	.	
Currently smoked cigars	1	1	1	.	.	.	.	1	.	1	.	

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Currently drank alcohol	7	7	5	9	6	6	8	7	8	6	14	θ
Binge drank, past 30 days	2	1	.	2	.	.	2	1	.	1	.	
Currently used marijuana	5	6	6	7	.	4	9	6	9	6	12	α

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Benn.
1 or 2 days	44
3 to 9 days	23
10 to 29 days	33

Number of Cigarettes Smoked, Among Current Users	Benn.
1 or Less	67
2 to 5 cigarettes	25
11 or more cigarettes	9

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Benn.
1 or 2 days	43
3 to 9 days	23
10 to 29 days	17
Every day	16

Access to EVP, Among Current Users	Benn.
Bought them in a store or online	6
Borrowed them	46
Someone else bought them or someone gave them to me	26
Took them from a store	2
Some other way	20

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Benn.
Friend/family used them	23
Less harmful than other	6
Available in flavors	15
Used for some other reason	56

Type of EVP Used, Among Current Users	Benn.
JUUL / pod-type device	73
Vape Pen / rechargeable e-cigarette	9
Mods with refillable tank	9
Other electronic vapor product	6
Not sure	2

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Benn.
1 or 2 times	43
3 to 9 times	19
10 to 19 times	16
20+ times	21

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked	33	35	32	39	17	33	42	34	44	35	50	ε θ
Most of the time or always see ads for cigarettes or other tobacco products	46	55	55	56	37	52	64	57	53	57	69	α δ ε i

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	81	80	82	85	85	73	82	70	80	73	α i ζ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	90	91	89	93	89	90	91	86	93	80	θ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	89	88	90	90	90	87	90	83	92	81	θ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	89	89	89	95	92	83	90	84	91	75	α i θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	35	36	33	19	31	44	34	43	36	47	α i
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	35	32	39	28	32	41	36	33	35	47	α
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	23	21	24	10	18	33	22	28	22	37	α i θ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	43	43	44	50	44	40	45	36	41	54	
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	45	42	37	48	45	42	42	44	33	41	44	β
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	43	42	44	65	44	35	44	34	44	28	α δ ε i θ

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Sexual Health

Sexual Activity & Condom Use	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Ever had sexual intercourse	5	5	5	5	.	3	6	4	7	5	11	θ
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	77	.	.	.	.	.	.	.	.	.	α

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Physical Activity, and Nutrition

Physical Activity: 60 min per day	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	12	10	13	10	13	10	10	19	8	21	α ζ θ
Were physically active at least 60 minutes per day on 5 or more days, past week	56	51	58	43	54	53	48	52	49	56	31	α β θ
Were physically active at least 60 minutes per day on all 7 days, past week	30	25	31	19	25	24	26	25	25	28	15	α β θ

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Physical Activity, and Nutrition

Physical Inactivity	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Watch television 1 hour or less per day	42	43	45	42	44	43	44	43	45	42	52	
Watch television 3 or more hours per day	22	24	26	23	24	25	24	25	25	24	33	

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Physical Activity, and Nutrition

Physical Inactivity	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Play video or computer games or used a computer 1 hour or less per day	58	64	71	56	52	61	71	65	60	65	65	α β i
Play video or computer games or used a computer 3 or more hours per day	41	49	53	43	34	49	53	49	44	49	56	α β ε

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Physical Activity, and Nutrition

Physical Activity at School	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Participate in physical activity or other short breaks during class at least once a week	80	72	75	69	81	73	68	71	75	73	69	α
Participate in physical activity or other short breaks during class everyday	64	72	66	78	73	69	74	72	70	70	87	α β θ

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Physical Activity, and Nutrition

Walk or Bike To/From School	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Walk or ride a bike to school at least once a week when weather permits	74	83	79	87	78	84	84	84	79	83	78	α β
Walk or ride their bike to school every day when weather permits	11	7	9	4	6	7	7	6	10	7	11	α β

Sport Team Participation	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Play on at least one sports team, past year	72	65	63	67	76	64	61	67	55	69	39	α ζ θ

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Physical Activity, and Nutrition

Water Consumption	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Drank one or more glasses per day of water, past week	78	73	73	72	74	73	71	74	70	75	68	α
Drank two or more glasses per day of water, past week	71	65	68	63	68	64	66	66	65	68	59	α
Drank three or more glasses per day of water, past week	56	48	50	46	52	44	50	47	52	49	45	α

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Physical Activity, and Nutrition

Breakfast Consumption	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat breakfast, past week	9	8	6	11	8	9	8	7	14	8	12	β ζ
Ate breakfast on 5 or more days, past week	36	41	30	53	32	43	41	40	46	40	54	α β θ
Ate breakfast on all 7 days, past week	46	40	50	30	50	41	38	41	38	40	31	α β

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Social Determinants of Health

Social Determinants of Health	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Described their grades in school as mostly A's or B's	66	65	62	68	66	65	65	68	59	67	61	
Reported in their home people most of the time or always speak a language other than English	6	5	5	5	6	7	3	4	14	5	.	ζ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	3	2	3	.	3	2	3	.	2	8	θ

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Youth Assets and Other Protective Factors

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STATISTICAL DIFFERENCES: α = Students across VT are statistical different than students in Bennington County; β = Male students are statistically different from female students; ε = 6th grade students are significantly different from older students; ι = 8th grade students are significantly different from younger students; δ = Results statistically increase or decrease with each grade level; ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students; θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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Family Engagement	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	6	6	6	.	7	6	5	9	5	11	
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	92	92	92	96	92	91	93	90	94	88	
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	83	85	82	87	83	81	84	80	85	73	θ
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	60	62	58	64	63	55	60	62	61	51	

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School Connectedness	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	70	71	70	74	70	69	71	66	73	66	
Strongly agree or agree that their school has clear rules and consequences for behavior	64	62	64	61	62	65	58	63	54	63	52	

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Community Connectedness	VT	Benn.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	59	54	58	49	50	54	54	55	48	58	33	α β θ

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