

the 2013
**Vermont Youth
Risk Behavior Survey**



Produced in partnership with the
Department of Education

Survey Format in 2013

In 2013, we conducted two surveys:

- a **high school survey** of students in grades nine through twelve, and
- a **middle school survey** of students in grades six through eight.

All results in the 2013 high school survey report are for grades nine through twelve only.

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.

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>

About this Report: Methodology

Format: The results appear in data tables, pie charts, bar graphs, and line graphs with explanatory text. In most cases, we report data by gender and grade. 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, as well as the few schools that did not participate. 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, reports included numbers based on a weighted sample of schools. 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 will improve comparability to any county-level or supervisory union-level reports, as well as ensure that the estimates are more accurate. In the 2013 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 high school and middle school populations.

Statistical Comparisons: We note significant differences in the explanatory text. For the 2013 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages were statistically different. If the confidence intervals overlapped, the percentages were not different.

Be aware that due to the very large number of students who take the YRBS the confidence intervals in the statewide report are very small, leading to statistical differences between numbers that are practically not very different from each other. Therefore, we encourage you to examine the data and consider “**meaningful difference.**” In other words, does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

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 behaviors¹ and is associated with serious injury.^{2,3} 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.^{4,5,6}
- 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,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ 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%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ 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.¹⁴

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. The 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,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ 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.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one of every five deaths.²⁰ 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.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- 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.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

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,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- 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.³⁰

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 1980.³¹ Obesity in 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.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.^{34,35} 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.^{36,37}

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.³⁹⁻⁴³
- 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.⁴⁴⁻⁴⁵
- 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.⁴⁶ 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.⁴⁶
- 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.⁴⁷⁻⁵⁰
- 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 obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ 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.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ 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.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- 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.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- 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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2013 Vermont High School Youth Risk Behavior Survey

- In February and March 2013, 22,525 students at 73 high schools took the 2013 Vermont High School Youth Risk Behavior Survey. Any school that included grades nine through twelve, including public/independent, independent, interstate, and technical schools, could participate in the high school survey. Students completed a self-administered 108-item questionnaire. Survey procedures protected the privacy of students by allowing for anonymous and voluntary participation.
- This report presents the results from the 61 public high schools, as well as the four independent schools that serve as the public high school in their Supervisory Union, a total of 21,746 students. The school response rate was 97%, the student response rate was 78%, and the overall response rate was 76% ($97\% \times 78\% = 76\%$).
- The results in this report are weighted by gender, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as those few schools that chose not to participate.
- **All results in the 2013 high school survey report are for grades nine through twelve only. This is similar to the 2011 report, however, rates for years previous to 2011 include grades eight through twelve.**

2013 Vermont High School Youth Risk Behavior Survey

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Sample Demographics

	Grade				Gender		All*
	9	10	11	12	Females	Males	
Number of students	5,729	5,711	5,349	4,642	10,622	10,862	21,746

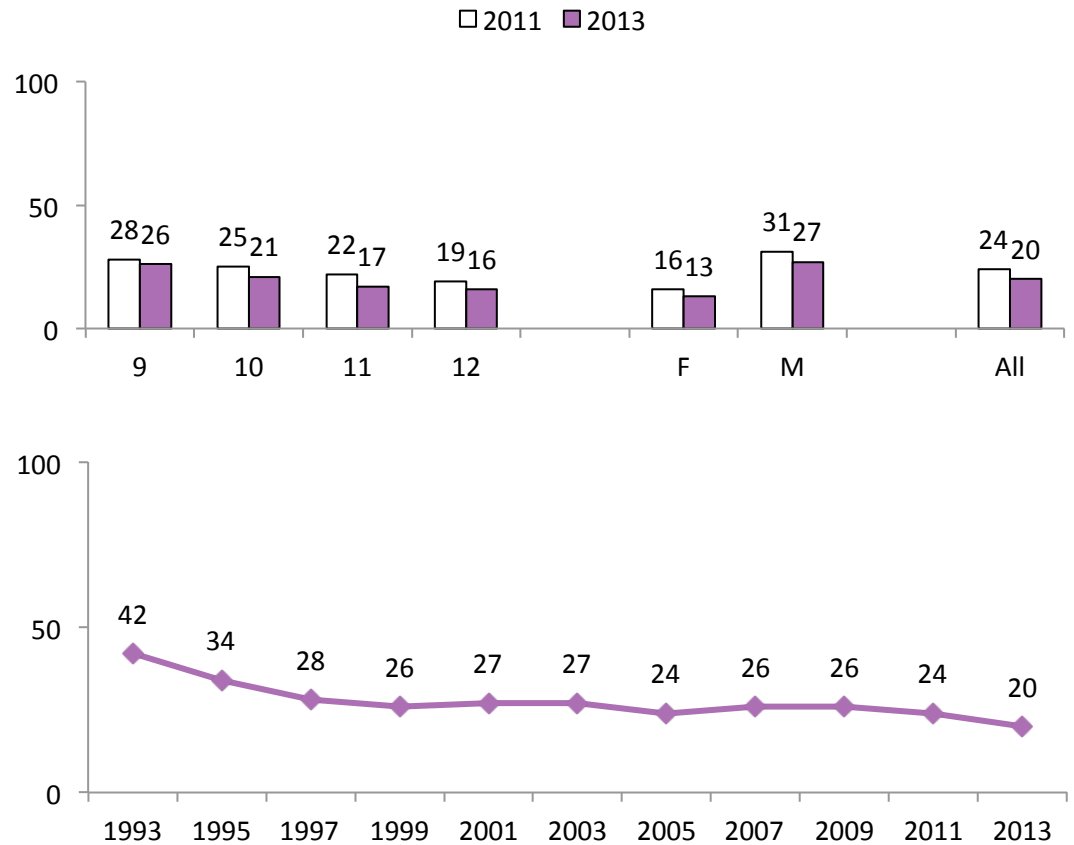
*NOTE: Some students did not indicate their grades or genders. Therefore, totals by grade and by gender do not equal the overall total.

Race and Ethnicity	
White non-Hispanic	91%
Racial or Ethnic Minority	9%
Age	
14 and younger	14%
15	26%
16	26%
17	23%
18 and older	11%
Mother's Education Level	
High school graduate or less	27%
Some college	13%
College graduate	33%
Graduate or professional school after college	18%
Not sure	8%

Physical Fighting

- **One in five students (20%) reported being in at least one physical fight in the past 12 months.**
- Males were significantly more likely to be in a physical fight compared to females. Ninth and tenth graders were more likely to be in a physical fight compared to eleventh and twelfth graders. And ninth graders were more likely to be in a physical fight compared to tenth graders.
- Physical fighting decreased significantly from 2011 to 2013, and has also decreased significantly since 1993.

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



Safety at School

- In the past 30 days, 5% of students did not go to school because they felt they would be unsafe at school or on their way to or from school.** Females were more likely than males to skip school. There were no differences by grade. The increase from 2011 to 2013 was significant.
- One in ten students (9%) carried a weapon to school in the past 30 days.** Males were significantly more likely to report this behavior than females. Eleventh and twelfth graders were more likely than ninth and tenth graders to report this behavior.
- In the past 12 months, 8% of students were in a physical fight on school property and 5% were threatened or injured with a weapon on school property.** Males were significantly more likely to report fighting on school property and being threatened on school property than females. Twelfth graders were less likely to be threatened at school compared to ninth and tenth graders. Physical fighting on school property decreased significantly with each increasing grade. Fighting at school decreased significantly from 2011 to 2013.

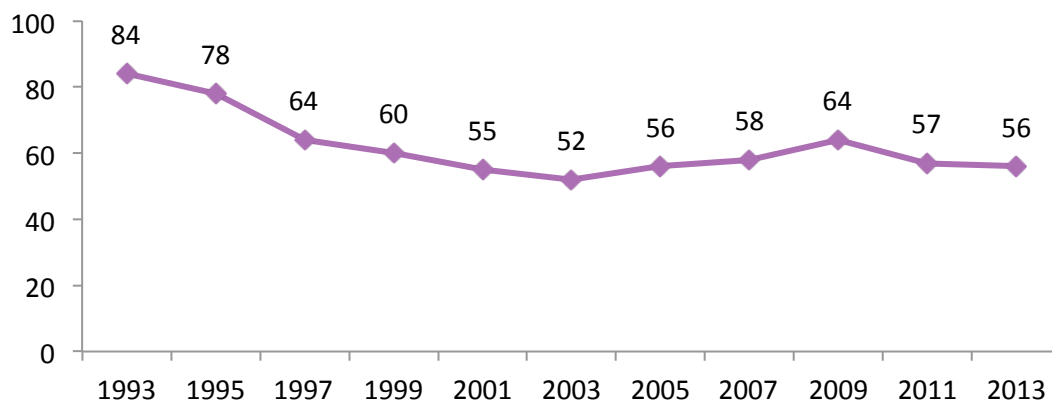
Percent of students who:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Did not go to school during the past 30 days because they felt unsafe	4	5	6	5	5	5	6	5
Carried a weapon such as a gun, knife, or club on school property during the past 30 days	9	9	7	8	10	10	3	13
Were in a physical fight on school property during the past 12 months	9	8	11	8	7	5	4	12
Were threatened or injured with a weapon on school property during the past 12 months	6	5	6	6	5	4	4	7

Bicycle Helmet Use

- Overall, 72% of all students reported riding a bicycle.
- **Among bicycle riders, 56% reported that they rarely or never wore a bicycle helmet.** Males were more likely to report rarely or never wearing a bicycle helmet compared to females. Ninth graders were less likely to report rarely or never wearing a bicycle helmet compared to their older peers.
- From 2011 to 2013 the percent of students rarely or never wearing a bicycle helmet decreased significantly.

Percent of bicycle riders who, in the past 12 months, wore a helmet:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Always	17	18	19	18	17	20	20	17
Most of the time	14	14	16	14	14	13	16	14
Sometimes	12	12	13	11	12	10	13	11
Rarely or never	57	56	52	56	57	57	51	59

Percent of students who rarely or never wore a bicycle helmet

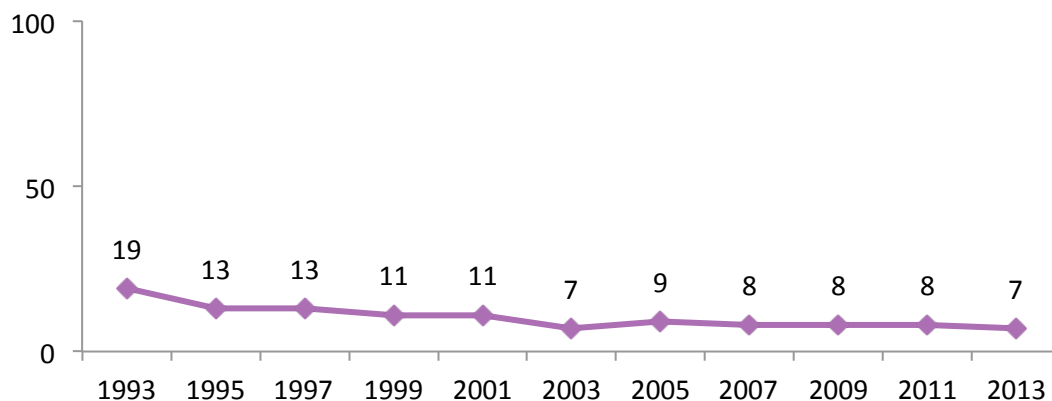


Seatbelt Use

- **Overall, 63% of students reported always or almost always wearing a seatbelt when riding in a car driven by someone else.**
- Males were more likely to report rarely or never wearing a seatbelt compared to females. There were no differences by grade
- The percent of students who rarely or never wore a seatbelt decreased significantly from 2011 to 2013, and from 1993 to 2013.

Percent of students who wear a seatbelt when riding in a car driven by someone else:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Always	60	63	61	63	65	64	66	61
Most of the time	23	22	24	22	20	19	22	21
Sometimes	9	8	8	8	8	8	8	9
Rarely or never	8	7	7	6	7	8	5	9

Percent of students who rarely or never wore a seatbelt



Texting while Driving

- Overall, 69% of students reported driving a car or other vehicle.
- **Of the students who drove, 35% of students reported texting or emailing while driving a car or other vehicle in the past 30 days.** There were no differences by gender. Texting while driving increased significantly with each grade.

Percent of students who texted or e-mailed while driving a car or *other vehicle* in the past 30 days (out of those who drove)

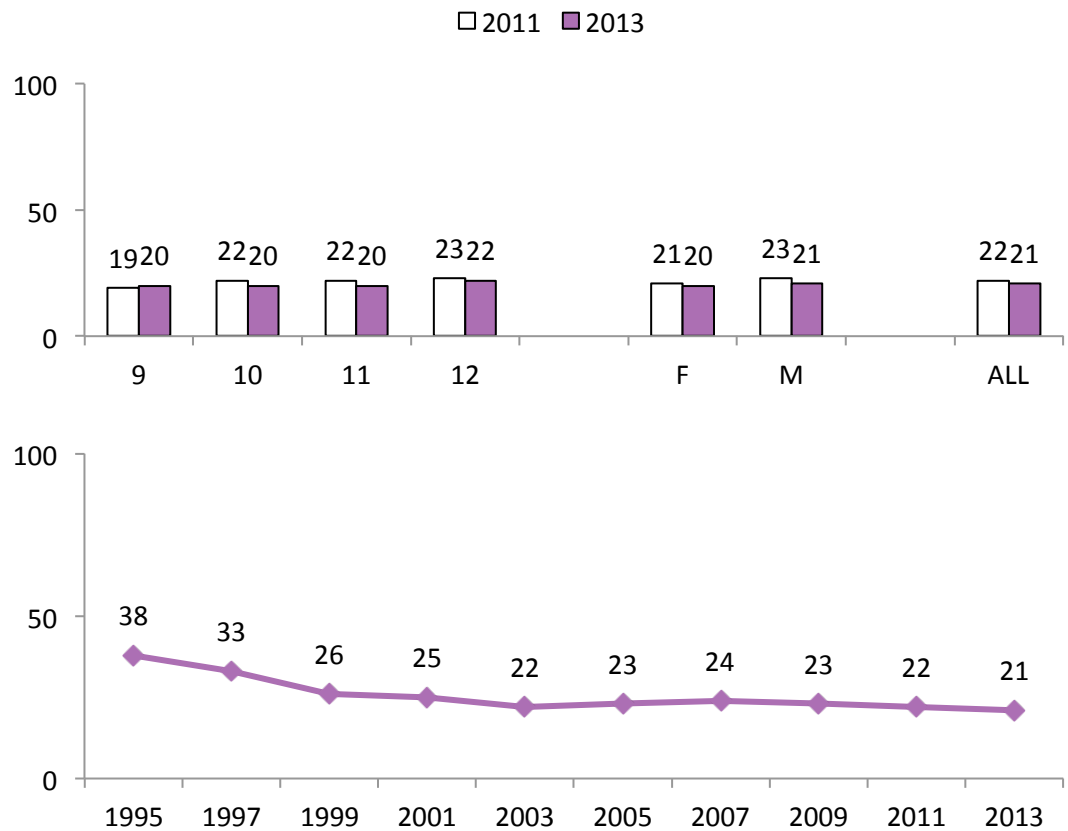


Note: this question was new in 2013

Riding with a Drinking Driver

- **One in five students (21%) reported riding with a driver who had been drinking in the past 30 days.** There were no differences by grade or gender.
- Riding with a driver who had been drinking decreased significantly from 2011 to 2013 and from 1995 to 2013.

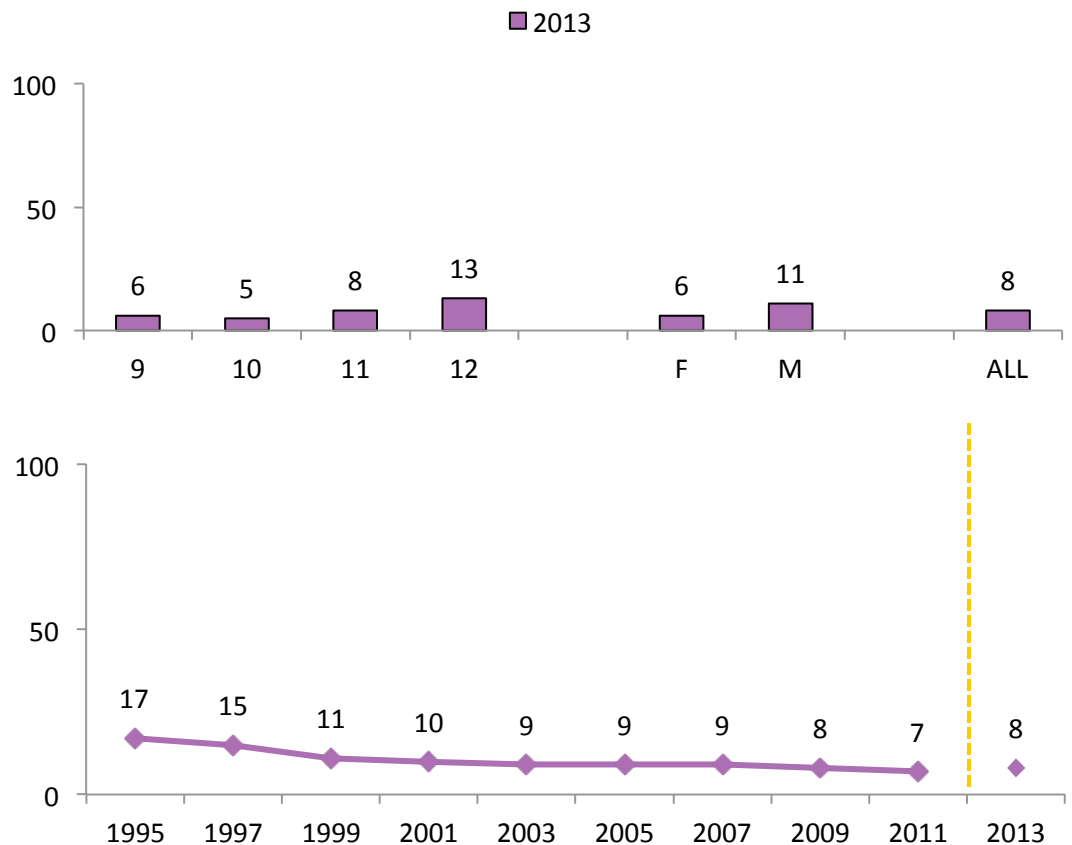
Percent of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol



Driving Under the Influence of Alcohol

- **Overall, 8% of students reported driving after drinking in the past 30 days out of those who reported driving.**
- Males were significantly more likely than females to drive after drinking.
- Eleventh graders were more likely than ninth and tenth graders, and twelfth graders were more likely than other students, to report driving after drinking alcohol.

Percent of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol (out of those who drove)

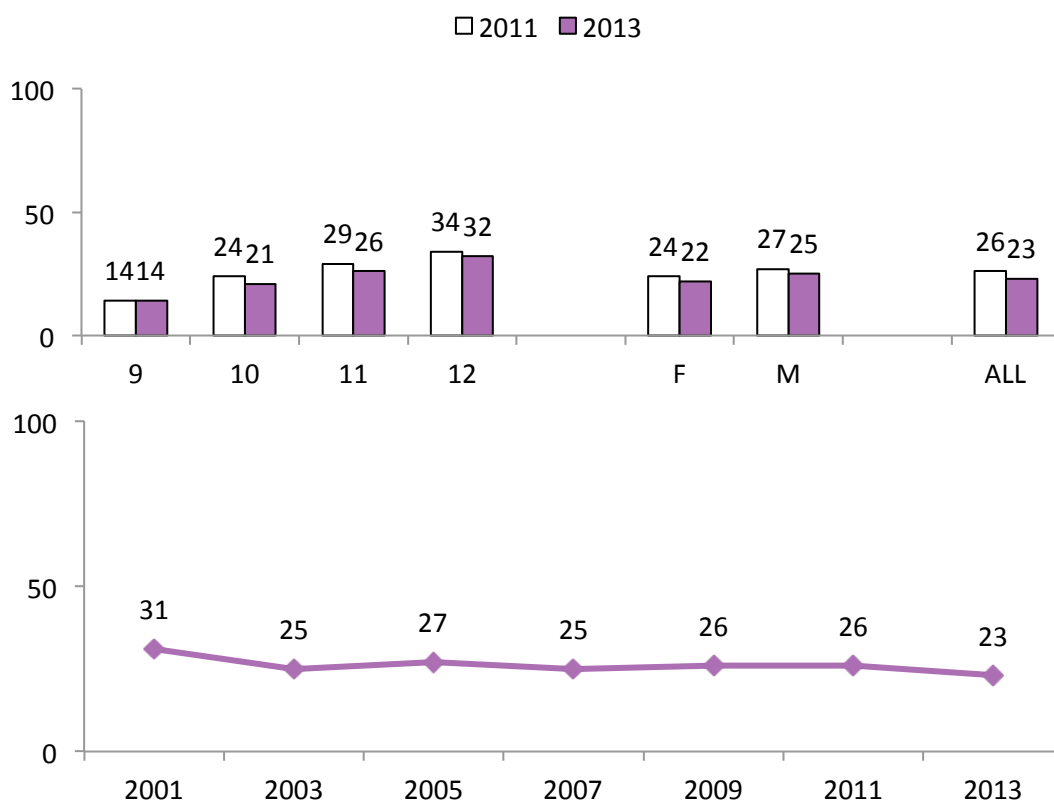


NOTE: A response of “ I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution.

Riding with Someone Who Used Marijuana

- **One in four students (23%) rode in a car or other vehicle in the past 30 days with someone who was using marijuana.**
- Females were less likely than males to ride with someone who was using marijuana. Riding with someone using marijuana increased significantly with each increasing grade.
- Riding with someone who was using marijuana decreased significantly from 2011 to 2013.

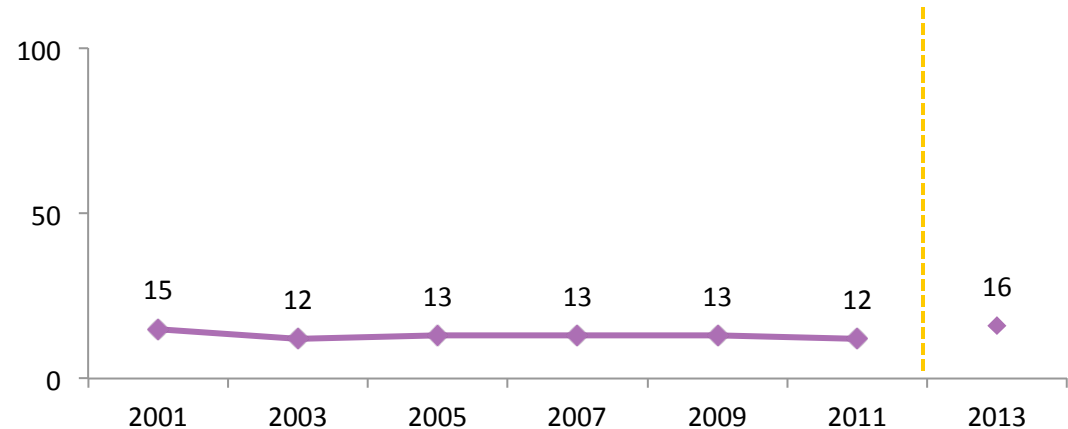
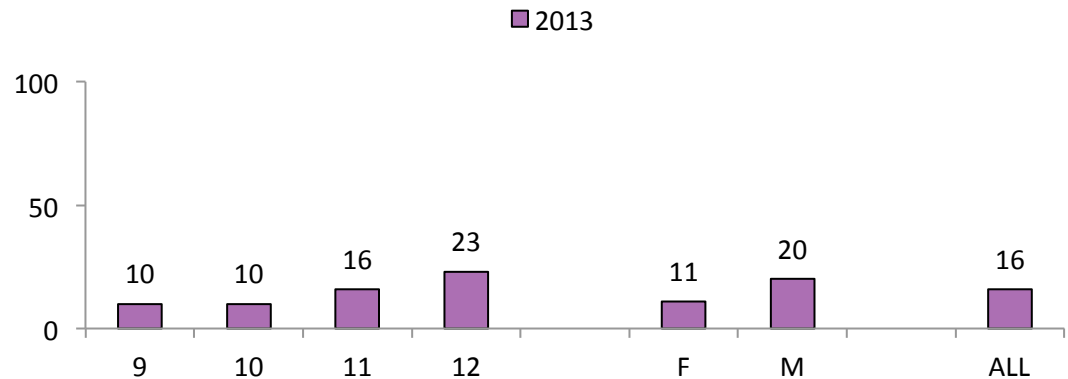
Percent of students who rode in a car or other vehicle drive by someone who had been smoking marijuana, one or more times during the past 30 days



Driving Under the Influence of Marijuana

- **Of all students, 16% reported driving after smoking marijuana in the past 30 days.**
- Males were significantly more likely than females to drive under the influence of marijuana.
- Twelfth graders were more likely than eleventh graders, and eleventh graders were more likely than ninth and tenth graders to report driving under the influence of marijuana.

Percent of students who drove a car or other vehicle when they had been smoking marijuana, one or more times during the past 30 days (among those who drove)



NOTE: A response of “ I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution.

Abusive Behavior

- Overall, 69% of students reported that they had dated someone in the past year.
- **Of the students who dated, 9% of students were physically hurt by someone they were dating in the past year.** Females were more likely to report being physically hurt than males. There were no differences by grade.
- **Of all students, 6% have ever been physically forced to have sexual intercourse when they did not want to.** Females were significantly more likely than males to report being forced to have sex.
- Eleventh graders were more likely than ninth graders, and twelfth graders were more likely than ninth and tenth graders to report being forced to have sex.

Percent of students who:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Physically hurt by someone they were dating or going out with during the past 12 months ^a	7	9	9	8	9	9	10	8
Have ever been physically forced to have sexual intercourse when they did not want to	6	6	4	6	7	7	9	3

^a 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

Bullying

- **In the past 30 days, 18% of students were bullied.** Females were significantly more likely than males to have been bullied. Bullying significantly decreased by increasing grade.
- The percent of students reporting being bullied in the past 30 days has increased significantly from 2005 to 2013.

Percent of students who reported being bullied in the past 30 days



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.

Electronic Bullying and Being a Bully

- In the past 30 days, 14% of students bullied someone else.** Males were significantly more likely than females to be bullies. Ninth graders were significantly more likely to be bullies compared to all other grades, and tenth graders were more likely than twelfth graders to be bullies.
- The percent of students who reported being a bully decreased significantly from 2011 to 2013.
- In the past 12 months, 16% of students were bullied electronically.** Females were over two times more likely to have been electronically bullied compared to males. Ninth graders were more likely to be electronically bullied compared to eleventh and twelfth graders, and eleventh graders were more likely to be electronically bullied compared to twelfth graders.

Percent of students who:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Bullied someone else in the past 30 days	17	14	16	14	13	12	12	16
Were electronically bullied in the past 12 months	16	16	18	17	15	13	23	9

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.

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

Self-Harm

- **Overall, 16% of students reported hurting themselves without wanting to die, such as by cutting or burning on purpose, in the past 12 months.**
- Females were twice as likely to report purposeful harm than males. Twelfth graders were significantly less likely to report purposeful harm than students in any other grade, and eleventh graders were less like than ninth and tenth graders to report purposeful harm.
- There was a significant increase in students reporting purposeful self harm from 2011 to 2013.

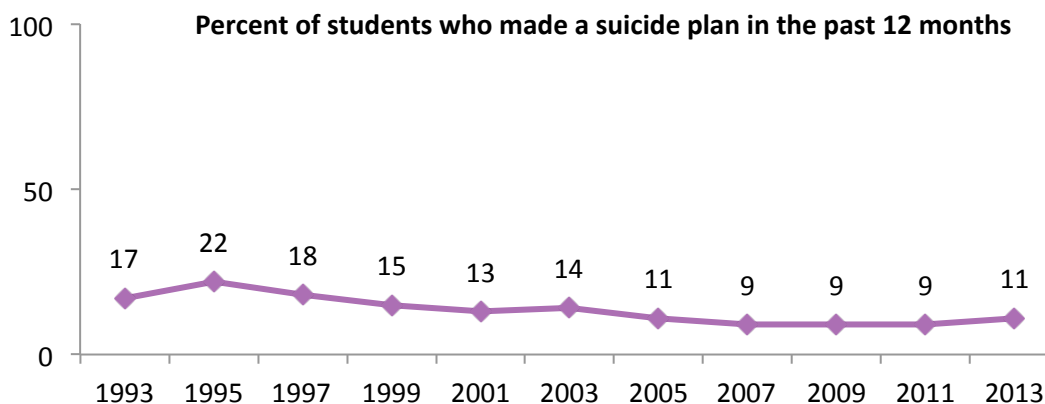
Percent of students who purposefully hurt themselves without wanting to die, such as cutting or burning on purpose one or more times during the past 12 months



Suicide

- **In the past 12 months, 21% of all students felt sad or hopeless almost every day for at least two weeks, 11% made a suicide plan, and 5% attempted suicide.**
- Females were significantly more likely (almost twice as likely) than males to report feeling sad, make a plan to attempt suicide and actually attempt suicide.
- Twelfth graders were less likely to report making a suicide plan and to attempt suicide than ninth and tenth graders.
- Making a suicide plan and suicide attempts significantly increased from 2011 to 2013.

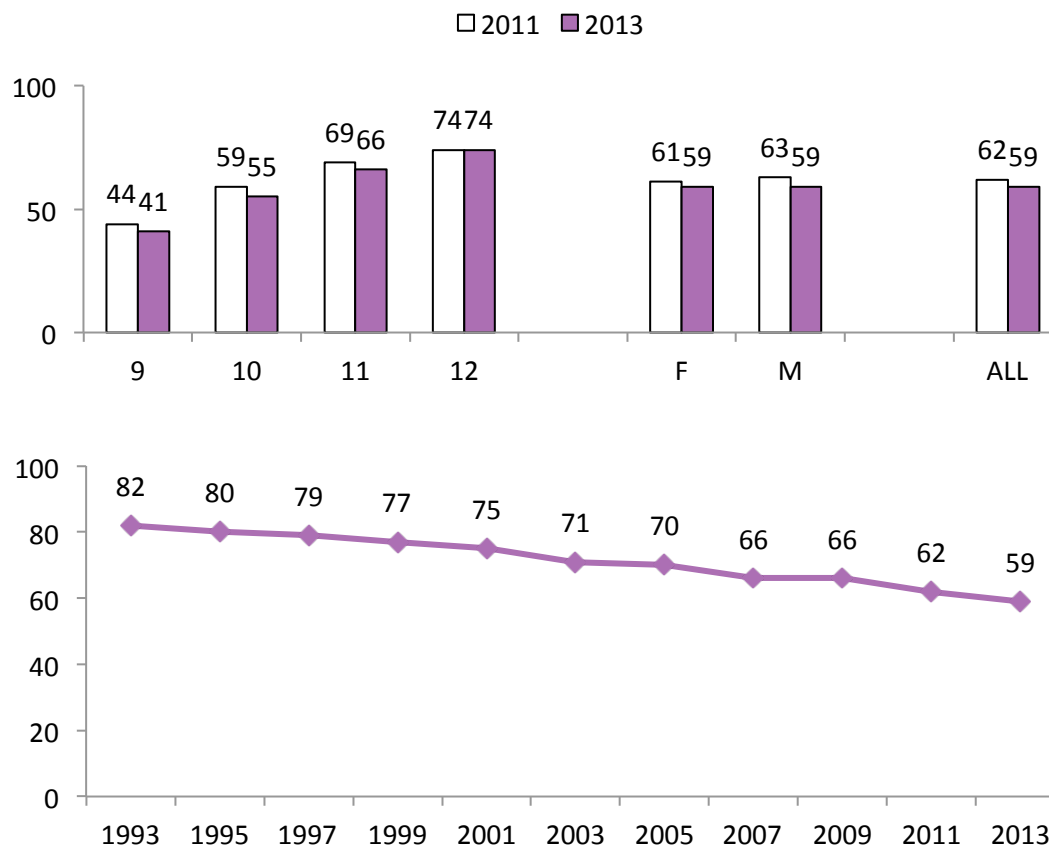
Percent of students who in the past 12 months:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities	21	21	21	22	22	21	29	14
Made a plan about how they would attempt suicide	9	11	11	11	10	9	14	8
Actually attempted suicide, past 12 months	4	5	6	5	5	4	6	3



Lifetime Alcohol Use

- **Overall, 59% of students reported ever drinking alcohol.**
- Lifetime alcohol use increased significantly with each grade. There were no significant differences by gender.
- Lifetime alcohol use decreased significantly from 2011 to 2013, and from 1993 to 2013.

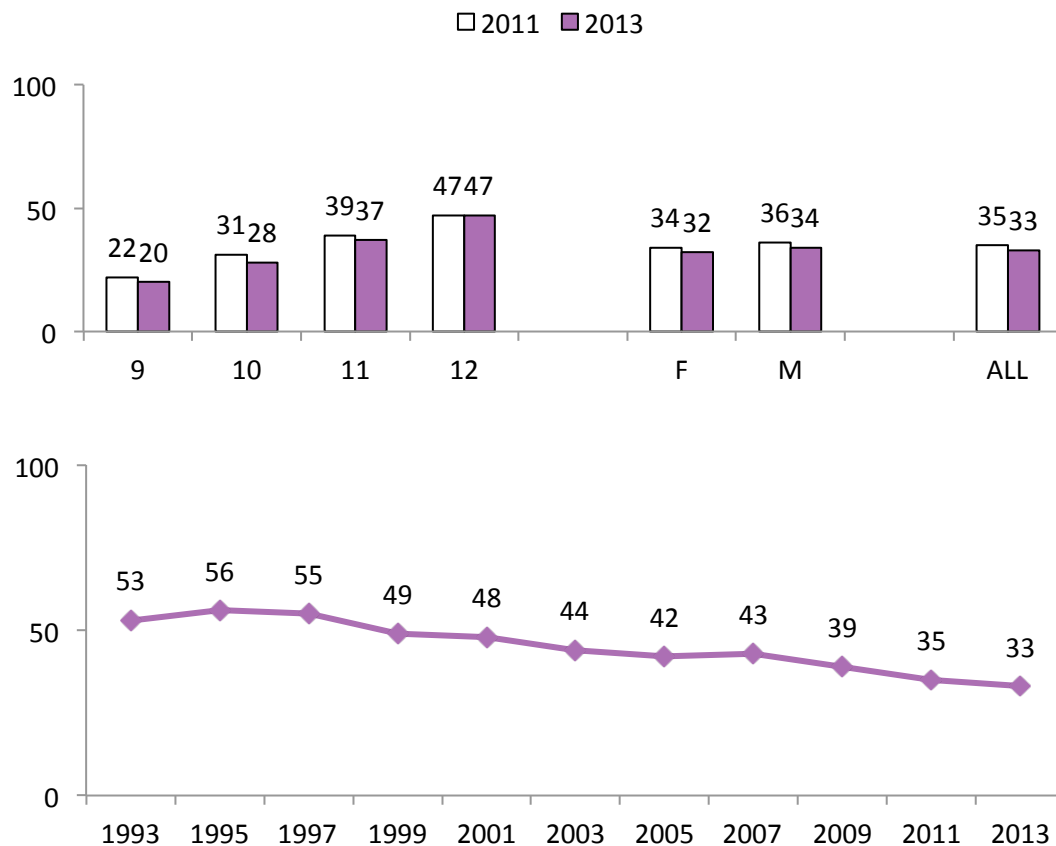
Percent of students who ever drank alcohol other than a few sips



Alcohol Use in the Past 30 Days

- **Over a third of students (33%) drank alcohol in the past 30 days.**
- Percent of students reporting past 30 day alcohol use increased significantly with each grade. There were no differences by gender.
- Alcohol use in the past 30 days declined significantly from 2011 to 2013, and from 1993 to 2013.

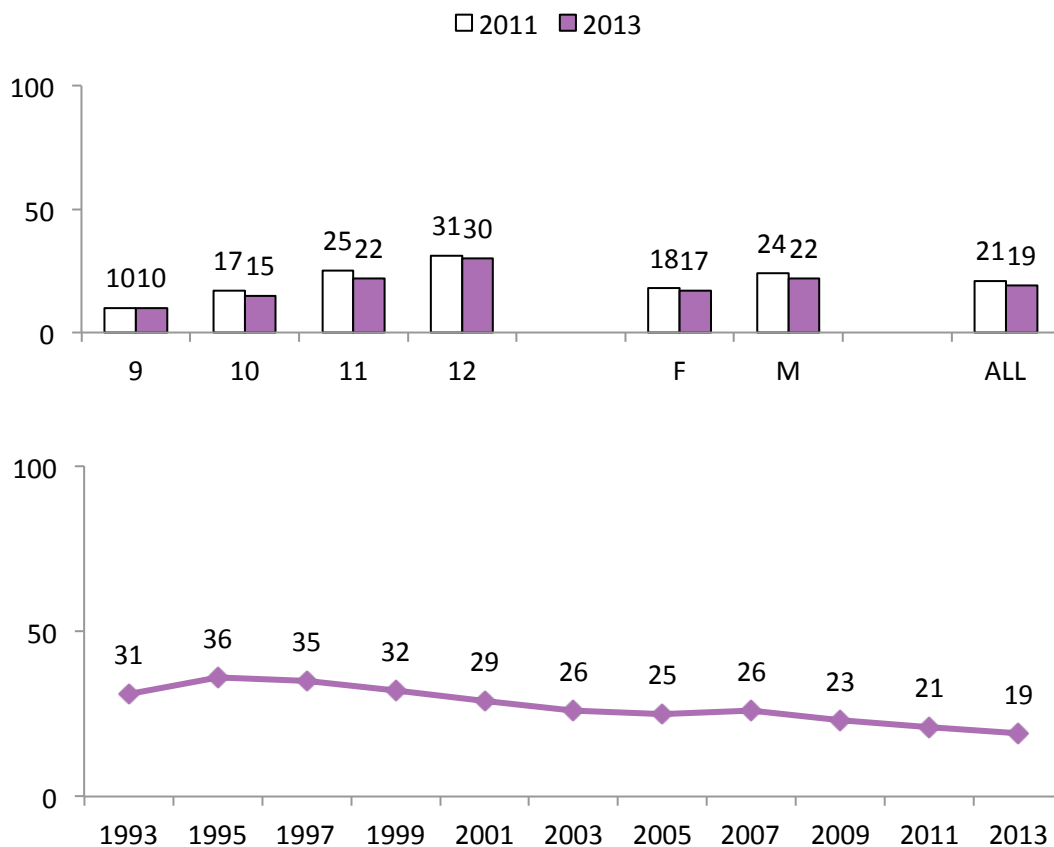
Percent of students who consumed at least one drink of alcohol on one or more days during the past 30 days



Binge Alcohol Use

- **One in five students (19%) reported binge drinking, or having five or more drinks of alcohol in a row, in the past 30 days.**
- Males were significantly more likely than females to report binge drinking.
- Binge drinking increased significantly with each increasing grade.
- Binge drinking declined significantly from 2011 to 2013, and from 1993 to 2013.

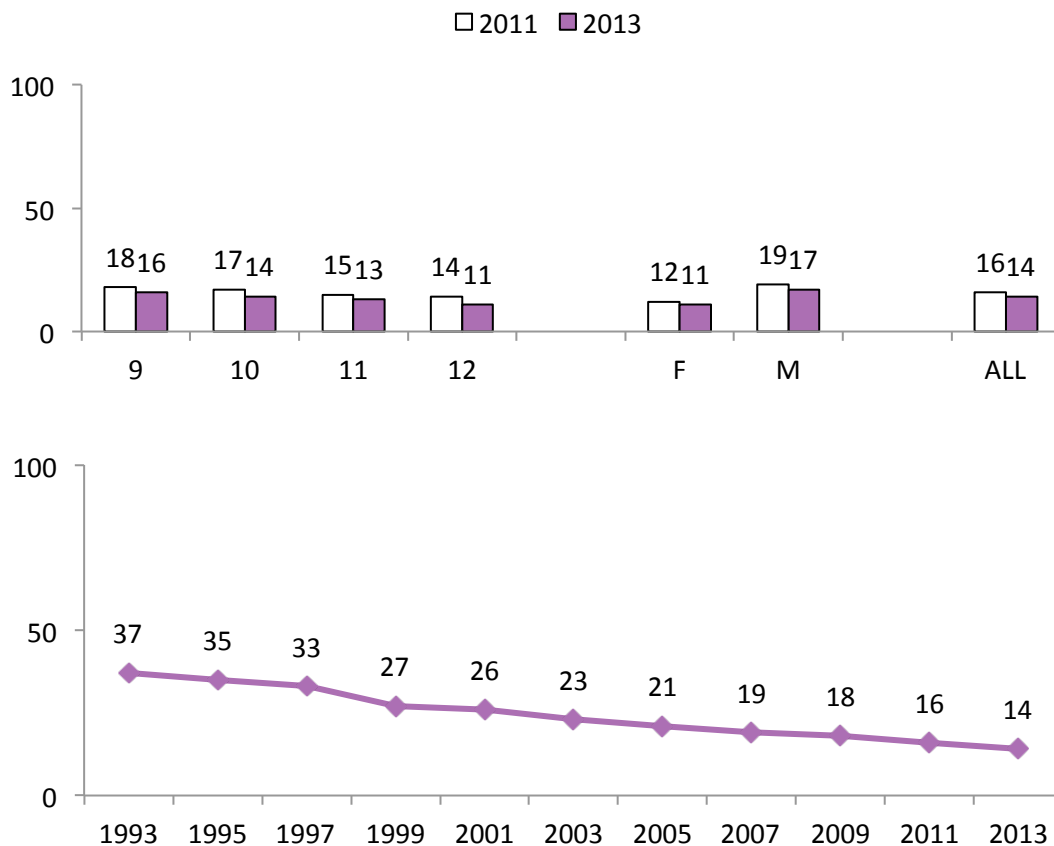
Percent of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days



Alcohol Use Before Age 13

- **Overall, 14% of students reported drinking alcohol before age 13.**
- Males were more likely than females to report drinking alcohol before age 13. Ninth graders were more likely than other students, and tenth graders were more likely than twelfth graders to report drinking before age 13.
- Alcohol use before age 13 declined significantly from 2011 to 2013, and from 1993 to 2013.

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



Frequency of Alcohol Use

- **In the past 30 days, 13% of students drank on three to nine days, 4% drank on 10 or more days, 8% reported bingeing on three or more days, and 5% reported having 10+ drinks in a row in the past 30 days.**
- Males were more likely than females to binge three or more days in the past month, to drink on ten plus days in the past month and to have 10+ drinks in a row. Bingeing three or more days in the past month, drinking on ten plus days in the past month, and drinking 10+ drinks in a row increased significantly with each grade.

Percent of students who in the past 30 days:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Drank on 3 to 9 days	13	13	7	10	15	21	12	14
Drank on 10 or more days	4	4	2	3	4	6	3	5
Binged on 3 or more days	8	8	3	5	9	13	6	9
Drank 10+ drinks in a row ^a	NA	5	2	4	5	8	2	7

NOTE: ^aThis question was new in 2013.

Types of Alcohol Consumed by Drinkers

- **Liquor is the primary type of alcoholic beverage consumed by students who drink.**
- Males were significantly more likely to drink beer, and females were significantly more likely to drink wine or other alcoholic beverages.
- The percent of students reporting drinking liquor decreased from 2011 to 2013.

Of students who drank in the past 30 days, percent of students who usually drank:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Liquor, such as rum, gin, vodka, or whiskey	49	46	44	46	48	45	47	45
Beer	28	29	24	27	29	33	15	41
Other alcoholic beverages, such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea	18	19	24	21	17	16	28	10
Wine	5	7	8	6	6	7	9	4

Source of Alcohol Consumed by Drinkers

- Overall, 38% of students who drank in the past 30 days reported their usual source of alcohol as “someone gave it to me.”
- Females were significantly more likely to report that someone gave them alcohol. Males were significantly more likely to report purchasing it.
- Twelfth graders were significantly more likely to purchase alcohol than ninth graders.
- Taking alcohol from a store or family member decreased significantly with each increasing grade.

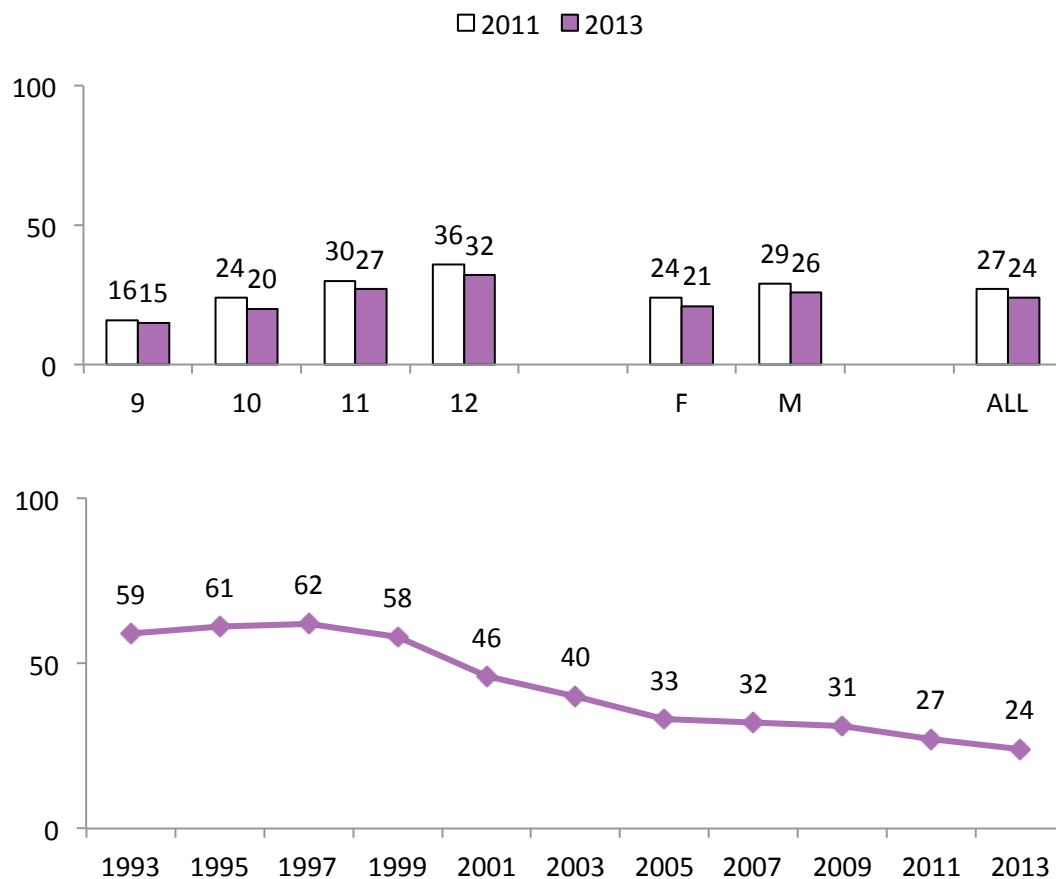
Of students who drank in the past 30 days, percent who reported their usual source of alcohol as:	All	Grade				Gender	
	2013	9	10	11	12	F	M
Purchasing from a store or supermarket	3	2	2	3	4	1	5
Purchasing at a restaurant, bar or club	1	1	1	1	1	1	1
Purchasing at a public event, such as a concert	<1	*	<1	<1	<1	<1	1
Giving money to someone else to purchase	26	13	21	27	36	25	28
Someone giving it to them	38	38	41	40	36	45	33
Taking it from a store or family member	10	19	13	8	6	10	10

NOTE: *Suppressed due to small numbers

Lifetime Cigarette Use

- **Overall, 24% of students reported ever having smoked a whole cigarette.**
- Males were significantly more likely than females to report lifetime cigarette use. Lifetime cigarette use increased significantly with each increasing grade.
- Lifetime cigarette use declined significantly from 2011 to 2013 and from 1993 to 2013.

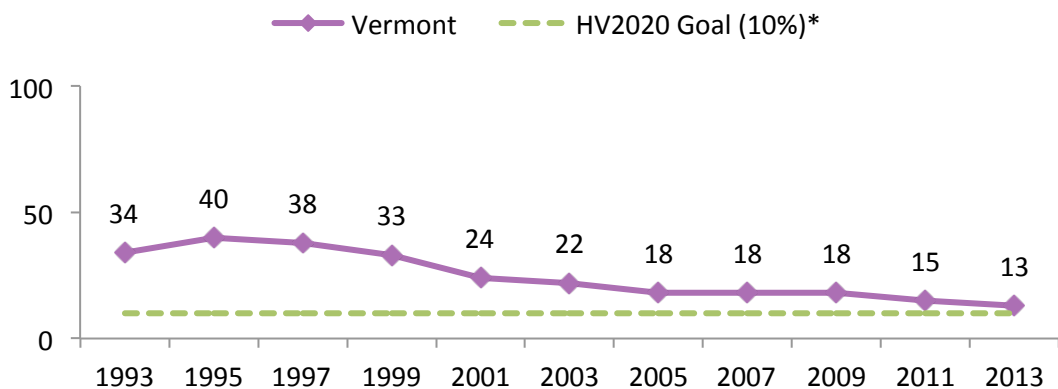
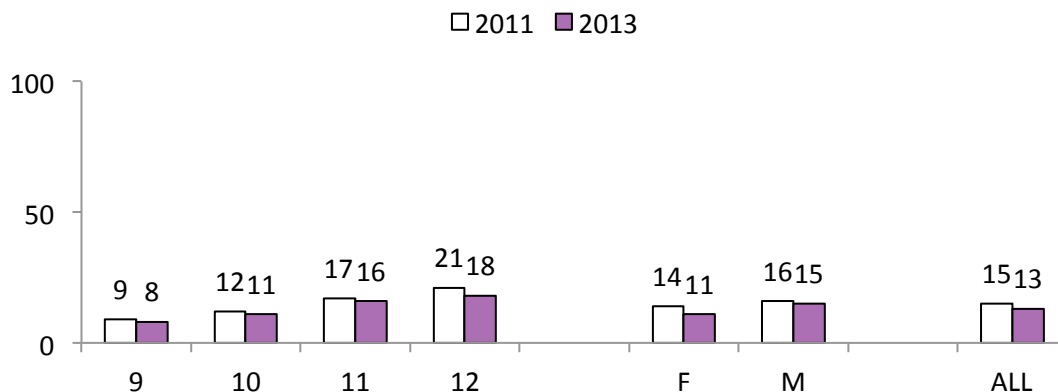
Percent of students who have ever smoked a whole cigarette



Cigarette Use

- **Of all students, 13% reported smoking at least once during the past 30 days.**
- Females were less likely than males to report past 30 day cigarette use.
- Twelfth and eleventh graders were more likely to smoke in the past 30 days than ninth and tenth graders.
- Past 30 day cigarette use decreased significantly from 2011 to 2013, and from 1993 to 2013.

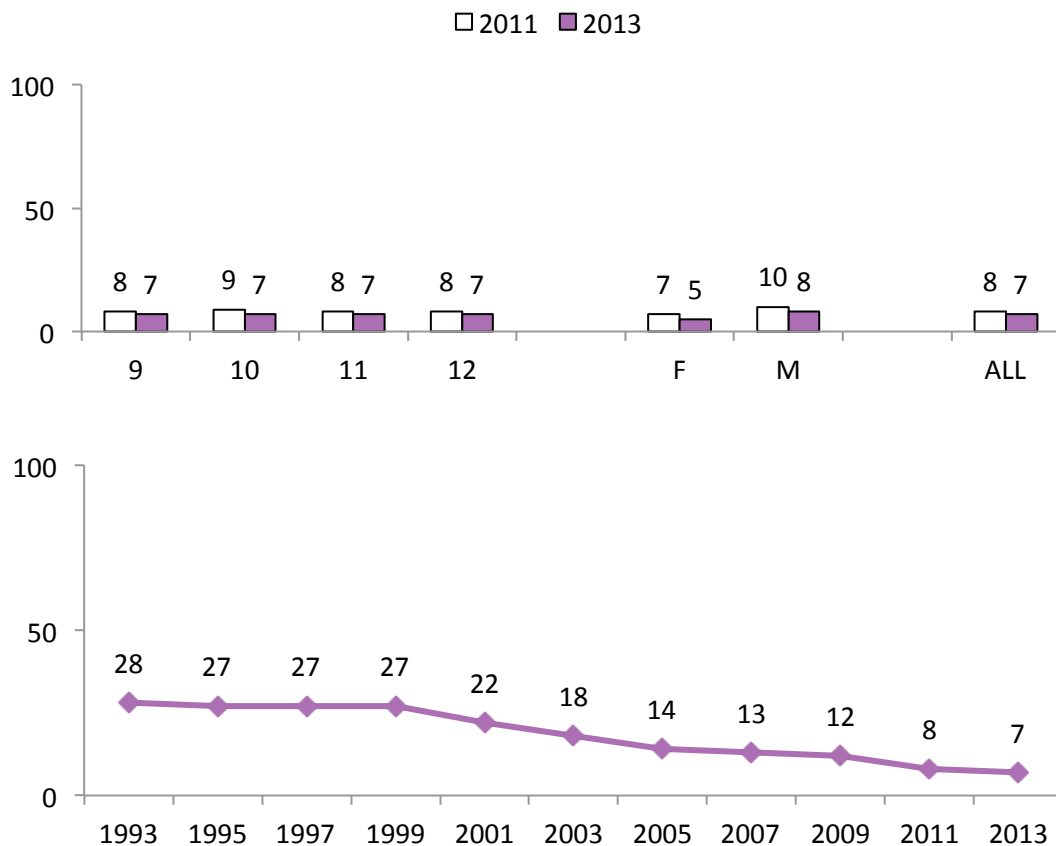
Percent of students who smoked cigarettes on one or more of the past 30 days



Cigarette Use Before Age 13

- **Overall, 7% of students reported smoking a whole cigarette before age 13.**
- Males were more likely than females to report cigarette use before age 13. There were no differences by grade.
- Smoking before age 13 decreased significantly from 2011 to 2013, and from 1993 to 2013.

Percent of students who smoked a whole cigarette before age 13



Frequency and Quantity of Cigarette Use

- **Overall, 5% of all students smoked on 20 or more of the past 30 days.**
- Only 1% of all students smoked a pack or more a day on days smoked in the past 30 days.
- Males were more likely than females to smoke 11 or more cigarettes on days they smoked, to smoke on 20 or more days, and to smoke on 30 or more days. Ninth graders were less likely to smoke 11 or more cigarettes on days they smoked compared to other students. Eleventh and twelfth graders were more likely to smoke on 20 or more days and to smoke on 30 or more days compared to ninth and tenth graders.
- Smoking on 20 out of the past 30 days, and every day in the past month both decreased significantly from 2011 to 2013.

Percent of students who in the past 30 days:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Smoked on 20 or more days	6	5	3	4	7	8	4	6
Smoked every day	5	4	2	3	5	6	3	5
Smoked 11 or more cigarettes (half a pack or more) on days smoked	2	2	1	1	2	2	1	2
Smoked more than a pack a day on days smoked	1	1	0	1	1	1	0	1

Usual Source of Cigarettes among Smokers

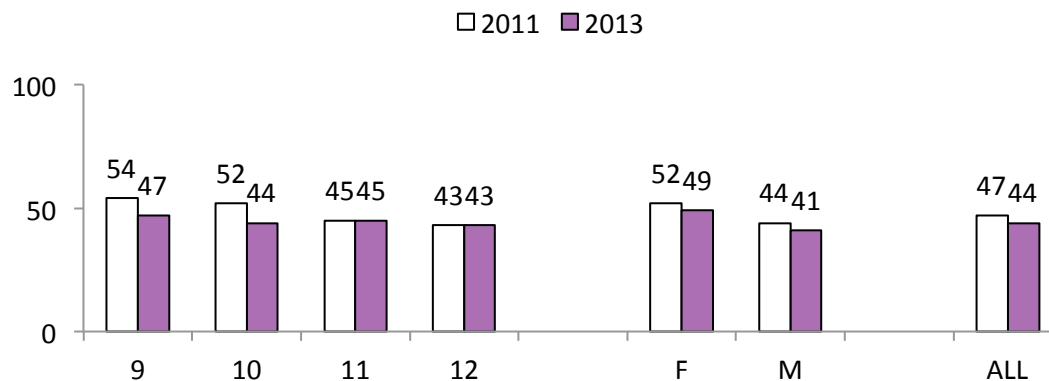
- **Among students who smoked in the past 30 days, 25% had someone else buy cigarettes, 36% borrowed or bummed cigarettes, and 20% bought cigarettes at a store or gas station.**
- The category “borrowed/bummed” includes: borrowed (or bummed) them; person 18 or older gave them to me.
- Females are more likely to report someone else buying them cigarettes and more likely to report taking cigarettes than males. Younger students were more likely to report taking cigarettes from a store or family member than older students.
- In total, 8% of students reported getting their cigarettes from someone who was 17 years old or younger.

Of students who smoked in the past 30 days, percent who report their usual source of cigarettes as:	All	Grade				Gender	
	2013	9	10	11	12	F	M
Store or gas station	20	2	5	12	45	15	23
Vending machine	1	2	1	1	1	1	2
Someone else bought them	25	24	30	32	17	28	23
Borrowed/bummed them	36	41	41	40	28	41	33
Took them from store/family	5	12	8	4	1	6	5
Some other way	12	19	15	11	7	9	14

Quit Attempts among Smokers

- **Among students who reported smoking in the past 30 days, 44% tried to quit in the past 12 months.**
- Females were more likely to attempt to quit than males.
- There were no significant differences by grade.
- The percentage of students who attempted to quit did not change significantly from 2011 to 2013.

Among students who reported smoking in the past 30 days, the percent who tried to quit smoking in the past 12 months



Other Tobacco Use

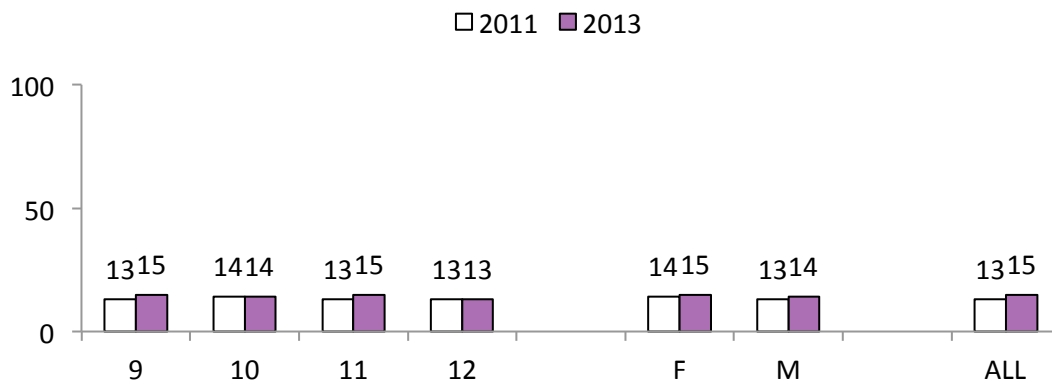
- **Overall, 8% of students reported using chewing tobacco, snuff, or dip during the past 30 days.** Males were significantly more likely than females to use smokeless tobacco. Twelfth graders were more likely than ninth and tenth graders, and tenth graders were more likely than ninth graders to use smokeless tobacco.
- **Of all students, 13% smoked cigars, cigarillos, or little cigars in the past 30 days.** Males were significantly more likely than females to smoke cigars. Smoking cigars increased significantly with each grade.
- **Of all students, 7% ever used snus.** Males were significantly more likely than females to use snus. Use of snus increased significantly with each grade.
- The percent of students reporting using snus in the past 30 days decreased significantly from 2011 to 2013.
- Of all students, 21% reported using any type of tobacco in the past 30 days, down significantly from 23% in 2011.

Percent of students who:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Used chewing tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen on one or more of the past 30 days	8	8	6	8	8	9	2	13
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	13	13	6	10	15	22	7	19
Ever used snus, such as Camel Snus or Marlboro Snus	11	7	5	6	8	10	3	10

Awareness of Students' Smoking

- The survey asked, “Out of 100 Vermont high school students, how many do you think smoke cigarettes?”
- Of those, 19% think that 15 or fewer students smoke and 49% think that up to one quarter of students smoke.
- Of all students, 7% of students think that 56 to 75 students smoke and 7% think that more than three quarters of students smoke.
- Of all students, 36% think that between 26 and 55 students smoke.
- The percent of students who think 56 or more out of 100 students smoke increased significantly from 2011 to 2013.

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



Exposure to Cigarette Smoke

- **Overall, 41% of students were in the same room with someone who was smoking cigarettes during the past seven days, while 31% were in the same car with someone who was smoking.**
- In 2013, there were no differences by gender.
- Twelfth graders were more likely than ninth and tenth graders to be in the same room as a smoker, and in the same car as a smoker.
- Exposure to cigarette smoke in a car or a room in the past week decreased significantly from 2011 to 2013.

Percent of students who during the past 7 days:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Were in the same room with someone who was smoking cigarettes	45	41	38	39	42	44	40	42
Were in the same car with someone who was smoking cigarettes	36	31	29	31	32	34	31	32

Discussions about Smoking

- **Over one half of students (54%) were asked if they smoked by a health professional in the past 12 months.**
- Females were more likely than males to be asked by a health professional about smoking.
- Twelfth and eleventh graders were more likely than ninth and tenth graders to report being asked by a health professional about smoking.
- The percentage of students reporting being asked about smoking by a health professional increased significantly from 2011 to 2013.

Percent of students who in the past 12 months:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Were asked if they smoked by any doctor, dentist, nurse, or other health professional	48	54	50	52	57	59	59	50

Exposure to Tobacco Messaging

- **Out of all students, 80% heard or saw an ad about the dangers of smoking at least once in the past 30 days.**
- Females were more likely to report hearing or seeing an ad about the dangers of smoking compared with males. There was no difference by grade.
- In Vermont, 20% of students reported hearing about OVX (Our Voices Exposed). This percent decreased significantly from 2011.

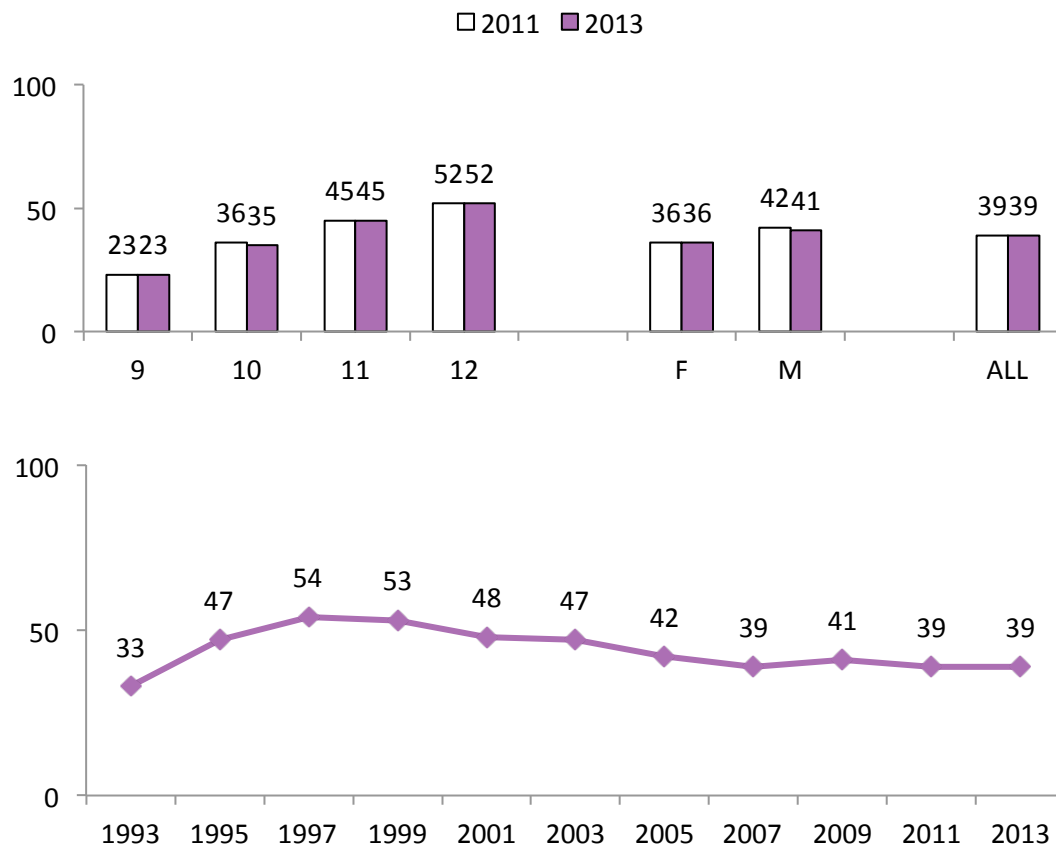
Student exposure to tobacco messaging.	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Heard or saw an ad about the dangers of smoking, past 30 days	79	80	80	80	79	80	82	77
Ever heard about "Our Voices Exposed"	26	20	14	16	25	26	21	20

NOTE: OVX is a youth engagement program funded by the Vermont Department of Health designed to empower youth to get actively involved in tobacco prevention through education and activism.

Lifetime Marijuana Use

- **Overall, 39% of students have ever used marijuana.**
- Males were more likely than females to report lifetime marijuana use. Lifetime marijuana use increased significantly with each increasing grade.
- Lifetime marijuana use did not change significantly from 2011 to 2013.

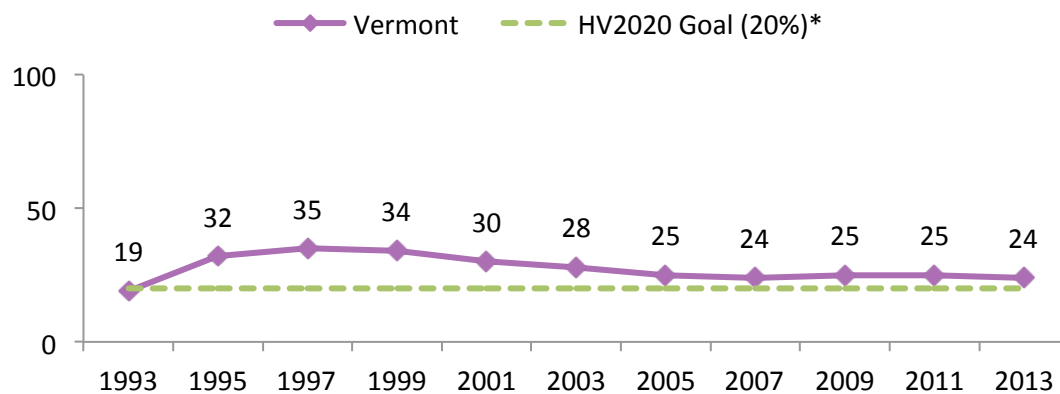
Percent of students who have ever used marijuana



Marijuana Use in the Past 30 Days

- **One in four students (24%) used marijuana one or more times in the past 30 days.**
- Males were significantly more likely to use marijuana than females.
- Past 30 day marijuana use increased significantly with each increasing grade.
- There was no significant difference in past 30 day marijuana use from 2011 to 2013.

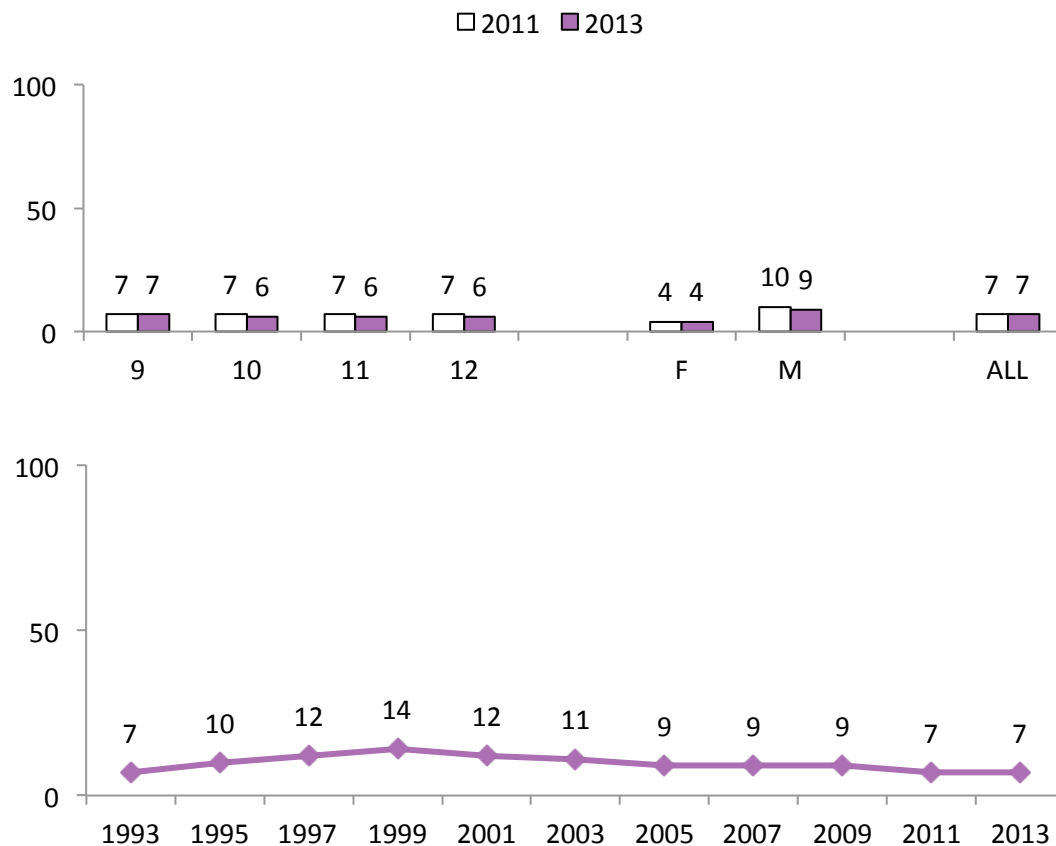
Percent of students who used marijuana one or more times during the past 30 days



Marijuana Use Before Age 13

- **Overall, 7% of students used marijuana before age 13.**
- Males were more likely to report using marijuana before age 13 than females. There were no significant differences by grade.

Percent of students who used marijuana before age 13



Frequency of Marijuana Use

- **In the past 30 days, 6% of all students used marijuana three to nine times and 11% used marijuana 10 or more times.**
- Using marijuana three to nine times in the past month did not differ by gender.
- Twelfth graders were more likely to use marijuana three to nine times compared to all other students. Ninth graders were less likely than tenth and twelfth graders to report using marijuana three to nine times in the past month.
- Males were more likely than females to report smoking marijuana ten or more times in the past month. Smoking marijuana ten or more times per month increased significantly with each increasing grade.

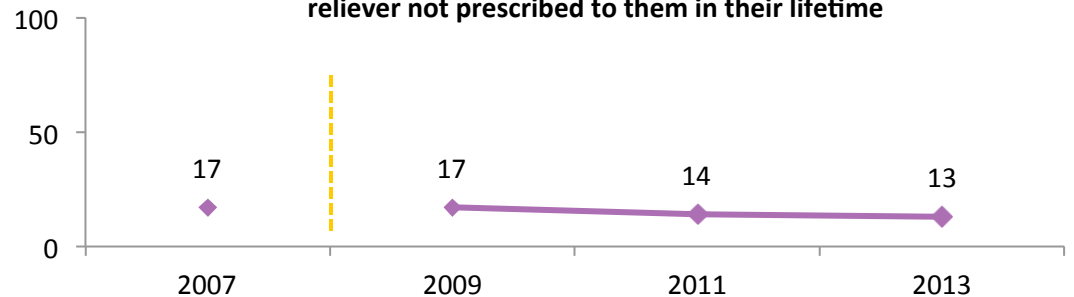
Percent of students who in the past 30 days:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Used marijuana 3 to 9 times	6	6	4	6	6	7	5	6
Used marijuana 10 or more times	11	11	6	9	13	15	8	14

Lifetime Prescription Drug Use

- **Overall, 13% of students reported ever taking a prescription pain reliever or stimulant not prescribed to them.** Males were more likely to report any misuse, stimulant misuse and pain reliever misuse, compared to females.
- For all three measures, misuse increased significantly with each increasing grade.
- Prescription pain reliever misuse decreased significantly from 2011 to 2013. Any prescription drug misuse and prescription stimulant misuse did not change significantly from 2011 to 2013.

Percent of students who have ever used:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
The prescription stimulant Ritalin or Adderall not prescribed to them	7	7	4	6	9	11	6	8
A prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them	13	11	8	10	12	14	10	12
Either a prescription stimulant <u>or</u> a prescription pain reliever not prescribed to them	14	13	9	12	15	18	12	14

Percent of students who used either a prescription stimulant or a prescription pain reliever not prescribed to them in their lifetime



NOTE: The question was split in 2009 to delineate between pain relievers and stimulants, so caution should be taken comparing 2007 numbers directly to subsequent years.

Prescription Drug Use in the Past 30 Days

- **Overall, 7% of students reported taking a prescription pain reliever or stimulant not prescribed to them in the past 30 days.**
- Males were more likely than females to report taking a prescription pain reliever or stimulant not prescribed to them in the past 30 days. Twelfth graders were more likely than tenth and ninth graders to report taking a prescription pain reliever or stimulant not prescribed to them in the past 30 days.

Percent of students who in the past 30 days used:	All	Grade				Gender	
	2013	9	10	11	12	F	M
The prescription stimulant Ritalin or Adderall not prescribed to them	4	2	3	4	5	3	5
A prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them	5	4	5	6	6	4	6
Either a prescription stimulant <u>or</u> a prescription pain reliever not prescribed to them	7	5	6	7	8	6	8

NOTE: Past 30 day use was a new question in 2013

Other Drug Use

- **Overall, 5% of students ever used cocaine.** Males were significantly more likely than females to report cocaine use. Cocaine use increased significantly with each grade.
- **Overall, 9% of students reported ever using hallucinogens (including LSD , acid, PCP, angel dust, mescaline or mushrooms).** Males were significantly more likely than females to report use. Use increased significantly with each increasing grade.
- **In 2013, 7% of students reported inhaling glue or spray can substances.** There were no differences by grade or gender, but there was a significant decrease from 2011 to 2013.
- **In 2013, 3% of students reported ever using methamphetamines.** Males were significantly more likely than females to report methamphetamine use. Twelfth graders were more likely than tenth and ninth graders to report methamphetamine use. Methamphetamine use has declined significantly since 2003.
- **Overall, 2% of students reported ever using heroin.** Males were significantly more likely to report heroin use than females. Twelfth and eleventh graders were more likely to report heroin use than ninth and tenth graders.

Percent of students who have ever used:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Cocaine	NA	5	3	4	6	8	4	7
Hallucinogens	10	9	5	7	10	13	6	11
Inhalants	9	7	7	7	6	7	7	7
Methamphetamines	3	3	2	2	3	4	2	4
Heroin	3	2	2	2	3	3	1	3
Were offered, sold, or given an illegal drug on school property during the past 12 months	18	18	16	19	20	18	15	22

NOTE: In 2011 cocaine was asked in the past 30 days. Three percent of students reported using cocaine in the past 30 days in 2011.

Parental Disapproval of Alcohol, Cigarette, and Marijuana Use

- **The majority of students think their parents would think it is wrong or very wrong for them to use cigarettes, alcohol, or marijuana.**
- Females were significantly more likely than males to report parental disapproval for cigarettes, alcohol and marijuana use.
- Perceived parental disapproval of cigarette, alcohol and marijuana use decreased significantly with each increasing grade.
- Perceived parental disapproval of smoking cigarettes increased significantly from 2011 to 2013. The other measures did not change.

Percent of students who think their parents would think it is <i>wrong</i> or <i>very wrong</i> for them to:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Smoke cigarettes	89	90	95	92	90	85	93	88
Drink alcohol	73	74	84	79	72	60	77	71
Smoke marijuana	83	82	89	84	81	76	86	79

Disapproval of Peer Alcohol, Cigarette, and Marijuana Use

- **Students are more likely to think it is wrong or very wrong for their peers to smoke cigarettes than smoke marijuana, and more likely to think it is wrong or very wrong for peers to smoke marijuana than to drink alcohol.**
- Males were less likely to think it is wrong or very wrong for someone their age to smoke cigarettes, drink alcohol or smoke marijuana compared to females.
- Thinking it is wrong or very wrong for someone their age to smoke cigarettes, drink alcohol or smoke marijuana decreases significantly with each increasing grade.
- Peer disapproval of cigarette smoking and drinking alcohol increased significantly from 2011 to 2013.
- Peer disapproval of smoking marijuana decreased significantly from 2011 to 2013.

Percent of students who think it would be <i>wrong</i> or <i>very wrong</i> for someone their age to:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Smoke cigarettes	72	75	85	80	73	62	79	72
Drink alcohol	47	49	66	54	42	34	51	48
Smoke marijuana	59	57	71	60	51	45	61	52

Perceived Harm of Alcohol, Cigarette, and Marijuana Use

- **Students were more likely to think that people their age greatly risk harming themselves by smoking cigarettes than by binge drinking, and were more likely to think that people their age greatly risk harming themselves by binge drinking than by smoking marijuana.**
- Females were more likely than males to perceive smoking a pack of cigarettes a day as harmful for people their age compared to males. Perceived harm of smoking a pack of cigarettes per day did not differ by grade.
- Females were more likely than males to perceive binge drinking and smoking marijuana regularly as harmful to people their age. Perception of risk of binge drinking and smoking marijuana regularly decreased significantly with each increasing grade.
- Perception of risk for smoking cigarettes and binge drinking increased significantly from 2011 to 2013. Perception of risk of smoking marijuana decreased significantly from 2011 to 2013.

Percent of students who think <i>people their age</i> greatly risk harming themselves (physically or in other ways) if they:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Smoke one or more packs of cigarettes per day	59	63	63	63	63	65	67	60
Have five or more drinks of alcohol once or twice each weekend	36	38	44	40	37	33	44	33
Smoke marijuana regularly	34	31	42	32	26	23	36	26

Perceived Availability of Alcohol, Cigarettes, and Marijuana

- **The majority of students think it is easy or very easy to access cigarettes, alcohol and marijuana.**
- Males were more likely than females to report it was easy or very easy to access cigarettes and marijuana. Perceived ease of access to cigarettes and marijuana increased significantly with each increasing grade.
- There was no difference by gender for perceived ease of access to alcohol. Eleventh and twelfth graders were significantly more likely to report that it is easy or very easy to access alcohol compared to ninth and tenth graders.
- Perceived ease of access to cigarettes decreased from 2011 to 2013. Ease of access to alcohol and marijuana did not change from 2011 to 2013.

Percent of students who report that it would be <i>easy</i> or <i>very easy</i> to get:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Cigarettes	69	66	49	61	70	84	63	69
Alcohol	73	72	63	71	76	78	73	71
Marijuana	63	63	47	61	70	74	60	66

Police Intervention

- Less than a third of all students (27%) report that it is likely or very likely that a party they are at with other students from their high school, where people their age were drinking alcohol, would be broken up by the police.** There were no differences by gender.
- Eleventh and twelfth graders were less likely to report that a party would be broken up compared to ninth and tenth graders. Tenth graders were less likely to report that a party would be broken up compared to ninth graders.

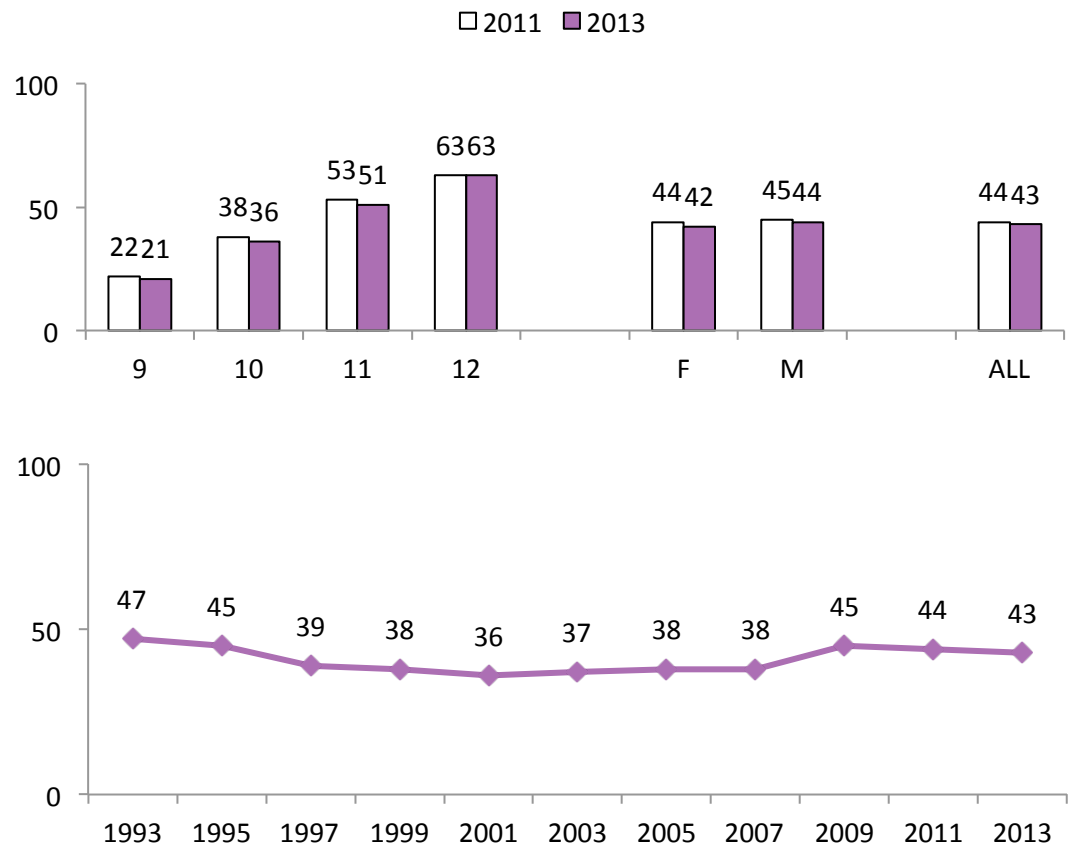
Students who thought it was likely or very likely that:	All	Grade				Gender	
	2013	9	10	11	12	F	M
A party where students from their high school were drinking alcohol would be broken up by police	27	33	27	24	23	27	26

NOTE: This question was new in 2013.

Lifetime Sexual Intercourse

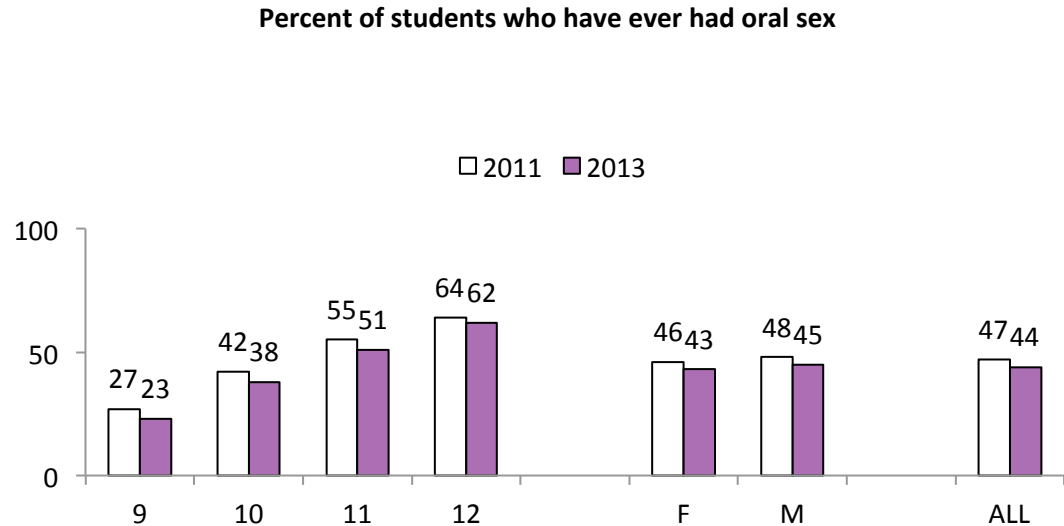
- **Almost half of students (43%) have ever had sex.**
- Males were more likely to report ever having sex compared to females.
- The percent of students who reported they ever had sex increased significantly with each grade.
- The percent of students who have ever had sex decreased significantly from 2011 to 2013.

Percent of students who have ever had sexual intercourse



Oral Sex

- **Almost half of students (44%) have ever had oral sex.**
- There were no differences by gender.
- The percent of students who reported that they ever had oral sex increased significantly with each grade.
- The percent of students reporting ever having oral sex decreased significantly from 2011 to 2013.



Lifetime Sexual Behavior

- **Of all students, 4% reported having sex before age 13.** Males were significantly more likely than females to have had sex before age 13. There were no differences by grade.
- The percent of students who had sex before age 13 decreased significantly from 2011 to 2013.
- **Overall, 12% of all students reported four or more lifetime sexual partners.** Males were more likely to report four or more partners than females. The percentage of students reporting four or more partners increased with each grade.
- **Overall, 12% of students have ever been tested for HIV.** Females were more likely to be tested than males. Older students were more likely to have been tested than younger students.
- **The prevalence of being tested for HIV remains below the Healthy Vermonters 2020 (HV2020) Goal of 15%.**

Percent of students who:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
First had sexual intercourse before age 13	5	4	4	4	4	4	2	5
Had sexual intercourse with four or more people during their life	12	12	5	8	14	21	11	13
Have ever been tested for HIV*	11	12	7	10	13	19	15	10

* This question instructs students not to include tests done for blood donations.

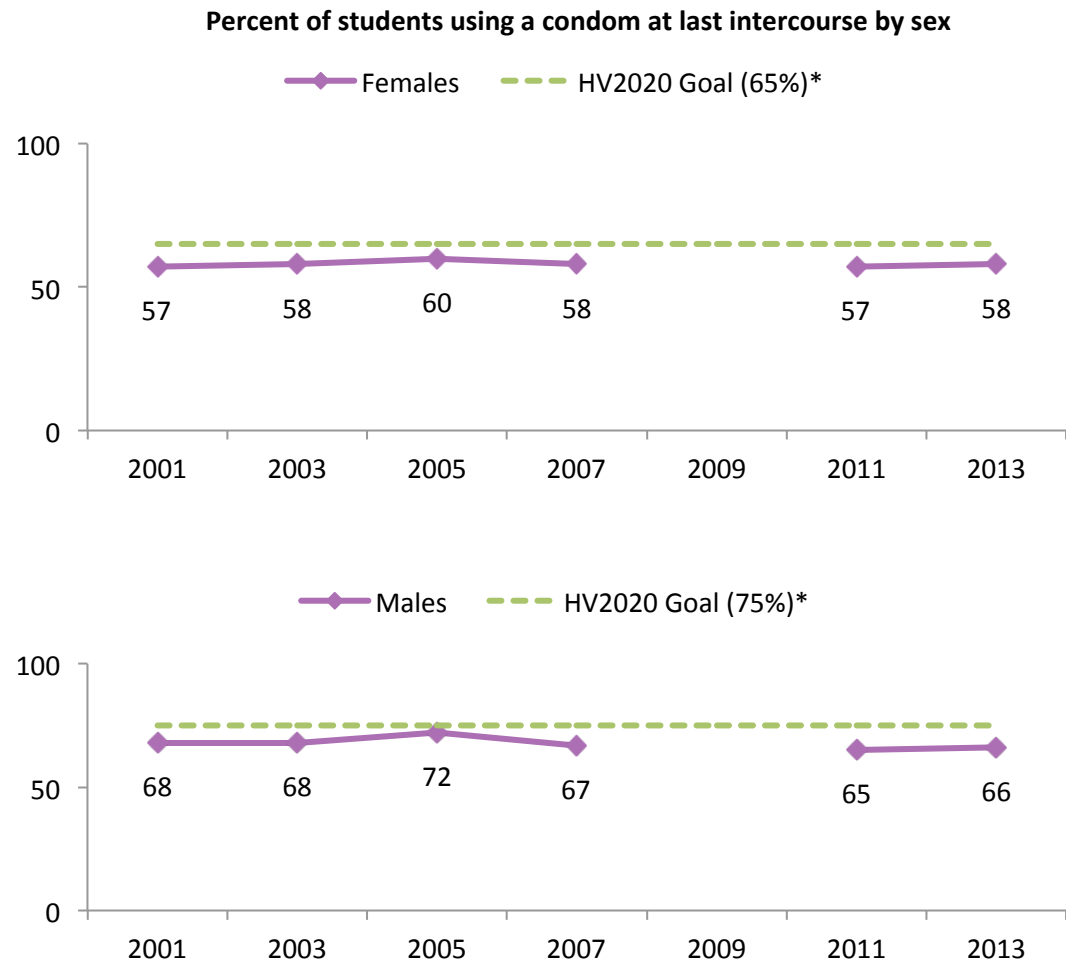
Past 3 Month Sexual Behavior

- **One third (33%) of all students had sex in the past three months.** There were no differences by gender.
- The percent of students reporting sex in the past three months increases significantly with each increasing grade.
- The percent of students reporting past three month sexual intercourse decreased significantly from 2011 to 2013.
- **22% of sexually active students used alcohol or drugs prior to sex in the past three months.** Females were significantly less likely than males to report this behavior. There were no differences by grade.
- **62% of sexually active students used condoms during their most recent sexual experience.** Males were more likely to report condom use at last sex compared to females. Eleventh and twelfth graders were less likely than ninth and tenth graders to report condom use at last sex.

Percent of students who, in the past 3 months:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Had sex at least once in the past 3 months	34	33	14	26	40	51	34	32
Used drugs or alcohol before their last sexual experience	21	22	24	21	19	22	18	25
Used a condom during their most recent sexual experience	61	62	69	67	62	57	58	66

Condom Use

- **Overall, 58% of female students reported using a condom at most recent intercourse.**
- The percent of female students reporting condom use did not increase significantly from 2011 to 2013.
- **The prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 65%.**
- **Two thirds (66%) of male students reported using a condom at most recent intercourse.**
- The percent of male students reporting condom use did not increase significantly from 2011 to 2013.
- **The prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 75%.**



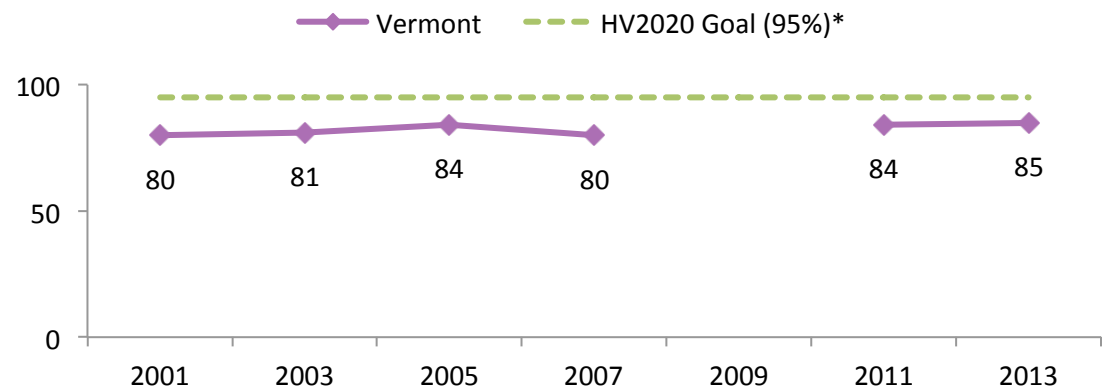
NOTE: in 2009 there was no measure of intercourse in the past 3 months.

Contraceptive Use

- **Prescription birth control is the most commonly used contraceptive, followed by condoms.**
- Overall, 85% of students reported using either condoms or prescription birth control as their primary method of pregnancy prevention at last sex.
- Males were more likely to report condom use compared to females. Females were more likely to report prescription birth control use compared to males.
- Ninth graders were more likely to use condoms compared to other students. Tenth graders were more likely than twelfth graders to use condoms.
- Eleventh and twelfth graders were more likely than other students to use prescription birth control.
- **The prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 95%.**

Of students who had sex in the past 3 months, percent of students who used as their primary method of pregnancy prevention:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Condoms	42	41	52	45	40	37	34	48
Prescription birth control including pills, rings, implants, injections, IUDs	42	44	29	40	46	50	53	34
No method	7	7	10	7	6	7	7	7
Withdrawal or some other method	7	6	7	5	6	5	5	7
Not sure	2	2	3	3	2	2	1	4

Percent of students using contraception at last intercourse



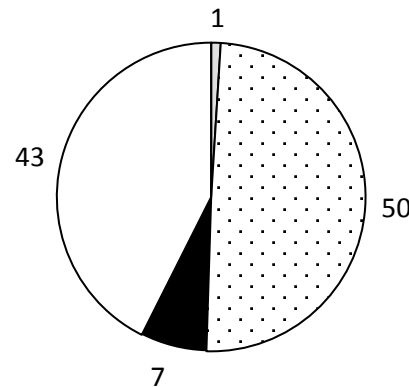
NOTE: in 2009 there was no measure of intercourse in the past 3 months.

Sexual Contact

- Overall, 4% of students reported bisexual behavior and 1% of students reported same-sex behavior.
- Females are significantly more likely to report bisexual behavior than males.
- This question changed in 2011 from “During your life, with whom have you had sexual intercourse?” to “During your life, with whom have you had sexual contact?”

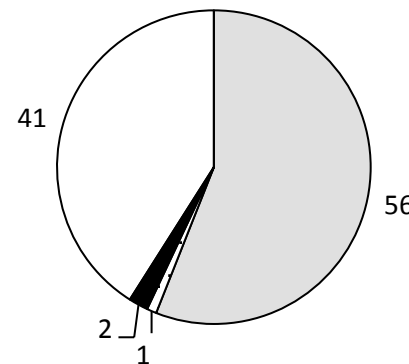
The persons with whom you have had sexual contact are:

Females



- Females
- ▤ Males
- Females and Males
- Never had sexual contact

Males



- Females
- ▤ Males
- Females and Males
- Never had sexual contact

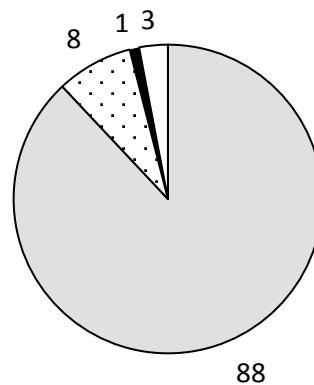
Note: totals might not add to 100 due to rounding.

Sexual Orientation

- **Of all students, 1% describes themselves as gay or lesbian, 5% as bisexual, and 3% as not sure.**
- Females were significantly more likely to describe themselves as bisexual than males.

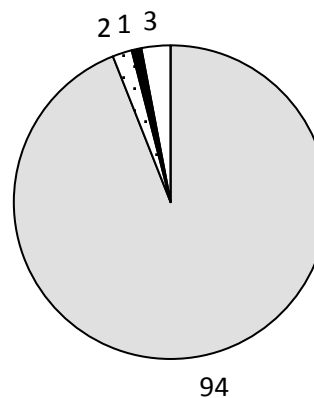
Which of the following best describes you?

Females



- Heterosexual
- Bisexual
- Gay or lesbian
- Not sure

Males



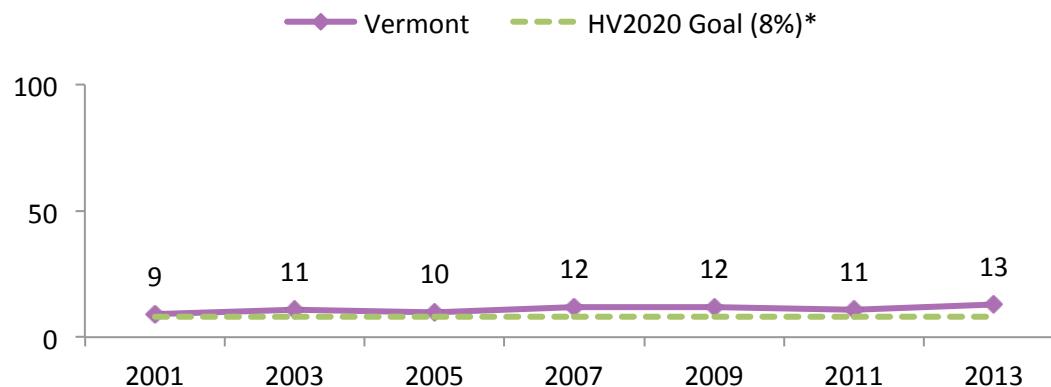
- Heterosexual
- Bisexual
- Gay or lesbian
- Not sure

Overweight and Obesity

- **Of all students, 16% were overweight and 13% were obese.**
- Males were significantly more likely to be obese and overweight compared to females. There were no differences by grade.
- Both measures increased significantly from 2011 to 2013.
- **The prevalence of obesity remains above the Healthy Vermonters 2020 (HV2020) Goal of 8%.**

Percent of students who are:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Overweight (85 th to <95 th BMI Percentile)	14	16	16	15	15	15	14	17
Obese (>=95 th BMI percentile)	11	13	13	13	12	12	9	16

Percent of students who are obese



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

Perceptions of Weight

- **A majority of students (58%) thought that they are about the right weight.** Females were significantly more likely to consider themselves slightly or very overweight compared to males. There were no differences by grade.
- **Overall, 43% of students were trying to lose weight, 20% were trying to stay the same weight, 14% were trying to gain weight, and 24% were not trying to do anything about their weight.** Of note, two thirds of all female students reported they are trying to lose weight, while only one third of male students reported trying to lose weight. Conversely, significantly more males (24%) reported trying to gain weight, compared to females (3%). Finally, more males were not trying to do anything about their weight compared to females.

	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Percent of students who describe themselves as:								
Underweight	12	13	14	14	13	11	9	17
About the right weight	59	58	56	57	59	60	56	59
Overweight	29	30	30	30	29	29	35	25
Percent of students who are trying to:								
Lose weight	43	43	43	42	42	43	59	27
Stay the same weight	23	20	20	20	20	20	19	21
Gain weight	13	14	12	13	15	15	3	24
Not trying to do anything	20	24	25	25	24	22	19	28

Sun Protection

- **Of all students, only 4% reported always, and 16% reported most of the time or always wearing sun protection with SPF 15 or higher when they were outside in the sun for one or more hours.**
- Females were more likely than males to report always using sunscreen of SPF 15 or higher. There were no differences by grade.
- Of all students, 31% reported never wearing sunscreen, 29% reported rarely wearing sunscreen, 23% reported sometimes wearing sunscreen, and 12% reported wearing sunscreen most of the time.

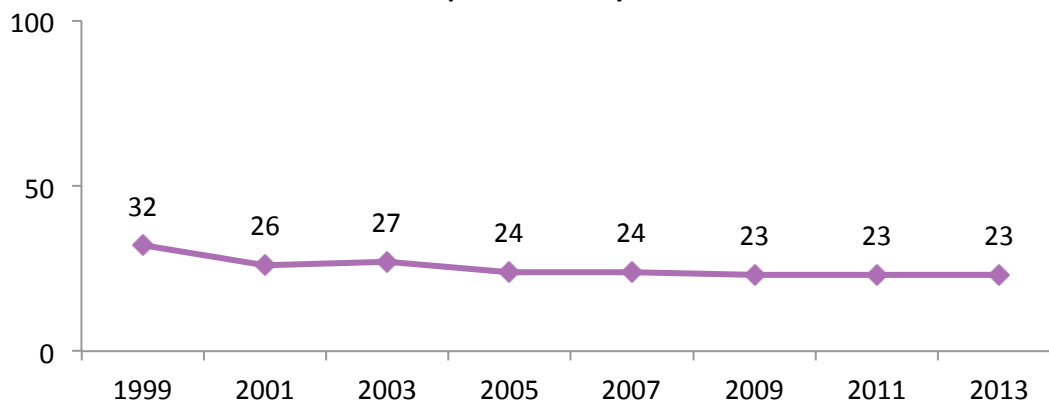
Percent of students who when outside on a sunny day for more than an hour:	All	Grade				Gender	
	2013	9	10	11	12	F	M
Always use SPF 15 or higher.	4	4	4	4	5	6	3
Most of the time or always.	16	17	17	16	16	23	10

Fruits and Vegetables

- **1 in 4 students (23%) ate fruits and vegetables five or more times per day in the past week.**
- There were no differences by grade or gender.
- The percent of students eating three or more servings of vegetables per day increased from 2011 to 2013. There was no significant change in the other measures.

Percent of students who, during the past seven days:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Ate fruits and vegetables five or more times per day	23	23	22	24	23	23	23	24
Ate fruit or fruit juice two or more times per day	34	33	32	33	33	33	33	33
Ate vegetables three or more times per day	16	17	17	17	17	18	17	17

Percent of students who ate fruits and vegetables five or more times per day during the past seven days



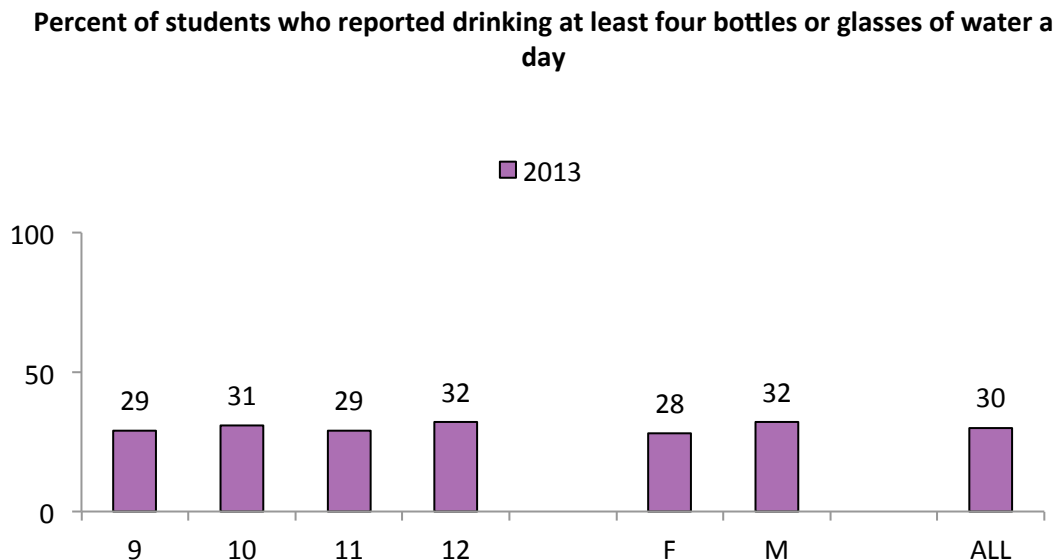
Breakfast Consumption

- **Three fourths of students (76%) ate breakfast three or more days per week.**
- Males were more likely than females and tenth graders were more likely than ninth graders to report eating breakfast on at least three days in the past seven days.
- The percent of students reporting eating breakfast on zero of the past seven days increased from 2011 to 2013. There was no change in the other measures.

Percent of students who ate breakfast:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
On all of the past seven days	43	43	43	44	43	42	40	46
On at least three of the past seven days	77	76	75	77	76	77	75	77
On zero of the past seven days	9	10	11	10	10	10	10	10

Water Consumption

- **Overall, 30% of students reported drinking four or more bottles or glasses of water a day.** Males were more likely than females to report drinking four or more bottles or glasses of water a day. Twelfth graders were more likely than ninth graders to report drinking four or more bottles or glasses of water a day.
- In total, 9% reported drinking no water, 15% reported drinking one glass or bottle of water, and 46% reported drinking 2 to 3 glasses or bottles of water.



NOTE: This question was new in 2013.

Soda

- Overall, 17% of students drank at least one can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite (not including diet) daily.
- Males were significantly more likely to report drinking at least one can of soda or pop a day in the past week compared to females. There were no differences by grade.
- Drinking at least one can of soda a week decreased significantly from 2011 to 2013.

Percent of students who reported drinking at least one can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite, every day in the past 7 days



NOTE: The question instructed students not to include diet soda or pop.

Sugar-Sweetened Beverages

- Overall, 17% of students drank at least one can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, Snapple, or Sunny Delight daily.
- Males were significantly more likely than females to report this behavior. There were no significant differences by grade.
- Drinking at least one can of a sugar-sweetened beverage a week decreased significantly from 2011 to 2013.

Percent of students who drank a can, bottle or glass of a sugar-sweetened beverage every day during the past 7 days

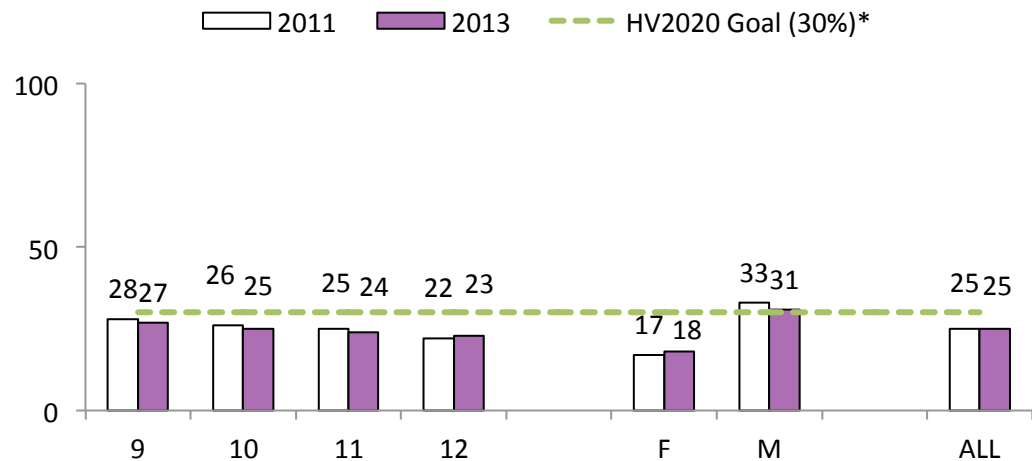


NOTE: The question instructed students not to include soda or pop, diet drinks, or 100% fruit juice.

Physical Activity

- **Overall, 1 in 4 students (25%) participated in 60 minutes of physical activity every day, per the U.S. Department of Health and Human Services Guidelines.**
- Females were significantly less likely to participate in daily physical activity than males. Ninth graders were more likely than eleventh and twelfth graders to participate in daily physical activity.
- Of all students, 13% reported zero days with at least 60 minutes of physical activity in the past week.
- **The prevalence remains below the Healthy Vermonters 2020 (HV2020) Goal of 30%.**

Percent of students who participated in at least 60 minutes of physical activity every day during the past seven days



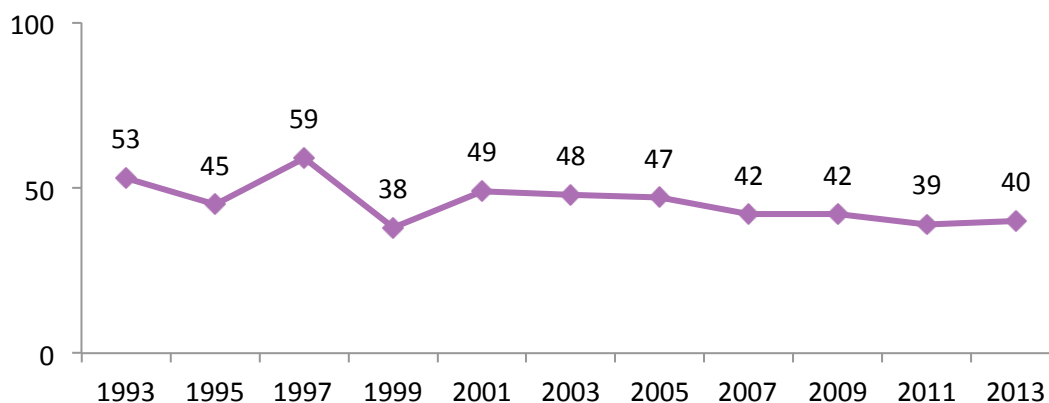
NOTE: The question instructed students to “add up all of the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.”

Physical Education

- Overall, 2 in 5 students (40%) participated in physical education classes at least once a week.** Males were more likely than females to participate in weekly physical education classes. Participation in weekly physical education classes decreased significantly with each increasing grade.
- Overall, 14% of students participated in physical education classes every day during an average school week.** Males were more likely to participate in daily physical education than females. Ninth and tenth graders were more likely to participate in daily physical education compared to eleventh and twelfth graders.
- The percent of students who attend physical education classes every school day declined significantly from 2011 to 2013, and from 1993 to 2013.

Percent of students who attended physical education classes:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
On one or more days in an average week when they were in school	39	40	61	42	29	25	36	43
Daily in an average week when they were in school	16	14	20	14	10	10	12	16

Percent of students who attended physical education classes at least once a week

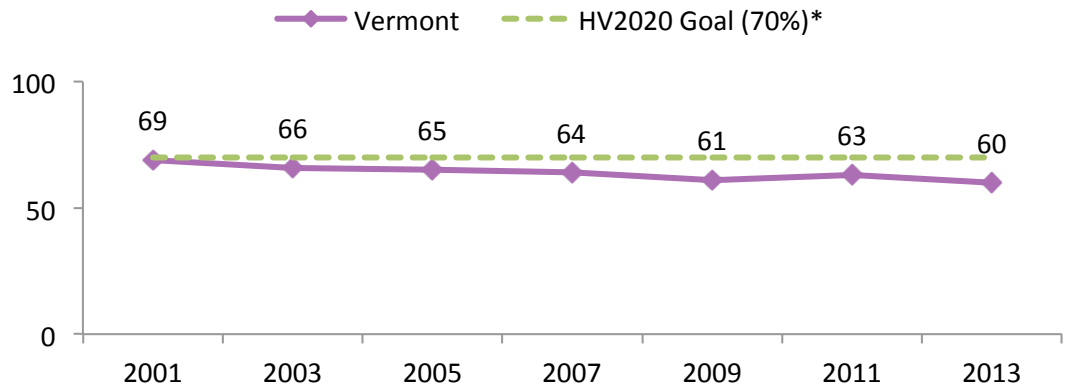


Screen Time

- **Overall, 40% of students spent three or more hours per school day watching TV, playing video games, or using the computer for fun, including activities such as Xbox, PlayStation, NintendoDS, iPod touch, Facebook, and the Internet.**
- Males were significantly more likely than females to report three or more hours of screen time per day. There were no differences by grade.
- There was a significant increase in the percent of students with three or more hours of screen time on a school day from 2011 to 2013.
- **One in ten students (12%) reported five or more hours of screen time per school day.** Males were more likely than females to report five or more hours. There were no differences by grade.
- There was a significant increase in the percent of students with five or more hours of screen time per school day from 2011 to 2013.
- **The percent of students who reported fewer than three hours of screen time remains below the Healthy Vermonters 2020 (HV2020) Goal of 70%.**

Percent of students who watched TV, played video games or used the computer for fun:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Three or more hours per school day	37	40	40	39	40	40	36	43
Five or more hours per school day	10	12	13	12	12	12	10	14

Percent of students who reported fewer than three hours per school day of screen time

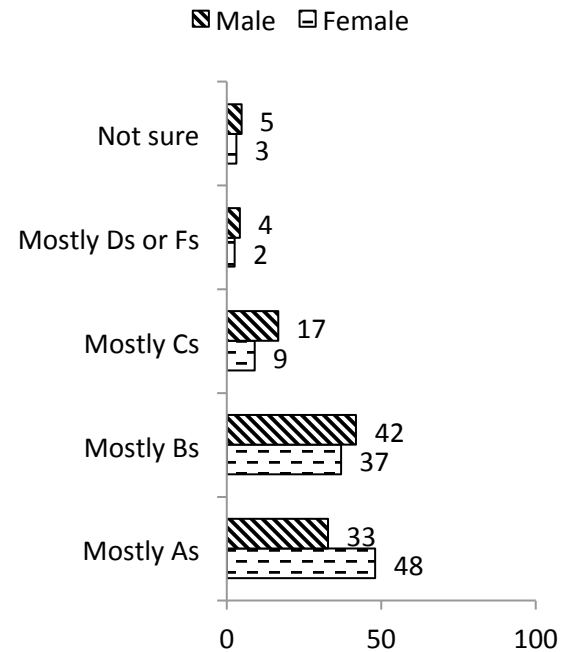


Note: screen time includes watching TV, playing video games, or playing on the computer.

Grades

- **Overall, 79% of students reported that they earned grades that were mostly As (40%) or Bs (39%).**
- Females were significantly more likely to report earning mostly As. Males were significantly more likely to report earning mostly Bs or Cs.

Students' self-reported grades in the past 12 months

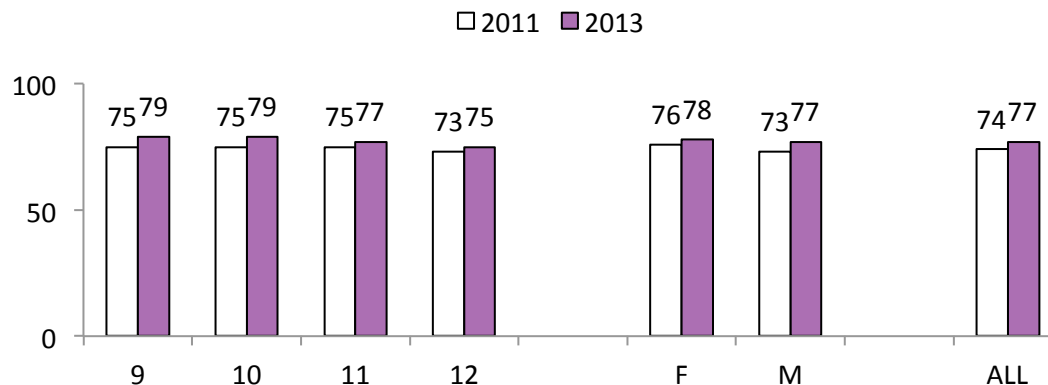


Talk to Parents about School

- **Overall, 3 in 4 students (77%) spoke to their parents about school at least once a week.**
- There were no differences by gender. Ninth graders were more likely to report talking to their parents about school at least once a week compared to twelfth graders.
- There was a significant increase in the percent of students who spoke with their parents about school at least once a week from 2011 to 2013.

Percent of students whose parents talk to them about school:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
About every day	45	49	51	51	48	45	51	47
About once or twice a week	29	29	28	28	29	30	28	30
About once or twice a month	11	10	9	9	10	11	9	10
Less than once a month	8	7	6	6	7	7	7	6
Never	8	6	6	6	6	7	6	7

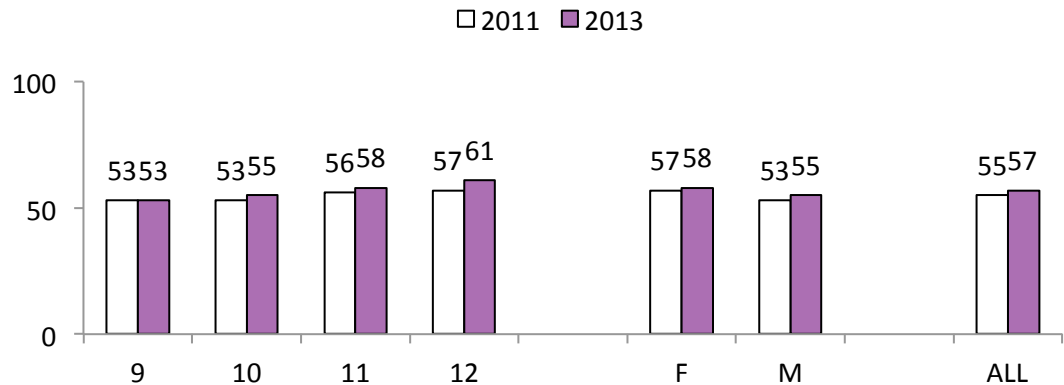
Percent of students who talk to their parents about school at least once a week



Service to Community

- **Over half (57%) of students spent at least one hour volunteering in an average week.**
- Females were more likely to report spending one or more hours helping other people than males. Twelfth graders were more likely to report spending one or more hours helping other people compared to other students.
- Volunteering for one or more hours a week increased significantly from 2011 to 2013.

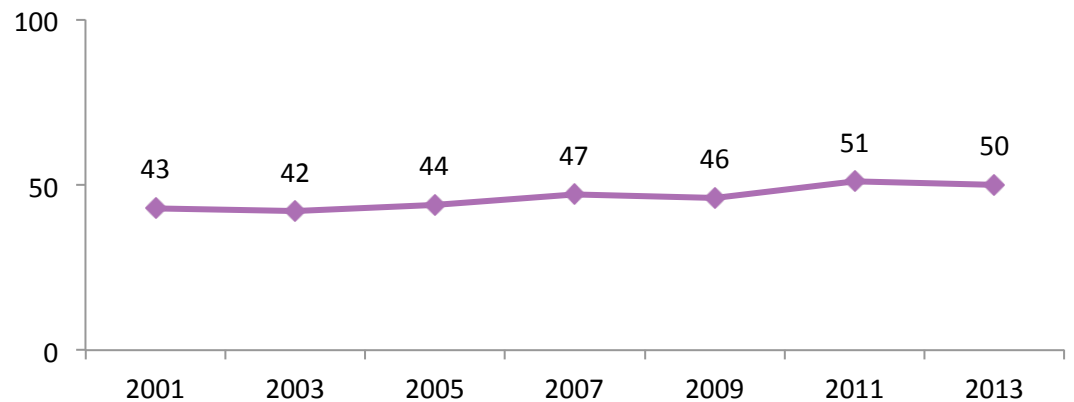
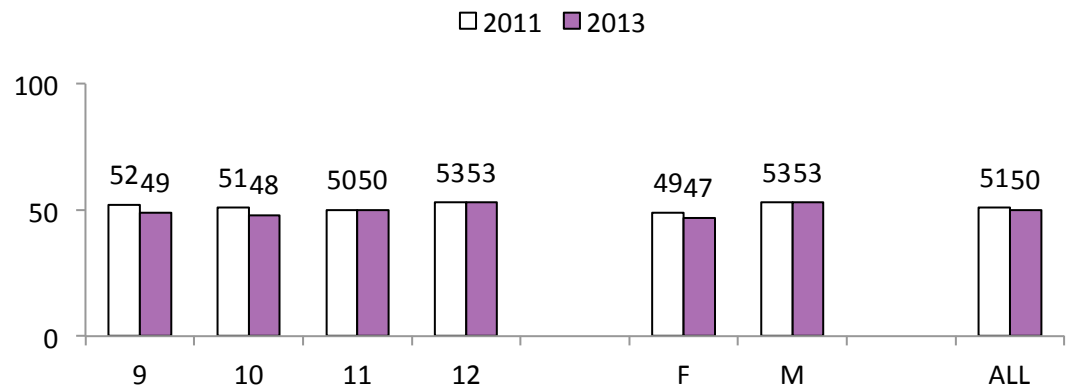
Percent of students who, during an average week, spent one or more hours helping other people without getting paid



Feel Valued by Community

- **Half (50%) of students agreed or strongly agreed that they matter to people in their communities.**
- Males were more likely to report that they matter to their communities compared to females. Twelfth graders were more likely to report that they matter to their communities compared to students in other grades
- Feeling valued by the community decreased significantly from 2011 to 2013.

Percent of students who agree or strongly agree that “in your community you feel like you matter to people”



Feel Valued at School

- **Just under two thirds (59%) of students agreed or strongly agreed that their teachers really care about them and give them a lot of encouragement.**
- Males were more likely to report that their teachers really care about them compared to females. Twelfth and eleventh graders were more likely to report that their teachers really care about them compared to ninth and tenth graders.
- **Nearly half of students (47%) agreed or strongly agreed that students help decide what goes on in school.**
- There were no differences by gender. Ninth graders were more likely to agree that students help decide what goes on in school compared to eleventh graders.

Percent of students who <i>agree or strongly agree</i> that:	All		Grade				Gender	
	2011	2013	9	10	11	12	F	M
Their teachers really care about them and give them a lot of encouragement	59	59	55	56	60	65	58	61
Students help decide what goes on in school	48	47	50	47	46	47	48	47

Plans for the Future

- **Overall, 82% of students reported that they have a plan to complete a post high school program upon graduation (including things such as a vocational training program, military service, community college or 4-year college).**
- Females were more likely to report plans to complete a post high school program compared to males.
- Twelfth graders were more likely than ninth and tenth graders to report that they will complete a post high school program.

Percent of students who report that:	All	Grade				Gender	
	2013	9	10	11	12	F	M
They will probably or definitely complete a post high school program	82	77	82	84	86	85	79

2013 Vermont Middle School Youth Risk Behavior Survey

- In February and March 2013, 14,742 middle school students at 126 schools took the 2013 Vermont Middle School Youth Risk Behavior Survey. Any school that included grades six through eight, including public/independent, independent, interstate, and technical schools, could participate in the high school survey. Students completed a self-administered 69-item questionnaire. Survey procedures protected the privacy of students by allowing for anonymous and voluntary participation.
- This report presents the results from the public middle schools, as well as the one independent school that serves as the public high school in their Supervisory Union. In total, 14,639 students and 122 middle schools are included in the report. The school response rate was 97%, the student response rate was 87%, and the overall response rate was 84% ($97\% \times 87\% = 84\%$).
- The results in this report are weighted by gender, grade, and race/ethnicity to compensate for absenteeism and incomplete surveys, as well as those few schools that chose not to participate.
- **All results in the 2013 middle school survey report are for grades six through eight only. The middle school survey was new in 2011.**

Sample Demographics

	Grade			Gender		All*
	6	7	8	Females	Males	
Number of students	3376	5503	5669	7174	7407	14639

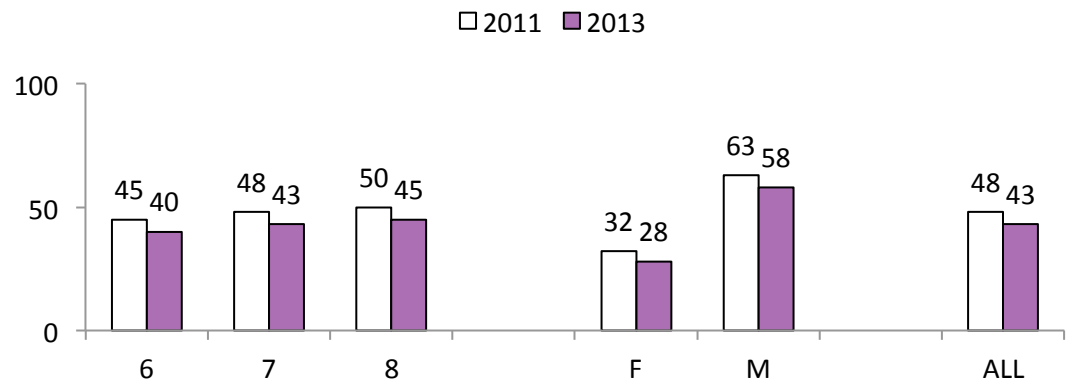
*NOTE: Some students did not indicate their grades or genders. Therefore, totals by grade and by gender do not equal the overall total.

Race and Ethnicity	
White non-Hispanic	92%
Racial or Ethnic Minority	8%
Age	
11 or younger	11%
12	30%
13	38%
14 or older	21%

Physical Fighting

- **Overall, 4 in 10 students (43%) reported that they have ever been in a physical fight.**
- Males were significantly more likely to have been in a physical fight than females. Eighth graders were significantly more likely to have been in a physical fight than sixth graders.
- There was a significant decrease in students reporting physical fighting from 2011 to 2013.

Percent of students who have ever been in a physical fight



Safety at School

- Nearly half (47%) of students reported that they had ever been bullied on school property.** Females reported bullying significantly more than males. There were no differences by grade.
- In the past 30 days, 7% of students did not go to school because they felt they would be unsafe at school or on their way to or from school.** Females were more likely than males to report missing school. There were no differences by grade.
- There was a significant increase in students missing school from 2011 to 2013.

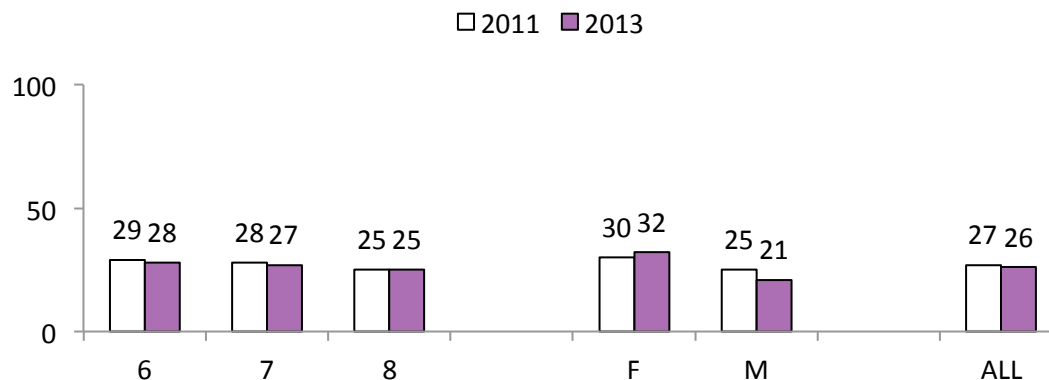
Percent of students who :	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Were ever bullied at school	47	47	47	47	48	53	42
Did not go to school during the past 30 days because they felt unsafe	6	7	8	7	6	9	5

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.

Bullying

- **Overall, 1 in 4 (26%) students were bullied at least once in the past 30 days.**
- Females were significantly more likely than males to have been bullied. There were no differences by grade.
- There was no difference in bullying from 2011 to 2013.

Percent of students who were bullied at least once in the past 30 days



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Bullied Someone

- **Overall, 1 in 10 (13%) students reported bullying someone at least once in the past 30 days.**
- Bullying someone else increased significantly with each increasing grade. There were no differences by gender.
- **There was a significant decrease in students reporting being a bully from 2011 to 2013.**

Percent of students who bullied someone at least once in the past 30 days



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.

Electronic Bullying

- **Overall, 1 in 4 students (25%) reported that they had ever been electronically bullied.**
- Females were significantly more likely than males to report electronic bullying.
- The risk of being electronically bullied increased significantly with each grade.

Percent of students who reported that they had ever been electronically bullied



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.

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

Bicycle Helmet Use

- Overall, 9 out of 10 students (92%) reported that they ride a bicycle.
- **Of those students, 27% always wore a helmet while 35% rarely or never wore a helmet.**
- Males were significantly more likely to never or rarely wear a bike helmet compared to females.
- The risk of never or rarely wearing a bike helmet increased significantly with each grade.

Percent of bicycle riders who wore a helmet:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Always	25	27	36	27	22	29	26
Most of the time	23	23	25	24	21	23	23
Sometimes	15	15	15	16	15	16	15
Never or rarely	37	35	24	33	43	33	36

Helmet Use while Rollerblading or Skateboarding

- Overall, 41% of students reported that they rollerblade or ride a skateboard.
- **Of those students, 30% always wore a helmet while 39% rarely or never wore a helmet.**
- As students got older, they were significantly less likely to wear a helmet while rollerblading or skateboarding. There were no differences by gender.
- There was a significant decrease in the percent of students reporting never or rarely wearing a helmet from 2011 to 2013.

Percent of students who rollerblade or skateboard who wear a helmet:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Always	27	30	43	29	22	31	30
Most of the time	17	18	21	19	16	17	20
Sometimes	13	12	11	14	12	13	11
Never or rarely	43	39	25	38	50	39	39

Seatbelt Use

- **Overall, 75% of students reported always wearing a seat belt when riding in a car.**
- Males were significantly more likely than females to never or rarely wear a seatbelt when riding in a car.
- As students got older, they were significantly more likely to never or rarely wear a seatbelt while riding in a car.
- Students reporting rarely or never wearing a seatbelt while riding in a car decreased significantly from 2011 to 2013.

Percent of students who wear a seat belt while riding in a car:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Always	72	75	84	74	70	77	73
Most of the time	19	18	12	19	20	17	18
Sometimes	5	5	3	5	6	4	5
Rarely or never	4	3	1	3	4	2	4

Riding in a Car with a Drinking Driver

- **Overall, 1 in 5 students (21%) reported that they had ridden in a car with someone who had been drinking.**
- As students got older, they were significantly more likely to ride in a car with a driver who had been drinking.
- Females were significantly more likely than males to ride in a car with a driver who had been drinking.
- Riding with a driver who had been drinking decreased significantly from 2011 to 2013.

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



Suicide

- **Overall, 18% of students were so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.**
- Females were more likely than males to report feeling sad or hopeless. Eighth graders were more likely than sixth and seventh graders to feel sad or hopeless.
- **Overall, 17% of students reported that they ever seriously thought about committing suicide, 11% made a suicide plan, and 5% made a suicide attempt.**
- Females were significantly more likely than males to report that they ever seriously thought about suicide, made a suicide attempt, or tried to commit suicide.
- As age increases, students are significantly more likely to seriously think about suicide and make a suicide plan. Eighth graders are significantly more likely than sixth and seventh graders to try to commit suicide.
- None of the measures changed significantly from 2011 to 2013.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, in the past 12 months ^a	NA	18	15	17	19	24	12
Seriously thought about suicide, ever	17	17	12	16	20	22	12
Made a suicide plan, ever	10	11	7	10	14	14	8
Attempted suicide, ever	4	5	3	4	6	7	3

NOTE: ^aThis question was new in 2013

Lifetime Alcohol Use

- **Nearly 1 in 5 students (18%) reported ever drinking alcohol, other than a few sips.**
- Males were significantly more likely than females to try alcohol.
- As students get older, they were significantly more likely to try alcohol.
- **Lifetime alcohol use among middle school students decreased significantly from 2011 to 2013.**



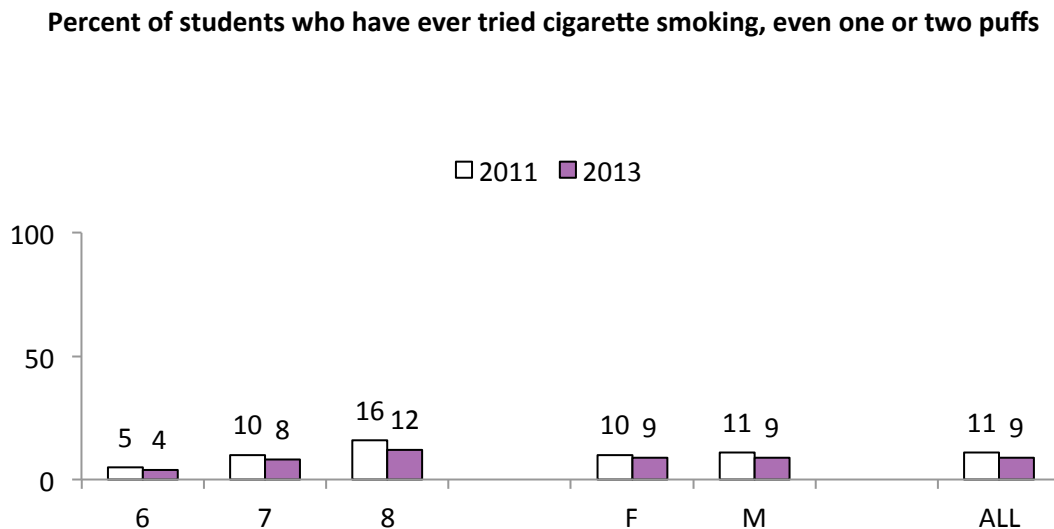
Alcohol Use

- **Overall, 1 in 14 students (7%) drank alcohol other than a few sips before age eleven, and 1 in 14 students (7%) reported drinking alcohol in the past 30 days.**
- Males were more likely than females to report binge drinking and drinking before age 11.
- Drinking in the past thirty days and binge drinking increased significantly with each increasing grade. Eighth graders were more likely than sixth and seventh graders to report drinking before age 11.
- All three measures decreased significantly from 2011 to 2013.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Drank before age 11	9	7	6	6	8	5	9
Drank any alcohol in the past 30 days	9	7	3	6	11	6	7
Had five or more drinks of alcohol in a row, that is, within a couple of hours in the past 30 days	3	2	1	2	4	2	3

Lifetime Cigarette Use

- **Overall, 9% of students reported having ever tried cigarette smoking, even one or two puffs.**
- Lifetime smoking increased significantly with each grade.
- There were no differences by gender.
- Lifetime cigarette use decreased significantly from 2011 to 2013.



Cigarette Use

- **Overall, 2% of students reported smoking before age eleven, smoking in the past 30 days, or smoking one or more cigarettes per day.**
- Older students were significantly more likely to have smoked cigarettes in the past 30 days, and to have smoked one or more cigarettes per day on the days they smoked.
- There were no differences by gender for any of the measures.
- Smoking a cigarette before age 11 and smoking in the past 30 days both decreased significantly from 2011 to 2013.

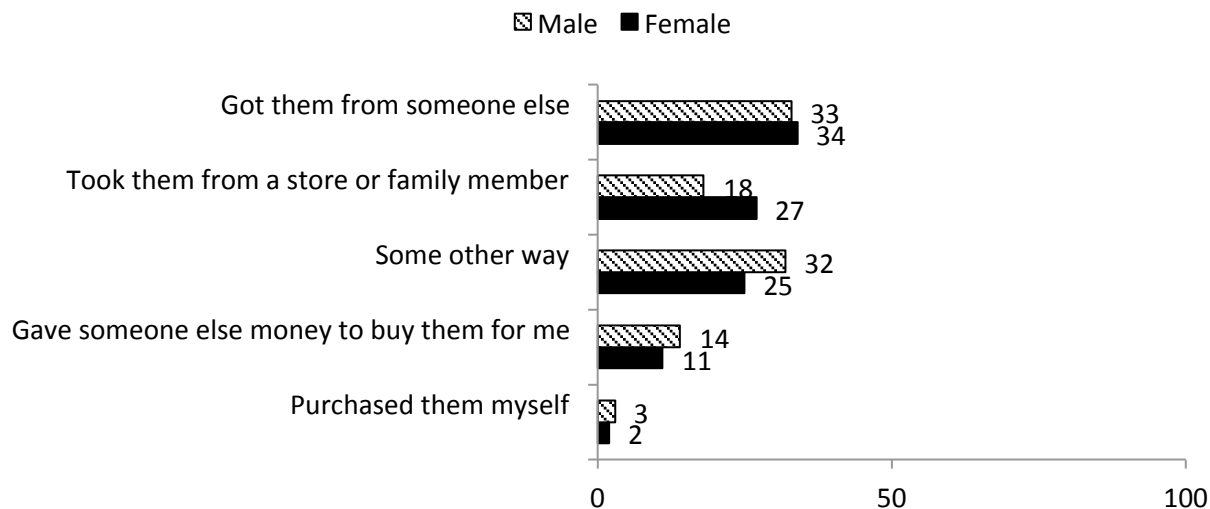
Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Smoked a whole cigarette before age 11	2	2	1	2	2	2	2
Smoked cigarettes in the past 30 days	3	2	1	2	4	2	2
Smoked 11 or more cigarettes per day on days smoked	2	2	<1	1	2	1	2

NOTE: Due to rounding smoking before age 11 does not appear to have changed.

Source of Cigarettes Among Smokers

- **Of students who smoked in the past 30 days, 13% gave someone money to buy cigarettes for them, 3% purchased them, 33% bummed them from someone else, 22% took them from a store or family member, and 29% got them some other way.**
- **Males were more likely than females to report purchasing and to give money to someone else to purchase cigarettes. There were no other differences by gender.**

Usual source of cigarettes in the past 30 days among smokers



Note: there were fewer than 5 female respondents who reported purchasing their own cigarettes.

Other Tobacco Use

- **Overall, 2% of students reported using chewing tobacco, snuff, or dip during the past 30 days.** Males were significantly more likely than females to use smokeless tobacco. Use significantly increased with each grade.
- **Of all students, 1% smoked cigars, cigarillos, or little cigars in the past 30 days.** Males were significantly more likely to report cigar use than females. Use significantly increased with each grade.
- **Overall, 3% of students have ever used snus.** Eighth graders were significantly more likely to use snus than sixth or seventh graders. There were no differences by gender.
- The use of snus and cigars significantly decreased from 2011 to 2013.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Used chewing tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen on one or more of the past 30 days	2	2	1	1	3	1	3
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	2	1	<1	1	2	1	2
Ever used snus, such as Camel Snus or Marlboro Snus	3	3	1	2	4	2	3

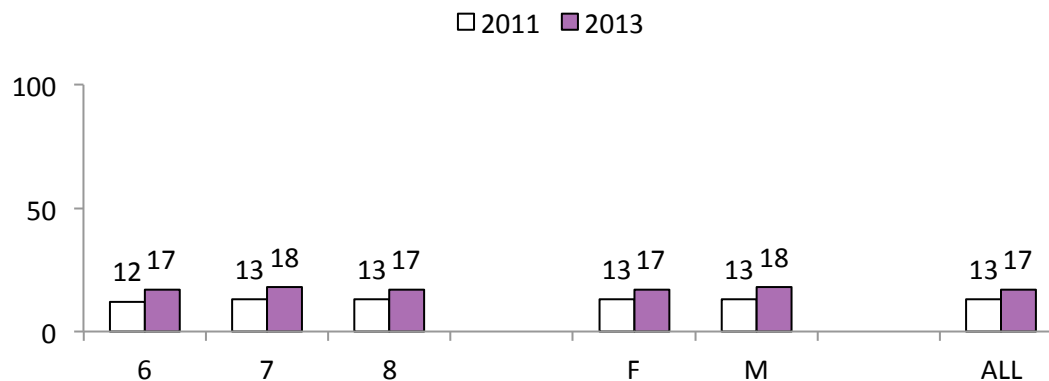
NOTE: Due to rounding snus use does not appear to have changed.

Awareness of Students' Smoking

The survey asked, "Out of 100 Vermont high school students, how many do you think smoke cigarettes?"

- Almost half (45%) of all students think that less than one quarter of students smoke. Of those, 27% think that sixteen to twenty students out of 100 smoke, and 17% think that fifteen or fewer students out of 100 smoke.
- Overall, 15% think forty six to fifty five students smoke and 17% think that more than fifty six students smoke.
- There were no differences by grade or gender.
- Students reporting that they think 56 or more high school students smoke out of 100 increased significantly from 2011 to 2013.

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



Exposure to Cigarette Smoke

- **Overall, 30% of students were in the same room with someone who was smoking cigarettes during the past seven days and 22% were in a car with someone who was smoking during the past seven days.**
- Females were more likely to report both being in the same room, and in a car with a smoker compared to males. Being in the same room as a smoker and being in a car with a smoker both increased significantly with each grade.
- Both measures decreased significantly from 2011 to 2013.

Percent of students who during the past 7 days:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Were in the same room with someone who was smoking cigarettes	33	30	26	29	33	31	29
Were in the same car with someone who was smoking cigarettes	25	22	18	22	25	24	20

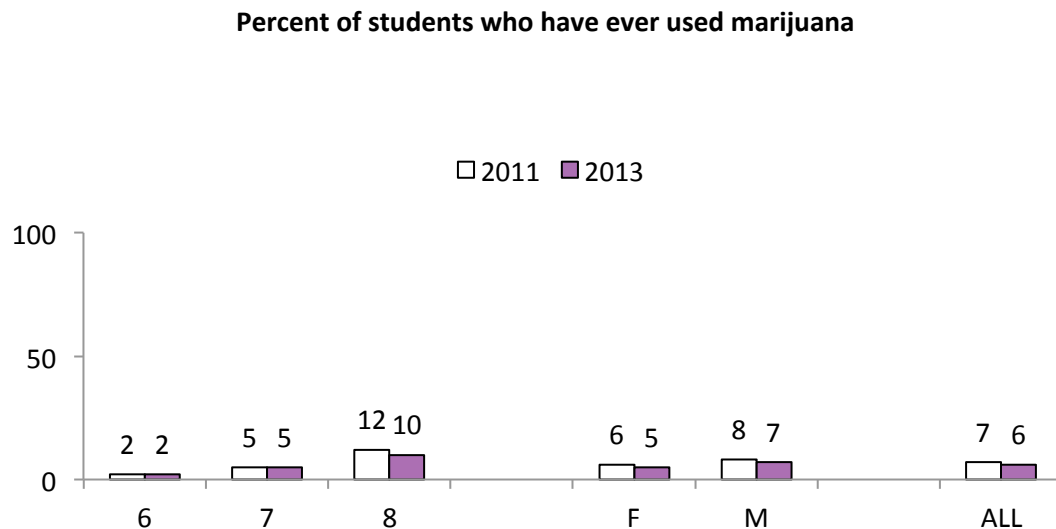
Discussions about Smoking

- Overall, 21% of students were asked if they smoked by a health professional in the past 12 months.** Female students were more likely than males students to be asked by a health professional if they smoked. Being asked by a health professional about smoking increased significantly with each increasing grade.
- Being asked by a health professional about smoking increased significantly from 2011 to 2013.
- Of smokers, 48% attempted to quit in the past 12 months.** There were no differences by grade or gender.
- Attempting to quit did not change significantly from 2011 to 2013.

Percent of students who in the past 12 months:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Were asked if they smoked by any doctor, dentist, nurse, or other health professional	19	21	12	19	28	22	20
Attempted to quit (of smokers)	54	48	49	50	47	47	49

Lifetime Marijuana Use

- **Overall, 6% of students have ever used marijuana.**
- Males were more likely than females to report marijuana use. Marijuana use increased significantly with each grade.
- There was no difference in lifetime marijuana use from 2011 to 2013.



Marijuana Use

- **Only 1% of students reported using marijuana before age 11.**
- There were no differences by gender or grade.
- **Overall, 3% of students smoked marijuana in the past 30 days.**
- Males were more likely than females to report marijuana use in the past thirty days. Past thirty day marijuana use increased significantly with each increasing grade.
- There was no significant difference in either measure from 2011 to 2013.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Used marijuana before age 11	1	1	1	1	1	1	1
Used marijuana in the past thirty days	4	3	1	2	5	3	4

Other Drug Use

- **Of all students, 5% reported ever using inhalants and 3% reported ever misusing prescription drugs.**
- Females were more likely to report inhalant use than males. Inhalant use did not differ by grade.
- Prescription drug misuse did not differ by gender. Eighth graders were more likely than sixth or seventh graders to report misusing a prescription drug.
- Inhalant use decreased significantly from 2011 to 2013.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Ever used inhalants	7	5	4	5	6	6	5
Ever took a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription	3	3	2	2	3	3	3

NOTE: Due to rounding prescription drug misuse does not appear to have changed.

Parental Disapproval of Alcohol, Cigarette, and Marijuana Use

- **Students are highly likely to perceive that their parents think it is wrong or very wrong for them to use cigarettes, alcohol, or marijuana.**
- Females were more likely to report perceived parental disapproval of drinking than males. There were no differences by gender for perceived parental disapproval of smoking cigarettes or using marijuana.
- Perceived parental disapproval of drinking and using marijuana decreased significantly with each increasing grade. Eighth graders were less likely to report parental disapproval for smoking cigarettes compared to sixth graders.
- There was a significant increase in students reporting perceived parental disapproval of alcohol use from 2011 to 2013. There were no differences in perceived parental disapproval of cigarette or marijuana use from 2011 to 2013.

Percent of students who think their parents would think it is <i>wrong</i> or <i>very wrong</i> for them to:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Smoke cigarettes	95	96	97	96	96	97	96
Drink alcohol	89	91	93	91	89	92	89
Smoke marijuana	95	95	97	96	93	95	95

Peer Disapproval of Alcohol, Cigarette, and Marijuana Use

- **Approximately 9 out of 10 students think it would be wrong or very wrong for someone their age to use cigarettes, alcohol, or marijuana.**
- Female students were more likely to report disapproval of peer use of cigarettes, alcohol, and marijuana compared to male students.
- Disapproval decreased significantly with each increasing grade for all three substances.
- There was a significant increase in peer disapproval of cigarette and alcohol use from 2011 to 2013. There was no difference in peer disapproval of marijuana use.

Percent of students who think it would be <i>wrong or very wrong</i> for someone their age to:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Smoke cigarettes	93	94	98	95	92	95	94
Drink alcohol	85	88	95	90	83	90	86
Smoke marijuana	92	92	97	94	86	93	91

Perceived Harmfulness of Alcohol, Cigarette, and Marijuana Use

- **Students were more likely to perceive that people their age greatly risk harming themselves by smoking a pack of cigarettes daily than by using marijuana regularly, and more by smoking marijuana regularly than by having five or more drinks of alcohol once or twice each weekend.**
- Perceived harmfulness of smoking cigarettes did not differ by gender or grade.
- Female students were more likely to perceive binge drinking once or twice each weekend as posing great risk of harm compared to male students. There were no differences by grade.
- Female students were more likely than male students to perceive smoking marijuana regularly as posing a great risk. Perception of harm for regular marijuana use decreased significantly with each grade.
- There was a significant decrease in the perception of harm for binge drinking on weekends and smoking marijuana regularly from 2011 to 2013. There was no change in perceived harm of smoking cigarettes from 2011 to 2013.

Percent of students who think <i>people their age</i> greatly risk harming themselves (physically or in other ways) if they:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Smoke one or more packs of cigarettes per day	70	71	70	70	72	71	71
Have five or more drinks of alcohol once or twice each weekend	53	51	52	51	50	53	49
Smoke marijuana regularly	68	64	71	67	58	66	63

Perceived Availability of Alcohol, Cigarette, and Marijuana Use

- **Overall, nearly 2 in 5 students (38%) perceive that alcohol is easy to obtain, compared to 26% who perceive cigarettes are easy to obtain and 14% who perceive marijuana is easy to obtain.**
- Male students were more likely to perceive that cigarettes and marijuana are easy to obtain compared to female students. There was no difference by gender for ease of access to alcohol.
- Perceived availability increased significantly for all substances with each increasing grade.
- Perceived availability of all substances decreased significantly from 2011 to 2013.

Percent of students who report that it would be <i>easy</i> or <i>very easy</i> to get:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Cigarettes	29	26	14	24	35	24	28
Alcohol	41	38	24	36	49	38	39
Marijuana	16	14	5	12	23	13	16

Perceived Weight

- **A majority of students (57%) think that they are about the right weight.**
- **Of all students, 41% are trying to lose weight.**
- Females were significantly more likely to report trying to lose weight compared to males. Eighth graders were significantly more likely to report trying to lose weight compared to sixth and seventh graders.
- Females were more likely than males to think that they were overweight. Eighth graders were more likely than sixth and seventh graders to think they were overweight.
- Describing themselves as overweight and trying to lose weight did not change from 2011 to 2013. However, the percent of students not trying to do anything about their weight increased significantly from 2011 to 2013.

	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Percent of students who describe themselves as:							
Underweight	17	17	21	17	16	16	19
About the right weight	57	57	56	58	57	56	58
Overweight	26	26	24	25	28	28	23
Percent of students who are trying to:							
Lose weight	42	41	39	39	44	50	32
Gain weight	10	10	11	9	10	5	14
Stay the same weight	23	23	24	23	21	20	25
Not trying to do anything	24	27	26	29	26	25	29

Sun Protection

- **Overall, 7% of students reported always, and 27% reported most of the time or always using SPF 15 or higher when they were outside in the sun for one hour or more.**
- In total, 45% of students report never or rarely using sun protection, and 28% report sometimes using sun protection.
- Female students were significantly more likely than male students to report always using sun protection.
- Sixth graders were significantly more likely than seventh and eighth graders to report always using sun protection.

Percent of students who use SPF 15 or higher when outside for >1 hour:	All	Grade			Gender	
	2013	6	7	8	F	M
Always	7	9	6	5	9	5
Most of the time or always	27	37	26	21	34	21

NOTE: This question was new in 2013.

Breakfast Consumption

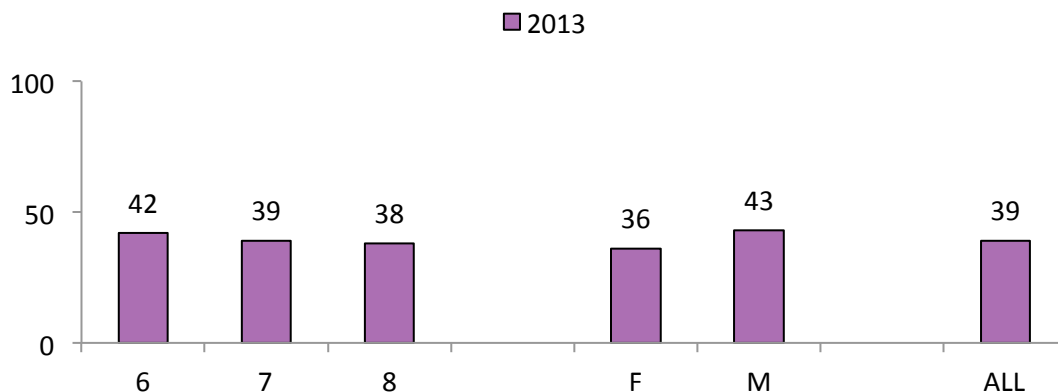
- **Almost half of all students (52%) ate breakfast every day in the past week.**
- Females were significantly less likely to eat breakfast every day than males.
- The likelihood of eating breakfast on all of the past seven days decreased significantly with each grade.
- The percent of students reporting eating breakfast on all of the past seven days increased significantly from 2011 to 2013.

Percent of students who ate breakfast:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
On all of the past seven days	49	52	62	51	46	44	59
At least three of the past seven days	81	82	87	82	79	77	87
On zero of the past seven days	8	7	5	7	8	9	5

Water Consumption

- **Overall, 39% of middle school students reported drinking at least four bottles or glasses of water a day.**
- Males were more likely than females to report drinking at least four bottles or glasses of water a day. Sixth graders were more likely than seventh and eighth graders to report drinking at least four bottles or glasses of water a day.
- In total, 8% reported drinking no water, 11% reported drinking water once, 41% reported drinking two to three bottles or glasses of water a day.

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



NOTE: This question was new in 2013.

Physical Activity

- **Overall, 3 in 10 students (29%) participated in 60 minutes of physical activity every day, per the U.S. Department of Health and Human Services Guidelines.**
- Females were significantly less likely to participate in daily physical activity than males. Sixth graders were more likely than seven and eighth graders to participate in daily physical activity.
- There was a significant decrease from 2011 to 2013 in the percent of students reporting daily physical activity.
- Of all students, 6% reported zero days with at least 60 minutes of physical activity in the past week. There were no differences by grade or gender.

Percent of students who participated in at least 60 minutes of physical activity every day during the past seven days



Physical Education

- **Overall, 9 in 10 students (91%) participated in physical education classes at least once a week, and 13% of students participated in physical education class every day during an average school week.**
- Significantly more sixth graders reported attending physical education classes at least once a week, as well as five times a week, compared to seventh and eighth graders.
- There was no difference by gender for either measure.
- There was a significant decrease in the percent of students reporting attending physical education classes every day from 2011 to 2013. There was no change in the percent who attended physical education classes at least once a week.

Percent of students who:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Attended physical education classes one or more days in an average week when they were in school	90	91	93	91	89	91	91
Attended physical education classes daily in an average week when they were in school	15	13	15	12	11	12	13

Television on an Average School Day

- **Overall, 1 in 5 students (23%) watched three hours or more of TV on an average school day.**
- Eighth graders were significantly more likely than sixth graders to report watching 3 or more hours of television daily.
- Of all students, 6% spent five or more hours watching TV on an average school day. Males were more likely than females to watch 5+ hours of TV on an average school day. There were no differences by gender.
- There was no difference from 2011 to 2013 for either measure.

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



Computer Use on an Average School Day

- **Overall, 3 in 10 students (29%) 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.**
- Males were significantly more likely than females to report three or more hours of non-school work on the computer. This behavior increased significantly with each grade.
- **One in ten students (11%) spent five or more hours per school day** playing video or computer games or using a computer for something that was not school work.
- From 2011 to 2013 there was a significant increase in the percent of students who reported using a computer for something that was not school work for three or more hours per day.

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



Internet Usage

- **Overall, 45% of students went online on six or seven days in the past week for something that was not for school.**
- The likelihood that a student would go online for something that was not for school 6 out of 7 days in the past week increases significantly with each grade. There were no differences by gender.
- The percent of students reporting going online for something that was not school related on 6 to 7 days in the past week increased significantly from 2011 to 2013.

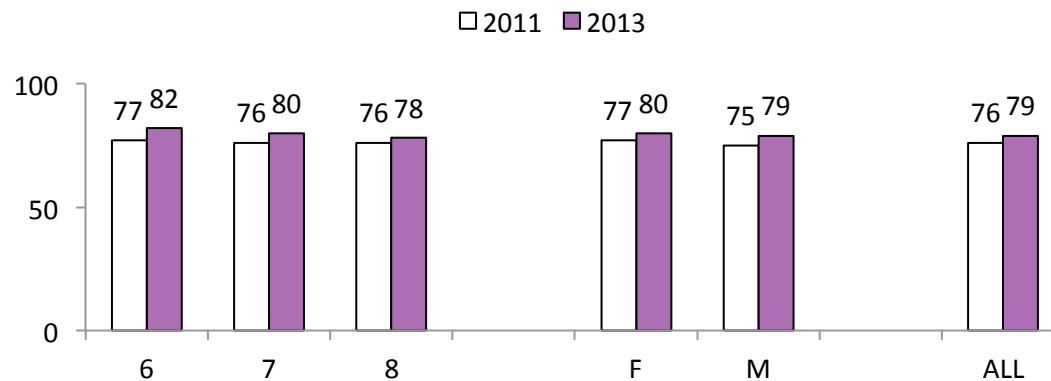
Percent of students who, in the past 7 days, went online for something that was not for school:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
0 to 1 days	23	20	31	21	13	20	21
2 to 3 days	19	18	24	19	14	19	18
4 to 5 days	17	16	16	16	16	16	17
6 to 7 days	42	45	29	43	57	46	45

Talk to Parents about School

- **Overall, 4 out of 5 students (79%) spoke to their parents about school at least once a week.**
- Eighth graders were significantly less likely than sixth graders to talk to their parents about school at least once a week.
- There were no differences by gender.
- There was a significant increase in the percentage of students reporting talking to their parents at least weekly from 2011 to 2013.

Percent of students whose parents talked with them about school:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Almost every day	46	51	56	51	47	52	49
About once or twice a week	30	29	26	29	30	28	30
About once or twice a month	10	9	8	8	9	8	9
Less than once a month	7	7	6	6	8	6	7
Never	7	5	5	5	6	5	5

Percent of students who talk to their parents about school at least once a week



Feel Valued by Community

- **Over half (54%) of students agree or strongly agree that they matter to people in their communities.**
- Males are significantly more likely to agree that they matter to their community compared to females.
- As grade increased, students were significantly less likely to report feeling that they mattered to their community.
- There was no significant difference from 2011 to 2013.

Percent of students who agree or strongly agree that “in your community you feel like you matter to people”



Feel Valued at School

- **Overall, 62% of students agreed or strongly agreed that their teachers really care about them and give them a lot of encouragement.**
- Agreeing that teachers really care about students decreased significantly with each grade.
- There were no differences by gender.
- **Overall, 42% of students agree or strongly agree that students help decide what goes on in their school.**
- Eighth graders were significantly less likely to agree that students help decide what goes on in school compared to sixth and seventh graders.
- There were no differences by gender.
- The percent of students who agreed that their teachers care about them significantly increased from 2011 to 2013.

Percent of students who <i>agree or strongly agree</i> that:	All		Grade			Gender	
	2011	2013	6	7	8	F	M
Their teachers really care about them and give them a lot of encouragement	59	62	69	61	58	62	62
Students help decide what goes on in school	42	42	45	43	40	42	43



108 Cherry Street, PO Box 70, Burlington, VT 05402

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