High School

The statewide highlights are based on a random sample of 8,654 Vermont students in grades 9 through 12.

1 Smoking

Fewer students smoked in 2011.

Most students think it is wrong for kids their age to smoke.

- 24% of students ever smoked a whole cigarette, a significant decrease from 31% in 2009
- 13% of students smoked in the past 30 days, a significant decrease from 18% in 2009
- 7% of students smoked a whole cigarette before age 13, a significant decrease from 12% in 2009
- 91% of students think their parents would think it is wrong or very wrong for them to smoke cigarettes
- 74% of students think it is wrong or very wrong for kids their age to smoke
- 59% think kids their age risk great harm from smoking one or more packs of cigarettes a day
- 67% think that cigarettes are easy to get

2 Alcohol

Fewer students drank alcohol in 2011.

Students are less likely to start drinking early.

- 60% of students reported ever drinking alcohol, a significant decrease from 66% in 2009
- 35% of students reported drinking alcohol, and 21% reported binge drinking (five or more drinks within a few hours), in the past 30 days
- 15% of students reported drinking before age 13, a significant decrease from 18% in 2009
- 74% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- 47% of students think it is wrong or very wrong for kids their age to drink
- 38% think kids their age risk great harm from having five or more drinks once or twice each weekend
- 73% think that alcohol is easy to get
Other Drugs

Prescription drug misuse declined in 2011.

Marijuana use remains unchanged.

- 14% of students said they had ever used a prescription drug without a prescription, a significant decrease from 17% in 2009.
- 24% of students reported using marijuana in the past 30 days.
- 84% of students think their parents would think it is wrong or very wrong for them to smoke marijuana.
- 58% of students think it is wrong or very wrong for kids their age to smoke marijuana.
- 34% think kids their age risk great harm from smoking marijuana regularly.
- 62% think that marijuana is easy to get.

Personal Safety

Rates of driving under the influence remain unchanged.

Most students wear seat belts when riding in cars.

- 7% of students reported driving after drinking alcohol in the past 30 days.
- 13% of students said they drove after using marijuana in the past 30 days.
- 21% of students reported riding with a drinking driver in the past 30 days, while 25% rode with a driver who had been using marijuana.
- 63% of students said they always wear a seat belt when riding in a car.
- 53% of students who rode bicycles in the past year rarely or never wore a helmet, a significant decline from 64% in 2009.

Sex

Sexual intercourse rates remain the same.

Most sexually active students use condoms.

- 41% of students reported ever having sex.
- 45% of students reported ever having oral sex.
- 32% of students had sex at least once in the past three months.
- 63% of sexually active students reported using a condom during their most recent sexual experience.
- 23% of sexually active students reported using alcohol or other drugs before sex.
- 10% of students said they have ever been tested for HIV.
- 7% of students did not use birth control the last time they had sex, and 4% were not sure what method they used.

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Violence

Bullying and physical fighting remain unchanged.

Few students plan or attempt suicide.

- 23% of students reported fighting in the past 12 months, while 9% were in a physical fight on school property and 6% said they were threatened or injured with a weapon on school property.
- 15% of students were electronically bullied in the past 12 months.
- 17% of students were bullied and 17% bullied someone during the past 30 days.
- 7% of students were hit, slapped, or physically hurt by a boyfriend or girlfriend in the past year, and 6% have ever been forced to have sexual intercourse.
- 8% of students reported making a suicide plan during the past year, while 4% said they actually attempted suicide.

Diet + Exercise

Few students eat enough fruits and vegetables.

Rates of overweight and obesity remain constant.

- 23% of students were overweight or obese based on Body Mass Index (BMI).
- 25% of students ate five or more servings of fruits and vegetables per day.
- 16% of students drank at least one serving of soda daily, a significant decline from 23% in 2009.
- 38% of students had PE classes at least once per week.
- 24% of students reported participating in at least 60 minutes of physical activity every day in the past week.
- 36% of students spend three or more hours per school day watching TV, playing video games, or using the computer for fun.

Youth Assets

More students are volunteering.

More students feel like they matter to their community.

- 55% of students spent one or more hours per week volunteering, a significant increase from 43% in 2009.
- 55% agree or strongly agree that they matter to people in their communities, a significant increase from 47% in 2009.
- 76% of students said they talked to their parents about school at least once a week.
- 62% agree or strongly agree that their teachers really care about them and give them a lot of encouragement.
- 52% agree or strongly agree that students help decide what goes on in school.

Physical Fighting • High School 1993–2011
Percent of students who were in a physical fight during the past 12 months

Overweight & Obesity • High School 1999–2011
Percent of students who are overweight or obese based on Body Mass Index (BMI)

Youth Assets • High School 2001–2011
Percent of students who agree or strongly agree that “in your community, you matter to people”
Middle School

The statewide highlights are based on a random sample of 3,278 Vermont students in grades 6 through 8.

1 Smoking

One in eight students has ever tried smoking.

Few students smoked in the past 30 days.

- 13% of students have ever tried cigarette smoking, even one or two puffs
- 3% tried smoking before age 11
- 3% of students smoked in the past 30 days
- 96% think their parents would think it is wrong or very wrong for them to smoke cigarettes
- 93% of students think it is wrong or very wrong for kids their age to smoke
- 70% think kids their age risk great harm from smoking one or more packs of cigarettes a day
- 32% of students think that cigarettes are easy to get

2 Alcohol

One in four students has ever consumed alcohol.

Few students drank in the past 30 days.

- 23% of students reported ever drinking alcohol
- 9% reported drinking before age 11
- 9% reported drinking alcohol, and 4% reported binge drinking (five or more drinks within a few hours), in the past 30 days
- 89% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- 85% of students think it is wrong or very wrong for kids their age to drink
- 52% think kids their age risk great harm from having five or more drinks once or twice each weekend
- 40% think that alcohol is easy to get

3 Other Drugs

Few students use marijuana or other drugs.

Most students think it is wrong for kids their age to smoke marijuana.

- 8% of students reported ever using marijuana, and 5% used marijuana in the past 30 days
- 7% ever used inhalants
- 4% of students ever took a prescription drug without a doctor’s prescription
- 95% think their parents would think it is wrong or very wrong for them to smoke marijuana
- 91% of students think it is wrong or very wrong for kids their age to smoke marijuana
- 66% think kids their age risk great harm from smoking marijuana regularly
- 18% think that marijuana is easy to get
# Middle School

The statewide highlights are based on a random sample of 3,278 Vermont students in grades 6 through 8.

## 4 Personal Safety + Violence

Many students report being bullied.

**Most students wear seat belts.**

- 50% of students have ever been in a physical fight
- 48% have ever been bullied at school
- 26% of students were electronically bullied in the past 12 months
- 29% were bullied and 20% bullied someone during the past 30 days
- 7% of students did not go to school in the past 30 days because they felt unsafe
- 38% of bicycle riders rarely or never wore helmets
- 71% of students said they always wear a seat belt when riding in a car

## 5 Diet + Exercise

Many students have a physical education class every week.

**Most students eat breakfast every day.**

- 82% of students had PE classes at least once per week
- 31% of students participated in at least 60 minutes of physical activity every day in the past week per the U.S. Department of Health and Human Services guidelines
- 26% of students spent three or more hours per school day watching TV
- 29% played video or computer games or used a computer for something that was not school work three or more hours per school day
- 46% of students ate breakfast every day in the past week
- 17% skipped meals in the past 30 days to lose weight or keep from gaining weight

## 6 Youth Assets

Most students talk to their parents about school regularly.

**Many students agree that their teachers really care about them.**

- 74% of students said they talked to their parents about school at least once a week
- 52% agree or strongly agree that they matter to people in their communities
- 61% agree or strongly agree that their teachers really care about them and give them a lot of encouragement
- 44% agree or strongly agree that students help decide what goes on in school