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

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

1. Smoking
Cigarette smoking continues to decline.
More students disapprove of smoking cigarettes.
  • 16% of students smoked during the past 30 days, down from 31% in 1999
  • 8% of 8th graders smoked, down from 22% in 1999
  • 14% of students smoked prior to age 13, down from 28% in 1999
  • 69% of students report that it is easy to get cigarettes, compared to 74% in 1999
  • 78% of students think it is wrong to smoke cigarettes, up from 57% in 1999

2. Alcohol
Alcohol use is declining. Still too many teens drink.
  • 37% of students drink alcohol, down from 46% in 1999
  • 19% of 8th graders drink, down from 31% in 1999
  • 72% of 8th graders think it is wrong to drink alcohol, up from 64% in 1999
  • 21% of students binge drink (five or more drinks), down from 29% in 1999

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

4. Driving
Riding in a car with a drinking driver has declined.
  • 22% of students rode with a drinking driver, compared to 26% in 1999
  • 23% of students rode with a driver who had been using marijuana, compared to 30% in 1999
  • 8% of students have driven when drinking alcohol, unchanged from 10% in 1999
  • 11% of students have driven when using marijuana, compared to 16% in 1999

Safety belt use is up
  • 83% of students always or almost always wore a safety belt when riding in a car, up from 77% in 1999
5. **Sex**

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

6. **Violence**

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

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

7. **Diet + Exercise**

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

8. **Youth Assets**

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