

# 2011 Vermont Youth Risk Behavior Survey

## Data Brief: Contraception, October 2013

### *Contraceptive Use*

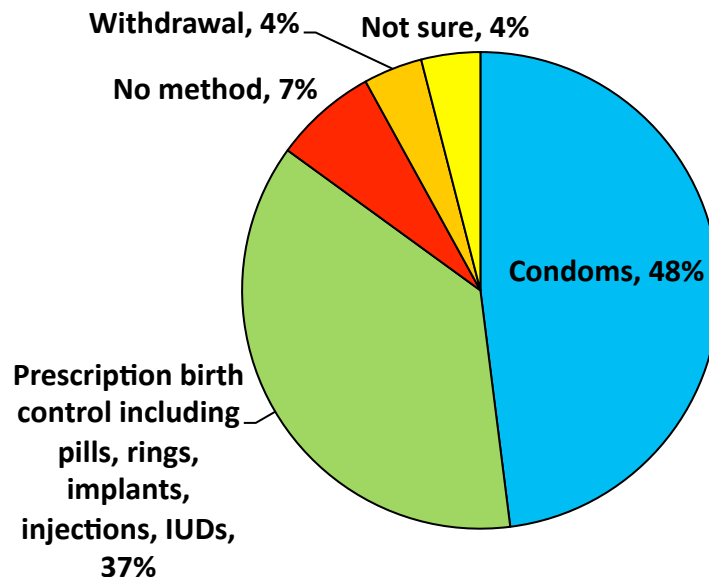
According to the Centers for Disease Control and Prevention (CDC), research shows that well-designed and well-implemented sexual education programs can decrease sexual risk behaviors among students, including: delaying first sexual intercourse; reducing the number of sex partners; decreasing the number of times students have unprotected sex; and increasing condom use.<sup>1</sup> According to the 2012 School Health Profiles, over 90% of Vermont high schools taught students about the importance of using a condom, in addition to other forms of birth control.

In 2011, 41% of Vermont high schools students reported ever having sex (a percent that has not changed since 1993). Ever having sex did vary by socioeconomic status, as measured by maternal education level, with 51% of students whose mothers completed high school or less reported ever having sex, while 38% of students whose mothers completed more than high school reported ever having sex. An average of **32% of students reported having had sex in the past three months.**

### *Type of Contraception Used*

Among students who had sexual intercourse in the past three months, 85% used either condoms or prescription birth control as their primary form of contraception. **A total of 7% reported no method**, and 4% reported withdrawal.

**Figure 3. Among students who had sexual intercourse in the past three months, the primary type of birth control they report using**

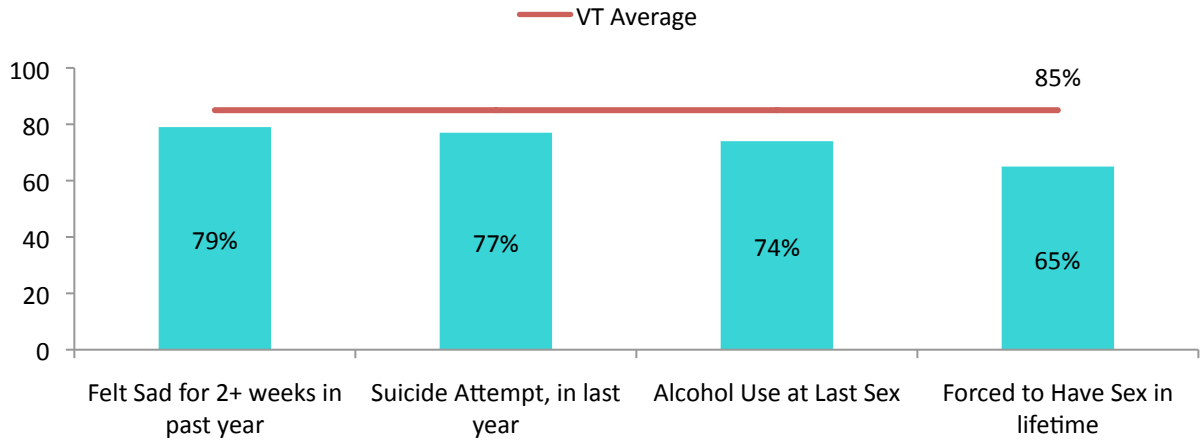


<sup>1</sup> National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. Revised last: July 12, 2011. [http://www.cdc.gov/healthyyouth/sexualbehaviors/effective\\_programs.htm](http://www.cdc.gov/healthyyouth/sexualbehaviors/effective_programs.htm)

### High Risk Students and Contraception Use

Among students who have had sexual intercourse in the past three months, those who also report other risky behaviors report lower prevalence of *condoms or prescription contraception* compared to their peers (Figure 4).

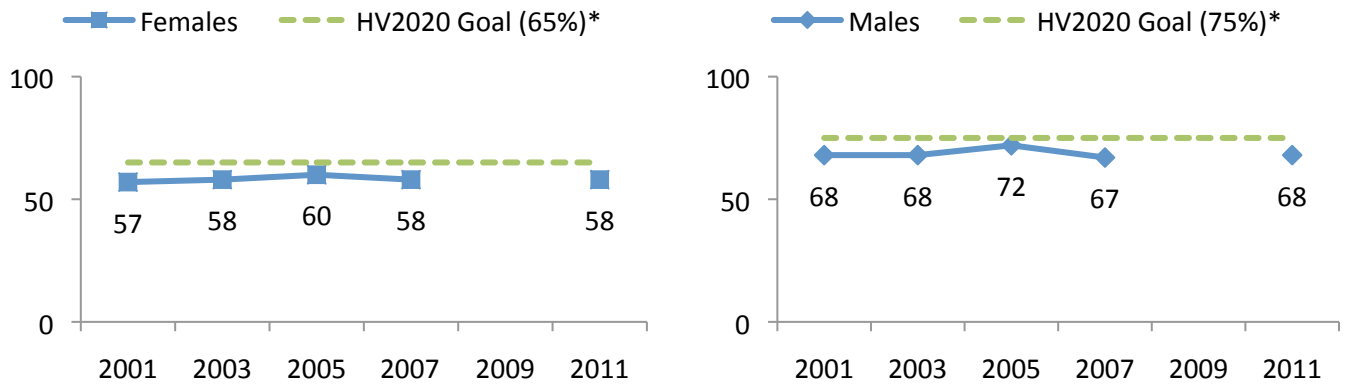
**Figure 4. Among students who had sexual intercourse in the past three months those that used condoms or prescription contraception, by selected risk factor**



### Condom Use

Of those who had sex in the past three months, **63% reported using a condom at their most recent sexual experience**. The Healthy Vermonters 2020 goals for condom use at last sexual intercourse are 65% for females and 75% for males. In 2011, reported condom use was 58% and 68% among females and males respectively. Condom use for both genders has not changed significantly since 2001.

**Figure 1 & 2. Percent of students using a condom at last intercourse by sex**



\*Healthy Vermonters 2020 Goals can be found at: <http://healthvermont.gov/hv2020/>

### High Risk Students and Condom Use

Students who were ever forced to have sex, reported a lower prevalence of condom use at last sex (39%), as did students who have had sex with more than four people in their lifetime (49%) when compared to the general student population (63%).

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For additional data briefs see: [Sexual Violence](#), [Sexual Contact and Risk Behaviors](#), and [Sexual Behavior and Orientation](#).