2025 Vermont Youth Risk Behavior Survey

Essex-Westford Supervisory Union Results

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who participate in the Youth Risk Behavior Survey each year.

We would especially like to thank the students and schools in Essex-Westford Supervisory Union who participated in the 2025 YRBS.

Participating High Schools
ESSEX HIGH SCHOOL

Participating Middle Schools
ALBERT D LAWTON SCHOOL
ESSEX MIDDLE SCHOOL
WESTFORD ELEMENTARY SCHOOL

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online. Visit the Vermont Department of Health YRBS website at: https://www.HealthVermont.gov/yrbs.

The Vermont Department of Health recognizes that many social, economic and environmental inequities made worse by structural oppression, marginalization and racism influence the data we collect and report. We are continuously working to better collect and share data that reflect the lived experiences of all Vermonters.

If you have questions or concerns or need help accessing or understanding this information, contact: AHS.VDHYRBS@vermont.gov

October 2026

Table of Contents

About the YRBS 4
Understanding and Interpreting the Results 5
Using the YRBS 6
High School Results 7
Demographics 8
Unintentional Injuries and Prevention 10
Motor Vehicle Safety 11
Bullying and School Safety 12
Family and Neighborhood Violence & Other Risk Factors 13
Sexual and Dating Violence 14
Mental Health 15
Lifetime Substance Use 17
Current Substance Use 18
Perceptions Around Substance Use 21
Sexual Health 23
Current Sexual Activity 24
BMI and Weight Related Behaviors 25
Physical Activity 26
Nutrition 27
Social Determinants of Health 28
Protective Factors 29
Middle School Results 31
Demographics 32
Unintentional Injuries and Prevention 33
Physical Violence, Bullying and School Safety 34
Family and Neighborhood Violence & Other Risk Factors 35
Mental Health 36
Lifetime Substance Use 37
Current Substance Use 38
Perceptions Around Substance Use 39
Sexual Health 41
Physical Activity 42
Nutrition 43
Social Determinants of Health 44
Protective Factors 45

About the YRBS

The Youth Risk Behavior Survey (YRBS) is part of a national school-based survey that monitors the health-risk behaviors that contribute to the leading causes of death and disability among youth and young adults and high-priority health topics. These include:

- Behaviors that lead to injuries and violence
- Alcohol, Marijuana, and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health
- Social determinants of health
- Youth assets

YRBS in Vermont

The Vermont Department of Health has conducted the YRBS in Vermont schools since 1993. We collaborate with the Agency of Education to administer the YRBS every two years during the spring semester at all public schools and select independent schools. Schools ending in 6th grade are not eligible to participate.

Methodology and Accuracy

The YRBS is designed to protect students' privacy. It's confidential, anonymous, and optional for students. When reporting data, we follow suppression rules to provide additional privacy. Data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

Completion of the survey depends on a student's ability to read, understand, and complete the questionnaire on their own or with computer-assisted technology (e.g., screen readers). Students with very limited reading skills or significant intellectual or learning disabilities may not be fully represented in this data.

Additional information about the methodology has been described by the CDC and can be found online.at: https://www.cdc.gov/yrbs/index.html

How Accurate are the Results

Research shows that self-reported survey data from adolescents is as credible as self-reported data from adults. The anonymous survey design and survey environment encourage students to be honest and open.

Consistency checks, weights, and other internal checks are used to ensure the data is accurate and representative. For more information on survey reliability including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: https://www.HealthVermont.gov/yrbs

Understanding and Interpreting the Results

Statistical Differences

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In this report, comparisons are made with the overall statewide rate. Statistical differences are noted in each table.

Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

Using the YRBS

Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

Start the Conversation: Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the Results accurately reflect what they see happening around them. How do they explain the Results? From their perspective, what is or is not working? How would they promote healthy behaviors?

Increase Awareness: The YRBS provides an opportunity to break through "denial" and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the "average teenager." The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.

Plan and Evaluate Programs: The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.

Remember to Look at the Positive Side: In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

Participate in Getting to Y: Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to Y program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at: http://www.upforlearning.org/initiatives/getting-to-y

2025 Vermont Youth Risk Behavior Survey Report

High School Results

Demographics

Essex-Westford Supervisory Union	N
Overall	913

Sex	N	%
Male	475	52
Female	437	48

Grade	N	%
9th grade	237	22
10th grade	269	27
11th grade	240	25
12th grade	163	26

Race / Ethnicity	N	%
BIPOC	206	20
White non-Hispanic	705	80

Sexual Orientation & Gender Identity	N	%
LGBTQ+	247	28
Heterosexual Cisgender	647	72

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Demographics

IEP / 504 Plan Status	N	%
Have a current IEP or 504 plan	215	24
Do not have a current IEP or 504 plan	663	76

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Unintentional Injuries and Prevention

	Vermont %	SU %	Differences
Were asked by a doctor, dentist, or nurse if they used a tobacco product, among those who saw a doctor, past year	45	43	
Had a sunburn, past year	69	70	
Had a concussion from playing a sport or being physically active, past year	19	17	VT > SU
Among those who rode a bicycle or skateboard or rollerbladed, rarely or never wore a helmet, past year	34	31	VT > SU

. = Too few students to report

Motor Vehicle Safety

	Vermont %	SU %	Differences
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	18	16	
Rode with a driver who had been drinking alcohol, past 30 days	16	16	

	Vermont %	SU %	Differences
Texted or e-mailed while driving a car or other vehicle, among students who drive, past 30 days	40	45	SU > VT
Drove a car or other vehicle after using marijuana, among students who drive, past 30 days	10	9	
Drove a car or other vehicle when they had been drinking alcohol, among students who drive, past 30 days	6	7	

. = Too few students to report

Bullying and School Safety

	Vermont %	SU %	Differences
Were bullied, past 30 days	19	14	VT > SU
Bullied someone else, past 30 days	12	9	VT > SU
Were electronically bullied, past year	15	12	VT > SU

	Vermont %	SU %	Differences
Carried a weapon on school property, past 30 days	5	4	
Were threatened or injured with a weapon on school property, past year	7	6	
Were in a physical fight, past year	17	17	

. = Too few students to report

Family and Neighborhood Violence & Other Risk Factors

	Vermont %	SU %	Differences
Felt that they were ever treated badly or unfairly because of their sexual orientation, gender or gender expression	19	23	SU > VT
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	7	4	VT > SU
Felt that they were ever treated badly or unfairly because of their race or ethnicity	17	20	SU > VT

	Vermont %	SU %	Differences
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	15	13	VT > SU
Could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision	38	35	VT > SU

. = Too few students to report

Sexual and Dating Violence

	Vermont %	SU %	Differences
Experienced physical dating violence, among those who dated in past year	12	12	
Were controlled or emotionally hurt by someone going out or dating, among those who dated in past year	28	32	SU > VT
Were ever made to do sexual things they did not want to, by someone 5+ years older	7	6	

. = Too few students to report

Mental Health

	Vermont %	SU %	Differences
Were bothered by feeling nervous, anxious, or on edge, most of the time or always, past year	29	30	
Felt sad or hopeless, past year	23	23	
Reported that their mental health was most of the time or always not good, past 30 days	25	27	

	Vermont %	SU %	Differences
Did something to purposely hurt themselves without wanting to die, past year	18	22	SU > VT
Made a plan about how they would attempt suicide, past year	10	10	
Actually attempted suicide, past year	6	5	

. = Too few students to report

Mental Health

	Vermont %	SU %	Differences
Most of the time or always feel that they are able to talk to an adult in their family or another caring adult about their feelings	59	63	SU > VT
Most of the time or always feel that they are able to talk to a friend about their feelings	59	64	SU > VT
Most of the time or always got the kind of help they needed when feeling sad, empty, hopeless, angry, or anxious, among those who needed help, past year	27	30	SU > VT
Never or rarely got the kind of help they needed when feeling sad, empty, hopeless, angry, or anxious, among those who needed help	45	40	VT > SU

. = Too few students to report

Lifetime Substance Use

	Vermont %	SU %	Differences
Ever tried an electronic vapor product	26	25	
Ever smoked a cigarette, even one or two puffs	17	13	VT > SU
Ever drank alcohol	44	46	
Ever tried marijuana	30	29	

	Vermont %	SU %	Differences
First tried an electronic vapor product before age 13 years	7	5	VT > SU
Smoked a cigarette before age 13 years	6	5	
Had their first drink of alcohol before age 13	12	11	VT > SU
Tried marijuana for the first time before age 13 years	6	5	

	Vermont %	SU %	Differences
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	7	7	
Ever used cocaine	3	4	
Ever used inhalants	6	7	
Ever used heroin	3	3	
Ever used methamphetamines	2	3	

. = Too few students to report

Current Substance Use

	Vermont %	SU %	Differences
Currently smoked cigarettes or cigars or used smokeless tobacco	10	8	VT > SU
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	17	

	Vermont %	SU %	Differences
Smoked a cigarette, past 30 days	6	4	VT > SU
Currently used an electronic vapor product	14	15	
Currently used smokeless tobacco	6	6	
Currently smoked cigars	4	4	

	Vermont %	SU %	Differences
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	5	
Currently drank alcohol	22	24	
Currently used marijuana	18	18	
Binge drank, past month	11	12	

. = Too few students to report

Current Substance Use

	Vermont %	SU %	Differences
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	7	
Usually got their electronic vapor products from a friend or family member, among current users	56	58	
Used electronic vapor products because friends/family used them, among current users	19	18	
Used electronic vapor products mainly because they were curious about them, among current users	26	28	

	Vermont %	SU %	Differences
Currently used an electronic vapor product to vape marijuana, among students who used an electronic vapor product	63	68	
Currently used an electronic vapor product to vape marijuana, among students who used marijuana	69	67	

. = Too few students to report

Current Substance Use

	Vermont %	SU %	Differences
Usually ate or drank marijuana, among current users	12	15	
Usually used marijuana by dabbing it, among students who used marijuana	3	.	Too Few
Usually used marijuana in some other way, among students who used marijuana	5	6	
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among students who used marijuana	57	50	VT > SU
Usually vaped marijuana, among current users	23	27	

. = Too few students to report

Perceptions Around Substance Use

	Vermont %	SU %	Differences
Attended school under the influence of alcohol or other illegal drugs, past year	9	11	SU > VT

	Vermont %	SU %	Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	51	53	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	60	66	SU > VT
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	47	48	

	Vermont %	SU %	Differences
Think people greatly risk harming themselves if they use electronic vapor products regularly	44	49	SU > VT
Think people greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend	38	41	SU > VT
Think people greatly risk harming themselves if they use marijuana regularly	31	35	SU > VT

. = Too few students to report

Perceptions Around Substance Use

	Vermont %	SU %	Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	89	90	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	67	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	78	80	

	Vermont %	SU %	Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	74	75	
Think it is wrong or very wrong for someone their age to drink alcohol	59	53	VT > SU
Think it is wrong or very wrong for someone their age to use marijuana	64	63	

. = Too few students to report

Sexual Health

	Vermont %	SU %	Differences
Were ever tested for human immunodeficiency virus (HIV)	8	7	
Were tested for a sexually transmitted infection (STI) other than HIV, such as chlamydia or gonorrhea	7	7	

	Vermont %	SU %	Differences
Had sexual intercourse for the first time before age 13 years	3	4	
Ever had sexual intercourse	34	35	

. = Too few students to report

Current Sexual Activity

	Vermont %	SU %	Differences
Were sexually active, past 3 months	25	25	

	Vermont %	SU %	Differences
Among sexually active students, drank alcohol or used drugs before last sexual intercourse	18	15	
Among sexually active students, used a condom during last sexual intercourse	48	41	VT > SU

	Vermont %	SU %	Differences
Among sexually active students, used birth control pills before last sexual intercourse with opposite-sex partner	27	30	
Among sexually active students, did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	7	
Among sexually active students, used a condom as the primary method to prevent pregnancy before last sexual intercourse with an opposite-sex partner	30	26	
Among sexually active students, used an IUD, or implant before last sexual intercourse with an opposite-sex partner	22	23	
Among sexually active students, used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	55	

. = Too few students to report

BMI and Weight Related Behaviors

	Vermont %	SU %	Differences
Had obesity	14	10	VT > SU
Were Overweight	14	11	VT > SU

	Vermont %	SU %	Differences
Described themselves as slightly or very overweight	29	28	
Were trying to lose weight	40	36	VT > SU

. = Too few students to report

Physical Activity

	Vermont %	SU %	Differences
Were physically active at least 60 minutes per day on 5 or more days, past week	52	54	
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	13	13	
Were physically active at least 60 minutes per day on all 7 days, past week	28	26	

. = Too few students to report

Nutrition

	Vermont %	SU %	Differences
Did not eat breakfast, past week	14	11	VT > SU
Ate breakfast on 5 or more days, past week	49	55	SU > VT
Ate breakfast on all 7 days, past week	31	36	SU > VT

	Vermont %	SU %	Differences
Ate 5+ fruits/vegetables every day, past week	22	22	

	Vermont %	SU %	Differences
Did not eat fruit, past week	7	4	VT > SU
Ate fruit one or more times per day, past week	46	47	
Ate fruit two or more times per day, past week	33	34	
Ate fruit three or more times per day, past week	15	15	

	Vermont %	SU %	Differences
Did not eat vegetables, past week	6	5	
Ate vegetables one or more times per day, past week	73	73	
Ate vegetables two or more times per day, past week	41	40	
Ate vegetables three or more times per day, past week	23	23	

. = Too few students to report

Social Determinants of Health

	Vermont %	SU %	Differences
Experienced unstable housing, past year	4	4	
Reported their family sometimes, most of the time, or always worried that their food would run out before they got money to buy more	10	7	VT > SU
Reported sometimes, most of the time, or always the food their family bought ran out and they did not have money to buy more	7	6	VT > SU
Think their family's subjective social status is worse than other families	4	3	VT > SU
Sometimes, most of the time, or always worried food would run out or had food run out, past year	11	8	VT > SU

. = Too few students to report

Protective Factors & Other Behaviors

	Vermont %	SU %	Differences
Used social media several times a day or more	77	80	SU > VT
Do not use social media	9	10	

	Vermont %	SU %	Differences
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	76	75	
Did not eat dinner at home with at least one of their parents or other adult family member, past week	10	9	
Ate dinner at home with at least one of their parents or other adult family member every day, past week	44	38	VT > SU

	Vermont %	SU %	Differences
Strongly agree or agree that they feel close to people at their school	60	59	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	74	73	
Strongly agree or agree that their school has clear rules and consequences for behavior	54	54	
Spend 10 or more hours participating in afterschool activities during an average week	23	29	SU > VT
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	70	77	SU > VT

. = Too few students to report

Protective Factors & Other Behaviors

	Vermont %	SU %	Differences
Strongly agree or agree that in their community they feel like they matter to people	53	54	

. = Too few students to report

2025 Vermont Youth Risk Behavior Survey Report

Middle School Results

Demographics

Essex-Westford Supervisory Union	N
Overall	559

Sex	N	%
Male	276	52
Female	278	48

Grade	N	%
6th grade	163	32
7th grade	178	37
8th grade	217	32

Race / Ethnicity	N	%
BIPOC	122	23
White non-Hispanic	435	77

Sexual Orientation & Gender Identity	N	%
LGBTQ+	128	25
Heterosexual Cisgender	394	75

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Unintentional Injuries and Prevention

	Vermont %	SU %	Differences
Had a concussion from playing a sport or being physically active, past year	18	15	VT > SU
Rarely or never wore a bicycle helmet, among students who rode a bicycle	23	11	VT > SU
Rarely or never wore a helmet when rollerblading or skateboarding, among students who rollerblade or skateboard	23	9	VT > SU

	Vermont %	SU %	Differences
Were asked by a doctor, dentist, or nurse if they used a tobacco product, past year, among students who saw a medical provider	28	23	VT > SU
Had 1+ sunburns, past year	62	61	

	Vermont %	SU %	Differences
Have ever ridden in a car driven by someone who had been using marijuana	12	10	VT > SU
Did not always wear a seat belt	22	15	VT > SU
Ever rode with a driver who had been drinking alcohol	16	15	

. = Too few students to report

Physical Violence, Bullying and School Safety

	Vermont %	SU %	Differences
Felt that they were ever treated badly or unfairly in school because of their race or ethnicity	24	25	
Felt that they were ever treated badly or unfairly because they are or people think they are lesbian, gay, bisexual, transgender, or questioning	20	18	
Have ever been teased or called names because of their weight, size, or physical appearance	55	49	VT > SU

	Vermont %	SU %	Differences
Were ever bullied on school property	46	41	VT > SU
Were ever electronically bullied	27	25	VT > SU
Were bullied, past 30 days	26	23	VT > SU
Bullied someone, past 30 days	12	12	
Were ever in a physical fight	39	33	VT > SU

	Vermont %	SU %	Differences
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	11	9	VT > SU

. = Too few students to report

Family and Neighborhood Violence & Other Risk Factors

	Vermont %	SU %	Differences
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	15	10	VT > SU
Could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision	37	33	VT > SU
Reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do	4	4	

. = Too few students to report

Mental Health

	Vermont %	SU %	Differences
Reported that their mental health was most of the time or always not good	20	19	
Felt sad or hopeless every day for 2 weeks or more in a row, past year	22	22	

	Vermont %	SU %	Differences
Ever did something to purposely hurt themselves without wanting to die	19	18	
Ever seriously thought about killing themselves	18	20	
Ever made a plan about how they would kill themselves	13	13	
Ever tried to kill themselves	7	6	

	Vermont %	SU %	Differences
Most of the time or always got the kind of help they needed when feeling sad, empty, hopeless, angry, or anxious, among students who needed help	36	38	

	Vermont %	SU %	Differences
Would most likely talk to an adult in their school or an adult outside of school who is not a family member about their feelings, among students who felt sad/angry/anxious	6	8	SU > VT

. = Too few students to report

Lifetime Substance Use

	Vermont %	SU %	Differences
Ever smoked a cigarette	6	5	
Ever drank alcohol	16	13	VT > SU
Ever tried marijuana	6	3	VT > SU
Ever tried an electronic vapor product	10	7	VT > SU
Ever tried a flavored tobacco product	5	3	VT > SU

	Vermont %	SU %	Differences
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	6	6	
Ever used inhalants	5	6	

	Vermont %	SU %	Differences
Smoked a cigarette before age 11 years	3	2	
Drank alcohol for the first time before age 11 years	7	6	
Tried marijuana for the first time before age 11 years	2	.	Too Few
First tried an electronic vapor product before age 11 years	3	2	VT > SU
First tried a flavored tobacco product before age 11	2	2	

. = Too few students to report

Current Substance Use

	Vermont %	SU %	Differences
Currently smoked cigarettes or cigars or used smokeless tobacco	2	.	Too Few
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	5	3	VT > SU

	Vermont %	SU %	Differences
Smoked a cigarette, past 30 days	1	.	Too Few
Used an electronic vapor product, past 30 days	5	3	VT > SU
Used smokeless tobacco, past 30 days	1	.	Too Few
Smoked a cigar, past 30 days	1	.	Too Few

	Vermont %	SU %	Differences
Drank alcohol, past 30 days	4	1	VT > SU
Used marijuana, past 30 days	3	2	VT > SU

	Vermont %	SU %	Differences
Used electronic vapor products mainly because they were curious about them	3	1	VT > SU
Used electronic vapor products because they were feeling anxious, stressed, among current users	22	.	Too Few
Used electronic vapor products because friends/family used them, among current users	25	.	Too Few

. = Too few students to report

Perceptions Around Substance Use

	Vermont %	SU %	Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	18	15	VT > SU
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	34	33	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	11	VT > SU

	Vermont %	SU %	Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	92	94	SU > VT

	Vermont %	SU %	Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	95	96	SU > VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	89	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	94	96	SU > VT

. = Too few students to report

Perceptions Around Substance Use

	Vermont %	SU %	Differences
Think people greatly risk harming themselves if they use electronic vapor products regularly	52	52	
Think people greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend	42	43	
Think people greatly risk harming themselves if they use marijuana regularly	48	53	SU > VT

. = Too few students to report

Sexual Health

	Vermont %	SU %	Differences
Ever had sexual intercourse	4	4	
Used a condom during last sexual intercourse, among students who had sexual activity	44	.	Too Few

. = Too few students to report

Physical Activity

	Vermont %	SU %	Differences
Were physically active at least 60 minutes per day on 5 or more days, past week	58	64	SU > VT
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	11	9	VT > SU
Were physically active at least 60 minutes per day on all 7 days, past week	34	36	

	Vermont %	SU %	Differences
Walk or ride their bike to school five days per week	10	14	SU > VT

	Vermont %	SU %	Differences
Played on at least one sports team, past year	70	76	SU > VT

. = Too few students to report

Nutrition

	Vermont %	SU %	Differences
Did not eat breakfast, past week	11	9	VT > SU
Ate breakfast on 5 or more days, past week	59	66	SU > VT
Ate breakfast on all 7 days, past week	42	49	SU > VT

. = Too few students to report

Social Determinants of Health

	Vermont %	SU %	Differences
Experienced unstable housing, past year	2	2	
Reported in their home people most of the time or always speak a language other than English	7	12	SU > VT
Most of the time or always went hungry because there was not enough food in their home	2	2	

. = Too few students to report

Protective Factors

	Vermont %	SU %	Differences
Used social media several times a day or more	55	48	VT > SU

	Vermont %	SU %	Differences
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	88	90	SU > VT

	Vermont %	SU %	Differences
Strongly agree or agree that they feel close to people at their school	71	74	SU > VT
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	71	67	VT > SU
Strongly agree or agree that their school has clear rules and consequences for behavior	61	67	SU > VT

	Vermont %	SU %	Differences
Strongly agree or agree that in their community they feel like they matter to people	61	65	SU > VT

. = Too few students to report