

2025 High School Executive Summary

Vermont Youth Risk Behavior Survey

August 2026

The Vermont 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 including:

- Behaviors that lead to injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections,
- Mental health,
- Alcohol, tobacco and other drug use,
- Nutrition and physical activity, and
- Protective factors.

The Vermont high school YRBS has been conducted every other spring since 1993, a middle school survey was added in 2011. Schools ending in sixth grade are not eligible to participate. Copies of the 2025 Vermont high school and middle school surveys as well as previous surveys can be found online at Healthvermont.gov/YRBS.

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

Why Are These Data Important?

The Vermont Youth Risk Behavior Survey (YRBS) helps our communities understand how young people are doing—what they struggle with, what supports them, and where we can work together to improve youth health and safety. In 2025, more than 15,000 high school students across Vermont shared anonymous information about their experiences, behaviors, and wellbeing.

Vermont 2025 YRBS: At-A-Glance

57 of the 60	invited high schools participated
15,606	students in grades 9–12 completed the survey
66%	overall high school response rate
110	high school questions

Learn more about the YRBS program or view additional reports and data briefs on special topics at HealthVermont.gov/YRBS.



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802-863-7200



Highlights From the 2025 Report

Many high school students continue to experience poor mental health, anxiety, sadness and suicide risk. But some mental health concerns have started to improve.

- During the past 30 days, a quarter of high school students (25%) said their mental health, including stress, anxiety, and depression, was frequently (most of the time / always) not good.
- About three in 10 high school students (29%) report being bothered by feeling nervous, anxious or on edge most of the time or always during the past year.
- Nearly a quarter of high school students (23%) report feeling so sad or hopeless for at least two weeks that they stopped doing some usual activities.
- Compared to 2023, statistically fewer students report experiencing poor mental health (34% vs 25% in 2025), feeling nervous, anxious, or on edge (36% vs 29% in 2025), and feeling sad or hopeless (29% vs 23% in 2025).
- About one in five high school students (18%) report hurting themselves on purpose (cutting or burning themselves) without wanting to die during the past year,
- One in 10 high school students (10%) say they made a plan about how they would kill themselves in the past year.

Over the past 10 years, rates of feeling sad and hopeless, self-harm, and suicidality have stayed the same or improved. Compared to 2023, mental health concerns have improved.

- Compared to 2015, the percent of students who report harming themselves on purpose and attempting suicide did not statistically change. Both decreased between 2023 and 2025.
- Compared to 2015 and between 2023 and 2025, the percent of students who felt sad or hopeless, or made a suicide plan statistically decreased.
- Rates of experiencing poor mental health and feeling nervous, anxious or on edge have decreased since first asked in 2021 and between 2023 and 2025.

Rates of self-harm and suicidality are two to three times higher among LGBTQ+ and female students. BIPOC students are also two times more likely to report a suicide attempt in the past year.

- LGBTQ+ students are three times more likely to report hurting themselves on purpose (37%), making a suicide plan (22%), or attempting suicide (13%) compared to heterosexual cisgender students (12%, 7% and 4%, respectively).

- Female students are more than two times as likely as male students to hurt themselves on purpose (24% vs 11%) and nearly two times as likely as male students to make a suicide plan (13% vs 8%).
- Nearly one in nine BIPOC students (11%) tried to kill themselves during the past year compared to 5% of white non-Hispanic students.

LGBTQ+ students, female students, and students with an IEP or 504 Plan experience significantly higher levels of poor mental health, anxiety, and sadness compared to their peers.

- Female students (35%) and LGBTQ+ students (44%) are more than two times as likely to report poor mental health as male (16%) and heterosexual cisgender students (20%).
- Half of LGBTQ+ students report feeling nervous, anxious or on edge always or most of the time. This is more than two times that of heterosexual cisgender students (23%).
- Female students are nearly 2.5 times as likely as male students to report feeling nervous, anxious, or on edge always or most of the time (41% vs 17%).
- Female students (30%) and LGBTQ+ students (42%) are roughly two times more likely to report feeling so sad or hopeless during the past year that they stopped doing some activities compared to their peers (17% and 18%, respectively).
- Students with an IEP are statistically more likely than their peers to report poor mental health (32% vs 23%), anxiety (36 vs 27%), and feeling sad or hopeless (31% vs 21%)

Seven in 10 students said they needed help with their emotions during the past year. But many also have someone they can talk to.

- Among high school students who feel sad, anxious, empty, angry, or hopeless, and needed help with their emotions nearly three in 10 (27%) are always or most of the time able to get the help they need.
- Nearly six in 10 high school students (59%) report that they are able to talk to an adult in their family or another caring adult about their feelings.
- Similarly, 59% report that they are able to talk to a friend about their feelings.

Many youth are exposed to violence in their home or community.

- Nearly three in 10 high school students (28%) report that they have ever lived with a parent or guardian with severe depression, anxiety, other mental illness, or who was suicidal; 27% also report that they have lived with a parent or guardian who has a problem with alcohol or drug use. Fewer (2%) report most of the time or always seeing their parents or other adults in their home slapped, hit, kicked, punched, or beat each other up.

- About one in seven high school students (15%) report seeing someone get physically attacked, beaten, stabbed or shot in their neighborhood.
- Nearly four in 10 high school students (38%) report that they could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision; 15% said they could do so in less than 10 minutes.
- About one in fifteen high school students (7%) report being physically hurt by one or more times by a parent or other adult in their home during the past year.
- Nearly four in 10 high school students (39%) report being insulted by a parent or other adult in their home one or more times during the past year.

Experiencing and witnessing violence differs by sex, sexual orientation and gender identity, and race and ethnicity.

- Male students, older students, white non-Hispanic students and students without an IEP are statistically more likely to report they could obtain a loaded gun ready for them to fire without a parent or other adult's permission or supervision.
- Male students, younger students, LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to witness neighborhood violence.
- LGBTQ+ students, BIPOC students and students with an IEP are statistically more likely to have witnessed physical violence in their home.
- More than half of all BIPOC students (55%) feel like they were ever treated badly or unfairly because of their race or ethnicity compared to 11% of white non-Hispanic students.
- Nearly two-thirds of all LGBTQ+ students (63%) feel like they were ever treated badly or unfairly because of their sexual orientation, gender or gender expression compared to 7% of their heterosexual cisgender peers.

Use of an IUD or implant to prevent pregnancy has statistically increased in recent years.

- About half of all sexually active students (53%) report using most and moderately effective birth control methods, including birth control pills, a shot, patch, birth control ring, implants or intrauterine devices (IUDs).
- More than one in five sexually active students (22%) report using an IUD or implant to prevent pregnancy during the last time they had sexual intercourse with an opposite-sex partner. Compared to [2021*](#) and 2023, using an IUD or implant to prevent pregnancy statistically increased.
- Among high school students who are sexually active, about half (48%) report using a condom during the last time they had sexual intercourse.

Alcohol, electronic vapor products, and marijuana use decreased since 2023 but remains a concern.

- Between 2023 and 2025, the percent of students using alcohol, electronic vapor products and marijuana during the previous 30 days statistically decreased. Compared to 2015, the percent of students who drank alcohol or used marijuana in the past 30 days statistically decreased.
- Just over one in five high school students (22%) report drinking alcohol in the past 30 days. One in nine (11%) binge drank in the past 30 days.
- During the past 30 days, less than one in five (18%) high school students report using any tobacco product, including cigarettes, cigars, smokeless tobacco, and electronic vapor products.
- About one in seven high school students (14%) report using electronic vapor products such as JUUL, Vuse, NJOY, Elf Bar or Esco Bars, during the past 30 days. Of those who vaped during the past 30 days,
 - More than a third (36%) vaped every day.
 - Nearly two thirds (63%) used an electronic vapor product to vape marijuana.
- Less than one in five high school students (18%) used marijuana during the past 30 days. Among those who used marijuana in the past 30 days:
 - While 23% indicated they primarily vape marijuana, nearly seven in 10 (69%) used an electronic vapor product to vape marijuana at least once.

Peer perceptions around vaping are changing. Perceptions around how easy it would be to access alcohol, electronic vapor products and marijuana are heading in the right direction.

- In 2019 when we saw the highest vaping rates, 56% of students thought it was wrong for someone their age to vape. Now as fewer students are using, 74% think it's wrong for someone their age to vape.
- About half of students say if they wanted to get vapes, alcohol or marijuana it would be easy or very easy to get.
- Since 2015 and between 2023 and 2025, the percent of students who say it would be easy or very easy for them to access alcohol and the percent of students who say it would be easy or very easy for them to get marijuana statistically decreased.
- The percent of students who think it would be easy to access electronic vapor products has statistically decreased since first asked in 2019 and between 2023 and 2025.

Many high school students report the presence of protective factors, but disparities exist.

- Nearly eight in 10 high school students (78%) report that an adult in their household most of the time or always tries to make sure their basic needs are met.
- Nearly three quarters of high school students (74%) say there is at least one teacher or other adult at their school they can talk to if they have a problem. Between 2023 and 2025, having a trusted adult at school statistically increased.
- Six in 10 high school students (60%) agree or strongly agree that they feel close to people at their school. Just over half of all high school students (53%) agree or strongly agree that they feel like they matter to people in their community.
 - Female students, LGBTQ+ students, BIPOC students and students with an IEP are statistically less likely to strongly agree or agree that they feel close to people at their school or believe they matter to people in their community.
- More than seven in 10 high school students (76%) report eating dinner at home with a parent or other adult family member at least four times during the previous week.
 - Eating dinner with a parent or other adult family member four or more times per week statistically decreases with each grade level.
- After graduating from high school, nearly seven in 10 high school students (70%) plan to go to a 4-year college or university, community college or technical school.

Additional Significant and New Findings

- Nearly four in five high school students (77%) use social media such as Instagram, TikTok, Snapchat, and X at least several times a day. Less than one in 10 high school students (9%) say they don't use any social media.
- One in 10 high school students (11%) report that they are sometimes, most of the time, or always worried that food will run out, or that food has run out, during the past year.
- More than a third of high school students (35%) get at least eight hours of sleep on an average school night. About half (49%) get six to seven hours.

More Information and Contact

Additional information about the Vermont YRBS, including the full [2025 YRBS Report](#), other executive summaries and reports, population in focus reports, and topic specific data briefs, is available at HealthVermont.gov/YRBS.

For more information about the YRBS contact: Kristen Murray, PhD, YRBS Coordinator: AHS.VDHYRBS@vermont.gov