

2015 Vermont Youth Risk Behavior Survey Report

Report for Washington County

Survey Format in 2015

In 2015, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

Results in this report include high school and middle school results for Vermont and for Washington County. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx> Copies of the full state reports, highlights, and additional sub state reports can also be found here.

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

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How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we 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.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst>.

How to Read this YRBS Report

Format: The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

Weighting: The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of public students in grades six through eight (middle school survey) and grades nine through twelve (high school survey). This permits us to draw inferences about the school-based student population in Vermont.

In 2015, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In some cases there were not enough students responding to report an estimate. In those cases there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self-harm.

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. Both surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one in five deaths.²⁰ Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.³⁰

Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰

Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.³⁹⁻⁴³
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.⁴⁴⁻⁴⁵
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁶ The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.⁴⁶
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁴⁷⁻⁵⁰
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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2015 Vermont Youth Risk Behavior Survey Report

High School Report for Washington County

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

Demographics

Washington
Number of Students in Washington County

Washington County Total

1570

| Sex | Total | % |
|------------|--------------|----------|
| Missing | 17 | 1% |
| Female | 804 | 51% |
| Male | 749 | 47% |

| Grade | Total | % |
|--------------|--------------|----------|
| Missing | 15 | 0% |
| 9th grade | 452 | 28% |
| 10th grade | 440 | 28% |
| 11th grade | 341 | 21% |
| 12th grade | 322 | 20% |

| Race / Ethnicity | Total | % |
|---------------------------|--------------|----------|
| Missing | 31 | 1% |
| Racial or ethnic minority | 217 | 13% |
| White non-Hispanic | 1322 | 84% |

| Mother's Level of Education | Total | % |
|---|--------------|----------|
| Missing | 15 | 0% |
| High school or less | 388 | 24% |
| Some college | 211 | 13% |
| College graduate | 547 | 34% |
| Graduate or professional degree after college | 286 | 18% |
| Not sure | 123 | 7% |

NOTE: The above numbers are unweighted. They represent the students who took the survey in Washington County.

Demographics

Vermont
Number of Students in Vermont

| |
|----------------------|
| Vermont Total |
|----------------------|

| |
|-------|
| 21013 |
|-------|

| Sex | Total | % |
|------------|--------------|----------|
| Missing | 294 | 1% |
| Female | 10243 | 48% |
| Male | 10476 | 49% |

| Grade | Total | % |
|--------------|--------------|----------|
| Missing | 297 | 1% |
| 9th grade | 5627 | 26% |
| 10th grade | 5586 | 26% |
| 11th grade | 5171 | 24% |
| 12th grade | 4332 | 20% |

| Race / Ethnicity | Total | % |
|---------------------------|--------------|----------|
| Missing | 611 | 2% |
| Racial or ethnic minority | 3197 | 15% |
| White non-Hispanic | 17205 | 81% |

| Mother's Level of Education | Total | % |
|---|--------------|----------|
| Missing | 176 | 0% |
| High school or less | 5495 | 26% |
| Some college | 2746 | 13% |
| College graduate | 6905 | 32% |
| Graduate or professional degree after college | 3825 | 18% |
| Not sure | 1866 | 8% |

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who were in a physical fight, past 12 months**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 23% | 22% | |
| | 10th | 22% | 20% | |
| | 11th | 21% | 17% | |
| | 12th | 12% | 14% | |
| Sex | Female | 14% | 12% | |
| | Male | 26% | 24% | |
| Total | | 20% | 18% | |

1.02 Percent of students who were in a physical fight on school property, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 12% | 10% | |
| | 10th | 7% | 8% | |
| | 11th | 8% | 6% | |
| | 12th | 5% | 5% | |
| Sex | Female | 5% | 4% | |
| | Male | 12% | 10% | |
| Total | | 9% | 7% | |

1.03 Percent of students who were threatened or injured with a weapon on school property, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 5% | 6% | |
| | 10th | 5% | 6% | |
| | 11th | 6% | 4% | |
| | 12th | 4% | 4% | |
| Sex | Female | 4% | 4% | |
| | Male | 6% | 6% | |
| Total | | 5% | 5% | |

*1 Personal Safety***1.04 Percent of students who carried a weapon such as a gun, knife, or club on school property, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 4% | 6% | |
| | 10th | 7% | 7% | |
| | 11th | 11% | 9% | |
| | 12th | 8% | 8% | |
| Sex | Female | 4% | 4% | |
| | Male | 11% | 11% | |
| Total | | 7% | 8% | |

1.05 Percent of students who did not go to school because they felt unsafe, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 7% | 7% | |
| | 10th | 6% | 6% | |
| | 11th | 5% | 5% | |
| | 12th | 4% | 5% | |
| Sex | Female | 7% | 7% | |
| | Male | 4% | 4% | |
| Total | | 6% | 6% | |

*1 Personal Safety***1.06 Percent of students who reported being bullied, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 24% | 23% | |
| | 10th | 20% | 18% | |
| | 11th | 19% | 16% | |
| | 12th | 12% | 14% | |
| Sex | Female | 24% | 23% | |
| | Male | 14% | 12% | |
| Total | | 19% | 18% | |

1.07 Percent of students who reported being electronically bullied, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 20% | 20% | |
| | 10th | 17% | 17% | |
| | 11th | 15% | 16% | |
| | 12th | 12% | 13% | |
| Sex | Female | 23% | 23% | |
| | Male | 10% | 10% | |
| Total | | 17% | 16% | |

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.08 Percent of students who bullied someone else, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 13% | 13% | |
| | 10th | 13% | 11% | |
| | 11th | 13% | 11% | |
| | 12th | 8% | 10% | |
| Sex | Female | 11% | 11% | |
| | Male | 14% | 12% | |
| Total | | 12% | 11% | |

1.09 Percent of students who purposefully hurt themselves without wanting to die, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 20% | 20% | |
| | 10th | 20% | 19% | |
| | 11th | 21% | 17% | |
| | 12th | 16% | 14% | |
| Sex | Female | 28% | 26% | |
| | Male | 9% | 9% | |
| Total | | 19% | 17% | |

1.10 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 25% | 24% | |
| | 10th | 25% | 26% | |
| | 11th | 26% | 24% | |
| | 12th | 23% | 24% | |
| Sex | Female | 32% | 34% | |
| | Male | 17% | 15% | |
| Total | | 25% | 24% | |

1 Personal Safety

1.11 Percent of students who made a suicide plan, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 14% | 13% | |
| | 10th | 13% | 13% | |
| | 11th | 15% | 12% | |
| | 12th | 11% | 10% | |
| Sex | Female | 17% | 16% | |
| | Male | 9% | 8% | |
| Total | | 13% | 12% | |

1.12 Percent of students who attempted suicide, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 7% | 7% | |
| | 10th | 6% | 6% | |
| | 11th | 7% | 5% | |
| | 12th | 4% | 5% | |
| Sex | Female | 8% | 8% | |
| | Male | 4% | 4% | |
| Total | | 6% | 6% | |

1.13 Percent of students who attempted suicide that resulted in an injury, poisoning, or overdose that required medical treatment, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 9th | 2% | 2% | |
| | 10th | 2% | 2% | |
| | 11th | 2% | 2% | |
| | 12th | . | 2% | Too few students |
| Sex | Female | 2% | 3% | |
| | Male | 1% | 1% | |
| Total | | 2% | 2% | |

*1 Personal Safety***1.14 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 8% | 8% | |
| | 10th | 6% | 9% | |
| | 11th | 10% | 9% | |
| | 12th | 9% | 9% | |
| Sex | Female | 10% | 11% | |
| | Male | 7% | 7% | |
| Total | | 8% | 9% | |

1.15 Percent of students who have ever been physically forced to have sexual intercourse

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 5% | 5% | |
| | 10th | 5% | 6% | |
| | 11th | 5% | 7% | |
| | 12th | 6% | 8% | |
| Sex | Female | 9% | 10% | |
| | Male | 2% | 3% | |
| Total | | 5% | 7% | |

*1 Personal Safety***1.16 Percent of students who rode with a drinking driver, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 22% | 19% | |
| | 10th | 20% | 20% | |
| | 11th | 23% | 20% | |
| | 12th | 19% | 19% | |
| Sex | Female | 23% | 20% | |
| | Male | 19% | 19% | |
| Total | | 21% | 20% | |

1.17 Percent of students who rode with a driver who had been smoking marijuana, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 12% | 13% | |
| | 10th | 18% | 20% | |
| | 11th | 33% | 26% | County statistically higher |
| | 12th | 29% | 29% | |
| Sex | Female | 23% | 22% | |
| | Male | 21% | 22% | |
| Total | | 23% | 22% | |

*1 Personal Safety***1.18 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 3% | 5% | |
| | 10th | 3% | 4% | |
| | 11th | 7% | 8% | |
| | 12th | 10% | 9% | |
| Sex | Female | 4% | 5% | |
| | Male | 8% | 9% | |
| Total | | 7% | 7% | |

1.19 Percent of drivers who drove a car or other vehicle when they had been smoking marijuana, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 6% | 8% | |
| | 10th | 5% | 10% | County statistically lower |
| | 11th | 24% | 18% | County statistically higher |
| | 12th | 20% | 20% | |
| Sex | Female | 11% | 12% | |
| | Male | 19% | 18% | |
| Total | | 15% | 15% | |

1.20 Percent of drivers who texted or e-mailed while driving a car or other vehicle, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 9% | 10% | |
| | 10th | 13% | 15% | |
| | 11th | 39% | 40% | |
| | 12th | 50% | 50% | |
| Sex | Female | 32% | 33% | |
| | Male | 31% | 33% | |
| Total | | 31% | 33% | |

*1 Personal Safety***1.21 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 37% | 48% | County statistically lower |
| | 10th | 48% | 54% | |
| | 11th | 49% | 55% | |
| | 12th | 50% | 56% | |
| Sex | Female | 38% | 49% | County statistically lower |
| | Male | 51% | 56% | |
| Total | | 45% | 53% | County statistically lower |

1.22 The percent of students who have had a sunburn in the past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 62% | 63% | |
| | 10th | 65% | 65% | |
| | 11th | 67% | 65% | |
| | 12th | 71% | 67% | |
| Sex | Female | 71% | 72% | |
| | Male | 62% | 59% | |
| Total | | 66% | 65% | |

1.23 The percent of students who have used a tanning device such as a sunlamp, sunbed, or tanning booth in the last 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 2% | 2% | |
| | 10th | 3% | 3% | |
| | 11th | 4% | 4% | |
| | 12th | 5% | 6% | |
| Sex | Female | 5% | 5% | |
| | Male | 2% | 3% | |
| Total | | 4% | 4% | |

*2 Alcohol, Tobacco and other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 39% | 37% | |
| | 10th | 53% | 51% | |
| | 11th | 66% | 63% | |
| | 12th | 73% | 71% | |
| Sex | Female | 58% | 57% | |
| | Male | 56% | 54% | |
| Total | | 57% | 56% | |

2.02 Percent of students who drank alcohol, other than a few sips, before age 13

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 11% | 14% | |
| | 10th | 11% | 13% | |
| | 11th | 13% | 12% | |
| | 12th | 7% | 10% | |
| Sex | Female | 8% | 10% | |
| | Male | 13% | 14% | |
| Total | | 11% | 12% | |

*2 Alcohol, Tobacco and other Drug Use***2.03 Percent of students who drank alcohol, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 19% | 17% | |
| | 10th | 25% | 26% | |
| | 11th | 36% | 34% | |
| | 12th | 46% | 42% | |
| Sex | Female | 32% | 30% | |
| | Male | 29% | 29% | |
| Total | | 31% | 30% | |

2.04 Percent of students who had five or more drinks in a row (binged), past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 7% | 8% | |
| | 10th | 14% | 13% | |
| | 11th | 19% | 19% | |
| | 12th | 25% | 24% | |
| Sex | Female | 16% | 15% | |
| | Male | 16% | 17% | |
| Total | | 16% | 16% | |

2 Alcohol, Tobacco and other Drug Use

2.05 Among students who drank alcohol, the number of days students drank in the last 30 days

| | | | Washington | Vermont | Notes |
|-------|--------|-------------|------------|---------|-----------------------------|
| Grade | 9th | 1 to 2 days | 65% | 55% | |
| | | 3 to 9 days | 25% | 33% | |
| | | 10+ days | 10% | 11% | |
| ----- | | | | | |
| | 10th | 1 to 2 days | 49% | 57% | |
| | | 3 to 9 days | 48% | 34% | County statistically higher |
| | | 10+ days | . | 9% | Too few students |
| ----- | | | | | |
| | 11th | 1 to 2 days | 51% | 49% | |
| | | 3 to 9 days | 38% | 40% | |
| | | 10+ days | 10% | 11% | |
| ----- | | | | | |
| | 12th | 1 to 2 days | 47% | 47% | |
| | | 3 to 9 days | 45% | 40% | |
| | | 10+ days | 8% | 13% | |
| ----- | | | | | |
| Sex | Female | 1 to 2 days | 53% | 55% | |
| | | 3 to 9 days | 39% | 36% | |
| | | 10+ days | 8% | 9% | |
| ----- | | | | | |
| | Male | 1 to 2 days | 49% | 47% | |
| | | 3 to 9 days | 43% | 38% | |
| | | 10+ days | 9% | 15% | County statistically lower |
| ----- | | | | | |
| Total | | 1 to 2 days | 51% | 51% | |
| | | 3 to 9 days | 40% | 37% | |
| | | 10+ days | 9% | 12% | |
| ----- | | | | | |

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.06 Among students who drank alcohol in the last 30 days, the greatest number of drinks consumed in one sitting**

| | | | Washington | Vermont | Notes |
|-------|--------|------------------|------------|---------|-------|
| Grade | 9th | 1 to 2 drinks | 46% | 49% | |
| | | 3 to 4 drinks | 21% | 19% | |
| | | 5 or more drinks | 33% | 32% | |
| ----- | | | | | |
| | 10th | 1 to 2 drinks | 31% | 41% | |
| | | 3 to 4 drinks | 27% | 20% | |
| | | 5 or more drinks | 42% | 39% | |
| ----- | | | | | |
| | 11th | 1 to 2 drinks | 32% | 33% | |
| | | 3 to 4 drinks | 20% | 18% | |
| | | 5 or more drinks | 48% | 49% | |
| ----- | | | | | |
| | 12th | 1 to 2 drinks | 36% | 32% | |
| | | 3 to 4 drinks | 19% | 19% | |
| | | 5 or more drinks | 45% | 49% | |
| ----- | | | | | |
| Sex | Female | 1 to 2 drinks | 35% | 40% | |
| | | 3 to 4 drinks | 27% | 23% | |
| | | 5 or more drinks | 38% | 38% | |
| ----- | | | | | |
| | Male | 1 to 2 drinks | 36% | 33% | |
| | | 3 to 4 drinks | 14% | 16% | |
| | | 5 or more drinks | 50% | 52% | |
| ----- | | | | | |
| Total | | 1 to 2 drinks | 36% | 36% | |
| | | 3 to 4 drinks | 21% | 19% | |
| | | 5 or more drinks | 43% | 45% | |

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.07 Among students who drank in the past 30 days, usual source of alcohol**

| | | | Washington | Vermont | Notes |
|-------|--------|--------------------------|------------|---------|------------------|
| Grade | 9th | Bought it | . | 3% | Too few students |
| | | Gave someone money | 14% | 12% | |
| | | Someone gave it to me | 36% | 36% | |
| | | Took it / some other way | 49% | 49% | |
| ----- | | | | | |
| | 10th | Bought it | . | 3% | Too few students |
| | | Gave someone money | 19% | 18% | |
| | | Someone gave it to me | 43% | 41% | |
| | | Took it / some other way | 38% | 37% | |
| ----- | | | | | |
| | 11th | Bought it | 6% | 4% | |
| | | Gave someone money | 26% | 28% | |
| | | Someone gave it to me | 38% | 41% | |
| | | Took it / some other way | 30% | 27% | |
| ----- | | | | | |
| | 12th | Bought it | 4% | 7% | |
| | | Gave someone money | 33% | 29% | |
| | | Someone gave it to me | 42% | 43% | |
| | | Took it / some other way | 21% | 22% | |
| ----- | | | | | |
| Sex | Female | Bought it | . | 2% | Too few students |
| | | Gave someone money | 26% | 24% | |
| | | Someone gave it to me | 44% | 46% | |
| | | Took it / some other way | 28% | 28% | |
| ----- | | | | | |
| | Male | Bought it | 4% | 7% | |
| | | Gave someone money | 24% | 24% | |
| | | Someone gave it to me | 36% | 35% | |
| | | Took it / some other way | 35% | 34% | |
| ----- | | | | | |
| Total | | Bought it | 3% | 5% | |
| | | Gave someone money | 25% | 24% | |
| | | Someone gave it to me | 40% | 40% | |
| | | Took it / some other way | 32% | 31% | |

*2 Alcohol, Tobacco and other Drug Use***2.08 Among students who drank in the past 30 days, the location where students typically consumed alcohol**

| | | | Washington | Vermont | Notes |
|-------|----------------------------|----------------------------|------------|---------|-------|
| Grade | 9th | At my home | 46% | 46% | |
| | | At another persons home | 43% | 43% | |
| | | At a public place or event | 11% | 12% | |
| ----- | | | | | |
| | 10th | At my home | 33% | 37% | |
| | | At another persons home | 62% | 53% | |
| | | At a public place or event | 5% | 10% | |
| ----- | | | | | |
| | 11th | At my home | 27% | 32% | |
| | | At another persons home | 59% | 58% | |
| | | At a public place or event | 14% | 9% | |
| ----- | | | | | |
| | 12th | At my home | 37% | 30% | |
| | | At another persons home | 58% | 60% | |
| | | At a public place or event | 5% | 10% | |
| ----- | | | | | |
| Sex | Female | At my home | 33% | 34% | |
| | | At another persons home | 60% | 58% | |
| | | At a public place or event | 7% | 8% | |
| ----- | | | | | |
| | Male | At my home | 36% | 34% | |
| | | At another persons home | 53% | 53% | |
| | | At a public place or event | 11% | 13% | |
| ----- | | | | | |
| Total | At my home | | 35% | 34% | |
| | At another persons home | | 57% | 55% | |
| | At a public place or event | | 9% | 10% | |

*2 Alcohol, Tobacco and other Drug Use***2.09 Percent of students who have ever smoked a whole cigarette**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 11% | 14% | |
| | 10th | 16% | 18% | |
| | 11th | 25% | 24% | |
| | 12th | 24% | 28% | |
| Sex | Female | 18% | 19% | |
| | Male | 19% | 23% | County statistically lower |
| Total | | 19% | 21% | |

2.10 Percent of students who smoked a whole cigarette before age 13

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 5% | 6% | |
| | 10th | 4% | 6% | |
| | 11th | 8% | 6% | |
| | 12th | 5% | 6% | |
| Sex | Female | 5% | 5% | |
| | Male | 5% | 7% | |
| Total | | 6% | 6% | |

2.11 Percent of students who smoked cigarettes, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 6% | 7% | |
| | 10th | 7% | 9% | |
| | 11th | 16% | 12% | |
| | 12th | 9% | 14% | County statistically lower |
| Sex | Female | 10% | 10% | |
| | Male | 10% | 12% | |
| Total | | 10% | 11% | |

2 Alcohol, Tobacco and other Drug Use

2.12 Among students who smoked cigarettes in the past month, number of days students smoked

| | | | Washington | Vermont | Notes |
|-------|--------|-------------|------------|---------|------------------|
| Grade | 9th | 1 to 2 days | . | 35% | Too few students |
| | | 3 to 9 days | . | 26% | Too few students |
| | | 10+ days | . | 39% | Too few students |
| ----- | | | | | |
| | 10th | 1 to 2 days | . | 31% | Too few students |
| | | 3 to 9 days | . | 25% | Too few students |
| | | 10+ days | . | 44% | Too few students |
| ----- | | | | | |
| | 11th | 1 to 2 days | 22% | 29% | |
| | | 3 to 9 days | 22% | 23% | |
| | | 10+ days | 55% | 48% | |
| ----- | | | | | |
| | 12th | 1 to 2 days | . | 26% | Too few students |
| | | 3 to 9 days | . | 19% | Too few students |
| | | 10+ days | . | 55% | Too few students |
| ----- | | | | | |
| Sex | Female | 1 to 2 days | 27% | 32% | |
| | | 3 to 9 days | 20% | 23% | |
| | | 10+ days | 53% | 44% | |
| ----- | | | | | |
| | Male | 1 to 2 days | 26% | 26% | |
| | | 3 to 9 days | 23% | 22% | |
| | | 10+ days | 51% | 52% | |
| ----- | | | | | |
| Total | | 1 to 2 days | 27% | 29% | |
| | | 3 to 9 days | 21% | 22% | |
| | | 10+ days | 52% | 49% | |

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.13 Among students who smoked cigarettes in the past month, the amount of cigarettes smoked on days smoked

| | | | Washington | Vermont | Notes |
|-------|-----------------------|-----------------------|------------|---------|------------------|
| Grade | 9th | 1 cigarette or less | . | 51% | Too few students |
| | | 2 to 10 cigarettes | . | 39% | Too few students |
| | | 11 or more cigarettes | . | 10% | Too few students |
| ----- | | | | | |
| | 10th | 1 cigarette or less | . | 45% | Too few students |
| | | 2 to 10 cigarettes | . | 45% | Too few students |
| | | 11 or more cigarettes | . | 10% | Too few students |
| ----- | | | | | |
| | 11th | 1 cigarette or less | 39% | 43% | |
| | | 2 to 10 cigarettes | 50% | 48% | |
| | | 11 or more cigarettes | 11% | 9% | |
| ----- | | | | | |
| | 12th | 1 cigarette or less | . | 42% | Too few students |
| | | 2 to 10 cigarettes | . | 45% | Too few students |
| | | 11 or more cigarettes | . | 13% | Too few students |
| ----- | | | | | |
| Sex | Female | 1 cigarette or less | 39% | 47% | |
| | | 2 to 10 cigarettes | 55% | 44% | |
| | | 11 or more cigarettes | . | 9% | Too few students |
| ----- | | | | | |
| | Male | 1 cigarette or less | 40% | 42% | |
| | | 2 to 10 cigarettes | 45% | 45% | |
| | | 11 or more cigarettes | 14% | 13% | |
| ----- | | | | | |
| Total | 1 cigarette or less | | 39% | 44% | |
| | 2 to 10 cigarettes | | 51% | 44% | |
| | 11 or more cigarettes | | 9% | 12% | |

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.14 Among students who smoked cigarettes in the past month and were under age 18, how they obtained cigarettes

| | | | Washington | Vermont | Notes |
|-------|--------|----------------------------|------------|---------|------------------|
| Grade | 9th | Bought them | . | 5% | Too few students |
| | | Someone else bought them | . | 27% | Too few students |
| | | Borrowed/bummed them | . | 37% | Too few students |
| | | Took them / some other way | . | 31% | Too few students |
| ----- | | | | | |
| | 10th | Bought them | . | 7% | Too few students |
| | | Someone else bought them | . | 26% | Too few students |
| | | Borrowed/bummed them | . | 41% | Too few students |
| | | Took them / some other way | . | 26% | Too few students |
| ----- | | | | | |
| | 11th | Bought them | 13% | 12% | |
| | | Someone else bought them | 24% | 31% | |
| | | Borrowed/bummed them | 40% | 39% | |
| | | Took them / some other way | 24% | 17% | |
| ----- | | | | | |
| | 12th | Bought them | . | 14% | Too few students |
| | | Someone else bought them | . | 32% | Too few students |
| | | Borrowed/bummed them | . | 41% | Too few students |
| | | Took them / some other way | . | 14% | Too few students |
| ----- | | | | | |
| Sex | Female | Bought them | . | 6% | Too few students |
| | | Someone else bought them | 24% | 30% | |
| | | Borrowed/bummed them | 53% | 45% | |
| | | Took them / some other way | 20% | 19% | |
| ----- | | | | | |
| | Male | Bought them | 17% | 14% | |
| | | Someone else bought them | 29% | 28% | |
| | | Borrowed/bummed them | 31% | 34% | |
| | | Took them / some other way | 24% | 24% | |
| ----- | | | | | |
| Total | | Bought them | 9% | 10% | |
| | | Someone else bought them | 26% | 29% | |
| | | Borrowed/bummed them | 44% | 39% | |
| | | Took them / some other way | 22% | 22% | |

*2 Alcohol, Tobacco and other Drug Use***2.15 Among current smokers, the percent of smokers who tried to quit smoking, past 12 months**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 9th | . | 45% | Too few students |
| | 10th | . | 46% | Too few students |
| | 11th | 34% | 44% | |
| | 12th | . | 39% | Too few students |
| Sex | Female | 39% | 43% | |
| | Male | 41% | 41% | |
| Total | | 39% | 42% | |

2.16 Percent of students who have ever used electronic vapor products such as e-cigarettes, vaping pens, e-hookahs, and hookah pens.

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 17% | 18% | |
| | 10th | 27% | 28% | |
| | 11th | 32% | 35% | |
| | 12th | 37% | 39% | |
| Sex | Female | 27% | 27% | |
| | Male | 29% | 33% | County statistically lower |
| Total | | 28% | 30% | |

2.17 Percent of students who have used electronic vapor products, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 9% | 10% | |
| | 10th | 12% | 14% | |
| | 11th | 15% | 17% | |
| | 12th | 15% | 19% | |
| Sex | Female | 12% | 13% | |
| | Male | 13% | 18% | County statistically lower |
| Total | | 13% | 15% | County statistically lower |

*2 Alcohol, Tobacco and other Drug Use***2.18 Percent of students who have ever tried a flavored tobacco product**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 13% | 15% | |
| | 10th | 20% | 21% | |
| | 11th | 31% | 29% | |
| | 12th | 34% | 32% | |
| Sex | Female | 23% | 20% | |
| | Male | 25% | 28% | |
| Total | | 24% | 24% | |

2.19 Percent of students who tried a flavored tobacco product before age 13

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 4% | 6% | |
| | 10th | 2% | 5% | County statistically lower |
| | 11th | 7% | 6% | |
| | 12th | 3% | 5% | |
| Sex | Female | 4% | 4% | |
| | Male | 5% | 7% | County statistically lower |
| Total | | 4% | 6% | |

NOTE: Flavored tobacco products include any tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

*2 Alcohol, Tobacco and other Drug Use***2.20 Percent of students who used smokeless tobacco such as snuff or dip, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 2% | 5% | County statistically lower |
| | 10th | 4% | 6% | |
| | 11th | 8% | 8% | |
| | 12th | 4% | 8% | County statistically lower |
| Sex | Female | 2% | 3% | County statistically lower |
| | Male | 7% | 11% | |
| Total | | 4% | 7% | County statistically lower |

2.21 Percent of students who smoked cigars or little cigars, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 5% | 5% | |
| | 10th | 10% | 8% | |
| | 11th | 15% | 12% | |
| | 12th | 15% | 16% | |
| Sex | Female | 8% | 6% | County statistically higher |
| | Male | 14% | 14% | |
| Total | | 11% | 10% | |

*2 Alcohol, Tobacco and other Drug Use***2.22 Percent of students who smoked cigarettes, cigars or little cigars, or used smokeless tobacco, during the past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 8% | 11% | |
| | 10th | 14% | 15% | |
| | 11th | 24% | 21% | |
| | 12th | 20% | 25% | |
| Sex | Female | 13% | 13% | |
| | Male | 20% | 23% | |
| Total | | 16% | 18% | |

2.23 Percent of students who smoked cigarettes, cigars or little cigars, used smokeless tobacco, or electronic vapor products during the past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 13% | 16% | |
| | 10th | 20% | 22% | |
| | 11th | 30% | 28% | |
| | 12th | 27% | 32% | |
| Sex | Female | 21% | 20% | |
| | Male | 24% | 29% | County statistically lower |
| Total | | 23% | 25% | |

*2 Alcohol, Tobacco and other Drug Use***2.24 Percent of students who have ever tried marijuana**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 23% | 22% | |
| | 10th | 34% | 32% | |
| | 11th | 49% | 44% | |
| | 12th | 51% | 49% | |
| Sex | Female | 39% | 36% | |
| | Male | 38% | 38% | |
| Total | | 39% | 37% | |

2.25 Percent of students who used marijuana before age 13

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 6% | 6% | |
| | 10th | 5% | 6% | |
| | 11th | 8% | 7% | |
| | 12th | 5% | 6% | |
| Sex | Female | 5% | 5% | |
| | Male | 7% | 8% | |
| Total | | 6% | 6% | |

2.26 Percent of students who used marijuana, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 14% | 13% | |
| | 10th | 21% | 20% | |
| | 11th | 31% | 27% | |
| | 12th | 31% | 29% | |
| Sex | Female | 23% | 21% | |
| | Male | 24% | 24% | |
| Total | | 24% | 22% | |

*2 Alcohol, Tobacco and other Drug Use***2.27 Among those who currently use marijuana, the number of times reported using marijuana, in the last month**

| | | | Washington | Vermont | Notes |
|-------|--------|--------------|------------|---------|-------|
| Grade | 9th | 1 to 2 times | 46% | 36% | |
| | | 3 to 9 times | 15% | 24% | |
| | | 10+ times | 40% | 40% | |
| ----- | | | | | |
| | 10th | 1 to 2 times | 33% | 32% | |
| | | 3 to 9 times | 31% | 26% | |
| | | 10+ times | 37% | 42% | |
| ----- | | | | | |
| | 11th | 1 to 2 times | 32% | 30% | |
| | | 3 to 9 times | 19% | 24% | |
| | | 10+ times | 49% | 46% | |
| ----- | | | | | |
| | 12th | 1 to 2 times | 31% | 29% | |
| | | 3 to 9 times | 26% | 23% | |
| | | 10+ times | 44% | 48% | |
| ----- | | | | | |
| Sex | Female | 1 to 2 times | 42% | 37% | |
| | | 3 to 9 times | 25% | 26% | |
| | | 10+ times | 32% | 37% | |
| ----- | | | | | |
| | Male | 1 to 2 times | 25% | 26% | |
| | | 3 to 9 times | 21% | 23% | |
| | | 10+ times | 54% | 52% | |
| ----- | | | | | |
| Total | | 1 to 2 times | 33% | 31% | |
| | | 3 to 9 times | 23% | 24% | |
| | | 10+ times | 43% | 45% | |

*2 Alcohol, Tobacco and other Drug Use***2.28 Percent of students who ever misused a stimulant or prescription pain reliever**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 8% | 8% | |
| | 10th | 9% | 10% | |
| | 11th | 14% | 13% | |
| | 12th | 16% | 14% | |
| Sex | Female | 11% | 11% | |
| | Male | 12% | 12% | |
| Total | | 12% | 11% | |

2.29 Percent of students who misused a stimulant or prescription pain reliever in the past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 2% | 4% | |
| | 10th | 3% | 4% | |
| | 11th | 5% | 5% | |
| | 12th | 5% | 6% | |
| Sex | Female | 4% | 4% | |
| | Male | 4% | 5% | |
| Total | | 4% | 5% | |

2.30 Percent of students who ever used cocaine

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 3% | 3% | |
| | 10th | 4% | 4% | |
| | 11th | 6% | 5% | |
| | 12th | 8% | 7% | |
| Sex | Female | 4% | 4% | |
| | Male | 6% | 6% | |
| Total | | 5% | 5% | |

*2 Alcohol, Tobacco and other Drug Use***2.31 Percent of students who ever used inhalants**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 7% | 7% | |
| | 10th | 7% | 6% | |
| | 11th | 9% | 7% | |
| | 12th | 3% | 5% | |
| Sex | Female | 7% | 6% | |
| | Male | 6% | 7% | |
| Total | | 7% | 7% | |

2.32 Percent of students who ever used methamphetamines

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 9th | 2% | 2% | |
| | 10th | 1% | 2% | |
| | 11th | 4% | 3% | |
| | 12th | . | 3% | Too few students |
| Sex | Female | 2% | 2% | |
| | Male | 3% | 3% | |
| Total | | 2% | 3% | |

2.33 Percent of students who ever used heroin

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 1% | 2% | |
| | 10th | 2% | 2% | |
| | 11th | 3% | 2% | |
| | 12th | 2% | 3% | |
| Sex | Female | 2% | 1% | |
| | Male | 2% | 3% | |
| Total | | 2% | 2% | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.01 Percent of students who were in the same room as someone smoking, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 31% | 34% | |
| | 10th | 37% | 36% | |
| | 11th | 39% | 39% | |
| | 12th | 34% | 38% | |
| Sex | Female | 35% | 37% | |
| | Male | 35% | 37% | |
| Total | | 35% | 37% | |

3.02 Percent of students who were in the same car as someone smoking, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 24% | 25% | |
| | 10th | 27% | 27% | |
| | 11th | 28% | 28% | |
| | 12th | 27% | 28% | |
| Sex | Female | 27% | 28% | |
| | Male | 26% | 27% | |
| Total | | 26% | 27% | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.03 Frequency in which students see advertisements for tobacco when they are in a grocery store, gas station, or convenience store.

| | | | Washington | Vermont | Notes |
|-------|---------------------------|---------------------------|------------|---------|-------|
| Grade | 9th | Never or rarely | 21% | 19% | |
| | | Sometimes | 25% | 27% | |
| | | At least most of the time | 55% | 54% | |
| ----- | | | | | |
| | 10th | Never or rarely | 20% | 19% | |
| | | Sometimes | 30% | 27% | |
| | | At least most of the time | 50% | 53% | |
| ----- | | | | | |
| | 11th | Never or rarely | 23% | 21% | |
| | | Sometimes | 29% | 28% | |
| | | At least most of the time | 48% | 52% | |
| ----- | | | | | |
| | 12th | Never or rarely | 20% | 22% | |
| | | Sometimes | 32% | 28% | |
| | | At least most of the time | 47% | 50% | |
| ----- | | | | | |
| Sex | Female | Never or rarely | 19% | 19% | |
| | | Sometimes | 31% | 28% | |
| | | At least most of the time | 50% | 53% | |
| ----- | | | | | |
| | Male | Never or rarely | 23% | 22% | |
| | | Sometimes | 27% | 26% | |
| | | At least most of the time | 50% | 51% | |
| ----- | | | | | |
| Total | Never or rarely | | 21% | 21% | |
| | Sometimes | | 29% | 27% | |
| | At least most of the time | | 50% | 52% | |
| ----- | | | | | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

In 2015, 11% of Vermont high school students reported smoking cigarettes in the last 30 days and 22% of students reported using marijuana during that same time period. Students were asked about their perceptions on how many students smoke and use marijuana.

3.04 Out of 100 high school students, the number thought to smoke cigarettes

| | Washington | Vermont | Notes |
|---------------------|------------|---------|-----------------------------|
| 15 or less students | 19% | 19% | |
| 16 to 25 students | 33% | 29% | County statistically higher |
| 26 to 45 students | 23% | 24% | |
| 46 to 55 students | 14% | 14% | |
| 56 to 75 students | 7% | 8% | |
| 76 or more students | 4% | 7% | County statistically lower |

3.05 Out of 100 high school students, the number thought to use marijuana

| | Washington | Vermont | Notes |
|---------------------|------------|---------|-----------------------------|
| 15 or less students | 6% | 8% | County statistically lower |
| 16 to 25 students | 11% | 13% | County statistically lower |
| 26 to 45 students | 20% | 21% | |
| 46 to 55 students | 24% | 21% | County statistically higher |
| 56 to 75 students | 23% | 20% | County statistically higher |
| 76 or more students | 16% | 16% | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.06 Percent of students who think their parents think it is wrong for them to smoke cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 94% | 94% | |
| | 10th | 94% | 93% | |
| | 11th | 90% | 92% | |
| | 12th | 87% | 87% | |
| Sex | Female | 92% | 93% | |
| | Male | 90% | 90% | |
| Total | | 91% | 91% | |

3.07 Percent of students who think their parents think it is wrong for them to drink alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 84% | 84% | |
| | 10th | 77% | 78% | |
| | 11th | 65% | 70% | |
| | 12th | 49% | 57% | County statistically lower |
| Sex | Female | 70% | 74% | County statistically lower |
| | Male | 69% | 70% | |
| Total | | 69% | 72% | |

3.08 Percent of students who think their parents think it is wrong for them to smoke marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 88% | 87% | |
| | 10th | 80% | 82% | |
| | 11th | 73% | 78% | |
| | 12th | 70% | 74% | |
| Sex | Female | 80% | 82% | |
| | Male | 76% | 79% | |
| Total | | 78% | 80% | County statistically lower |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.09 Percent of students who think it is wrong for someone their age to smoke cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 85% | 87% | |
| | 10th | 85% | 84% | |
| | 11th | 75% | 77% | |
| | 12th | 70% | 67% | |
| Sex | Female | 81% | 80% | |
| | Male | 77% | 77% | |
| Total | | 79% | 78% | |

3.10 Percent of students who think it is wrong for someone their age to drink alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 68% | 70% | |
| | 10th | 57% | 58% | |
| | 11th | 44% | 47% | |
| | 12th | 32% | 38% | |
| Sex | Female | 49% | 54% | County statistically lower |
| | Male | 53% | 53% | |
| Total | | 51% | 53% | |

3.11 Percent of students who think it is wrong for someone their age to smoke marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 64% | 70% | County statistically lower |
| | 10th | 53% | 59% | |
| | 11th | 47% | 51% | |
| | 12th | 43% | 44% | |
| Sex | Female | 52% | 57% | County statistically lower |
| | Male | 52% | 55% | |
| Total | | 52% | 56% | County statistically lower |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.12 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 66% | 62% | |
| | 10th | 70% | 66% | |
| | 11th | 68% | 66% | |
| | 12th | 67% | 66% | |
| Sex | Female | 71% | 67% | County statistically higher |
| | Male | 64% | 63% | |
| Total | | 68% | 65% | County statistically higher |

3.13 Percent of students who think people their age risk harming themselves if they binge drink on weekends

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 45% | 42% | |
| | 10th | 39% | 40% | |
| | 11th | 36% | 36% | |
| | 12th | 28% | 35% | County statistically lower |
| Sex | Female | 44% | 43% | |
| | Male | 31% | 33% | |
| Total | | 37% | 38% | |

3.14 Percent of students who think people their age risk harming themselves if they smoke marijuana regularly

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 34% | 35% | |
| | 10th | 29% | 29% | |
| | 11th | 20% | 22% | |
| | 12th | 22% | 21% | |
| Sex | Female | 31% | 30% | |
| | Male | 23% | 24% | |
| Total | | 27% | 27% | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.15 Percent of students who think it would be easy to get cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 42% | 44% | |
| | 10th | 53% | 55% | |
| | 11th | 70% | 64% | |
| | 12th | 83% | 80% | |
| Sex | Female | 58% | 57% | |
| | Male | 65% | 64% | |
| Total | | 61% | 61% | |

3.16 Percent of students who think it would be easy to get alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 64% | 60% | |
| | 10th | 71% | 68% | |
| | 11th | 75% | 74% | |
| | 12th | 80% | 75% | |
| Sex | Female | 72% | 71% | |
| | Male | 72% | 68% | County statistically higher |
| Total | | 72% | 69% | County statistically higher |

3.17 Percent of students who think it would be easy to get marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 50% | 46% | |
| | 10th | 64% | 60% | |
| | 11th | 72% | 69% | |
| | 12th | 73% | 74% | |
| Sex | Female | 60% | 60% | |
| | Male | 69% | 65% | County statistically higher |
| Total | | 65% | 62% | |

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.18 Percent of students who were asked if they smoked by a health care provider, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 40% | 44% | |
| | 10th | 51% | 50% | |
| | 11th | 58% | 57% | |
| | 12th | 59% | 60% | |
| Sex | Female | 53% | 56% | |
| | Male | 50% | 50% | |
| Total | | 52% | 53% | |

3.19 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 26% | 36% | County statistically lower |
| | 10th | 22% | 30% | County statistically lower |
| | 11th | 18% | 27% | County statistically lower |
| | 12th | 15% | 24% | County statistically lower |
| Sex | Female | 19% | 29% | County statistically lower |
| | Male | 22% | 29% | County statistically lower |
| Total | | 21% | 29% | County statistically lower |

3.20 Percent of students who were offered, sold or given an illegal drug on school property, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 16% | 15% | |
| | 10th | 21% | 19% | |
| | 11th | 20% | 20% | |
| | 12th | 17% | 18% | |
| Sex | Female | 14% | 15% | |
| | Male | 23% | 21% | |
| Total | | 18% | 18% | |

4 Sexual Behavior and Orientation

4.01 Sexual orientation

| | | | Washington | Vermont | Notes |
|-------|--------|-------------------------|------------|---------|------------------|
| Grade | 9th | Heterosexual (straight) | 87% | 88% | |
| | | Gay or lesbian | 3% | 2% | |
| | | Bisexual | 6% | 6% | |
| | | Not sure | 5% | 5% | |
| ----- | | | | | |
| | 10th | Heterosexual (straight) | 89% | 89% | |
| | | Gay or lesbian | 1% | 2% | |
| | | Bisexual | 7% | 6% | |
| | | Not sure | 2% | 4% | |
| ----- | | | | | |
| | 11th | Heterosexual (straight) | 85% | 88% | |
| | | Gay or lesbian | 2% | 2% | |
| | | Bisexual | 7% | 6% | |
| | | Not sure | 6% | 4% | |
| ----- | | | | | |
| | 12th | Heterosexual (straight) | 88% | 88% | |
| | | Gay or lesbian | . | 2% | Too few students |
| | | Bisexual | 9% | 6% | |
| | | Not sure | 2% | 4% | |
| ----- | | | | | |
| Sex | Female | Heterosexual (straight) | 83% | 84% | |
| | | Gay or lesbian | 1% | 2% | |
| | | Bisexual | 10% | 10% | |
| | | Not sure | 5% | 5% | |
| ----- | | | | | |
| | Male | Heterosexual (straight) | 92% | 92% | |
| | | Gay or lesbian | 2% | 2% | |
| | | Bisexual | 4% | 3% | |
| | | Not sure | 2% | 4% | |
| ----- | | | | | |
| Total | | Heterosexual (straight) | 87% | 88% | |
| | | Gay or lesbian | 2% | 2% | |
| | | Bisexual | 7% | 6% | |
| | | Not sure | 4% | 4% | |

*4 Sexual Behavior and Orientation***4.02 Percent of students who have ever had sexual intercourse**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 18% | 18% | |
| | 10th | 31% | 33% | |
| | 11th | 46% | 49% | |
| | 12th | 61% | 62% | |
| Sex | Female | 40% | 40% | |
| | Male | 37% | 41% | |
| Total | | 39% | 41% | |

4.03 Percent of students who have ever had oral sex

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 19% | 21% | |
| | 10th | 36% | 37% | |
| | 11th | 53% | 50% | |
| | 12th | 60% | 60% | |
| Sex | Female | 42% | 41% | |
| | Male | 40% | 42% | |
| Total | | 41% | 42% | |

4.04 Percent of students who had sexual intercourse before age 13

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 2% | 3% | |
| | 10th | 2% | 3% | |
| | 11th | 4% | 3% | |
| | 12th | 3% | 4% | |
| Sex | Female | 2% | 2% | |
| | Male | 4% | 4% | |
| Total | | 3% | 3% | |

*4 Sexual Behavior and Orientation***4.05 Percent of students who have had sexual intercourse with four or more people**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 2% | 3% | |
| | 10th | 7% | 6% | |
| | 11th | 12% | 11% | |
| | 12th | 15% | 19% | |
| Sex | Female | 9% | 9% | |
| | Male | 9% | 10% | |
| Total | | 9% | 10% | |

4.06 Percent of students who have ever been tested for HIV

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 5% | 7% | |
| | 10th | 6% | 8% | |
| | 11th | 11% | 12% | |
| | 12th | 15% | 14% | |
| Sex | Female | 12% | 11% | |
| | Male | 7% | 9% | County statistically lower |
| Total | | 9% | 10% | |

*4 Sexual Behavior and Orientation***4.07 Percent of students who had sex at least once in the past 3 months (currently sexually active)**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 12% | 12% | |
| | 10th | 24% | 24% | |
| | 11th | 39% | 38% | |
| | 12th | 47% | 49% | |
| Sex | Female | 33% | 33% | |
| | Male | 27% | 30% | |
| Total | | 30% | 31% | |

4.08 Of sexually active students, percent who used alcohol or drugs the last time they had sex

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 17% | 18% | |
| | 10th | 17% | 19% | |
| | 11th | 17% | 18% | |
| | 12th | 10% | 18% | County statistically lower |
| Sex | Female | 12% | 15% | |
| | Male | 17% | 22% | |
| Total | | 14% | 19% | County statistically lower |

4.09 Of sexually active students, percent who used condoms the last time they had sex

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 78% | 65% | |
| | 10th | 65% | 65% | |
| | 11th | 52% | 58% | |
| | 12th | 57% | 54% | |
| Sex | Female | 57% | 55% | |
| | Male | 62% | 62% | |
| Total | | 60% | 58% | |

*4 Sexual Behavior and Orientation***4.10 Of sexually active students, percent who used prescription birth control the last time they had sex.**

Birth control included using prescription birth control pills, shot, patch, ring, or IUD

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 9th | . | 28% | Too few students |
| | 10th | 45% | 39% | |
| | 11th | 53% | 49% | |
| | 12th | 61% | 54% | |
| Sex | Female | 62% | 55% | |
| | Male | 37% | 38% | |
| Total | | 51% | 47% | |

4.11 Of sexually active students, those who used either a condom or prescription birth control the last time they had sex

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 9th | 90% | 80% | |
| | 10th | 88% | 87% | |
| | 11th | 88% | 88% | |
| | 12th | 92% | 87% | |
| Sex | Female | 92% | 88% | County statistically higher |
| | Male | 86% | 86% | |
| Total | | 90% | 87% | |

4 Sexual Behavior and Orientation

4.12 Of sexually active students, methods used to prevent pregnancy used the last time they had sex

| | | | Washington | Vermont | Notes |
|-------|------|-------------------------------|------------|---------|------------------|
| Grade | 9th | No method was used | . | 12% | Too few students |
| | | Birth control pills | . | 19% | Too few students |
| | | Condoms | . | 50% | Too few students |
| | | IUD or implant | . | 4% | Too few students |
| | | Shot/patch/birth control ring | . | 5% | Too few students |
| | | Withdrawal/other method | . | 8% | Too few students |
| | | Not sure | . | 3% | Too few students |
| ----- | | | | | |
| | 10th | No method was used | 5% | 7% | |
| | | Birth control pills | 30% | 28% | |
| | | Condoms | 40% | 46% | |
| | | IUD or implant | . | 5% | Too few students |
| | | Shot/patch/birth control ring | 13% | 6% | |
| | | Withdrawal/other method | 8% | 6% | |
| | | Not sure | . | 2% | Too few students |
| ----- | | | | | |
| | 11th | No method was used | 6% | 6% | |
| | | Birth control pills | 44% | 37% | |
| | | Condoms | 33% | 37% | |
| | | IUD or implant | 4% | 7% | |
| | | Shot/patch/birth control ring | 5% | 6% | |
| | | Withdrawal/other method | 7% | 6% | |
| | | Not sure | . | 1% | Too few students |
| ----- | | | | | |
| | 12th | No method was used | 3% | 7% | |
| | | Birth control pills | 45% | 40% | |
| | | Condoms | 31% | 32% | |
| | | IUD or implant | 5% | 7% | |
| | | Shot/patch/birth control ring | 11% | 7% | |
| | | Withdrawal/other method | 3% | 6% | |
| | | Not sure | . | 2% | Too few students |
| ----- | | | | | |

4 Sexual Behavior and Orientation

| | | | Washington | Vermont | Notes |
|-------|--------|-------------------------------|------------|---------|-----------------------------|
| Sex | Female | No method was used | 4% | 7% | |
| | | Birth control pills | 43% | 39% | |
| | | Condoms | 30% | 31% | |
| | | IUD or implant | 5% | 8% | |
| | | Shot/patch/birth control ring | 14% | 8% | County statistically higher |
| | | Withdrawal/other method | 4% | 5% | |
| | | Not sure | . | 1% | Too few students |
| ----- | | | | | |
| | Male | No method was used | 6% | 7% | |
| | | Birth control pills | 32% | 30% | |
| | | Condoms | 47% | 45% | |
| | | IUD or implant | . | 4% | Too few students |
| | | Shot/patch/birth control ring | 4% | 4% | |
| | | Withdrawal/other method | 8% | 7% | |
| | | Not sure | . | 3% | Too few students |
| ----- | | | | | |
| Total | | No method was used | 4% | 7% | |
| | | Birth control pills | 38% | 35% | |
| | | Condoms | 37% | 38% | |
| | | IUD or implant | 4% | 6% | |
| | | Shot/patch/birth control ring | 9% | 6% | |
| | | Withdrawal/other method | 6% | 6% | |
| | | Not sure | 1% | 2% | |

Cont. Of sexually active students, methods used to prevent pregnancy used the last time they had sex

*4 Sexual Behavior and Orientation***4.13 Sexual identity of sexual contacts**

| | | | Washington | Vermont | Notes |
|-------|------------------|------------------|------------|---------|-------|
| Sex | Female | Have not had sex | 45% | 45% | |
| | | Same sex | 1% | 1% | |
| | | Opposite sex | 47% | 46% | |
| | | Both sexes | 7% | 7% | |
| ----- | | | | | |
| | Male | Have not had sex | 44% | 43% | |
| | | Same sex | 1% | 1% | |
| | | Opposite sex | 53% | 53% | |
| | | Both sexes | 2% | 2% | |
| ----- | | | | | |
| Total | Have not had sex | | 45% | 44% | |
| | Same sex | | 1% | 1% | |
| | Opposite sex | | 50% | 50% | |
| | Both sexes | | 5% | 5% | |

*5 Body Image***5.01 The percent of students who are overweight (85th to <95th BMI percentile)**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 13% | 15% | |
| | 10th | 16% | 14% | |
| | 11th | 13% | 14% | |
| | 12th | 11% | 13% | |
| Sex | Female | 14% | 14% | |
| | Male | 13% | 14% | |
| Total | | 13% | 14% | |

5.02 The percent of students who are obese (>=95th BMI percentile)

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 9% | 12% | |
| | 10th | 14% | 13% | |
| | 11th | 11% | 12% | |
| | 12th | 10% | 12% | |
| Sex | Female | 7% | 9% | |
| | Male | 14% | 16% | |
| Total | | 11% | 12% | |

NOTE: BMI = body mass index; For youth, BMI is age- and sex-specific. It is expressed by a percentile based on weight and height.

5 Body Image

5.03 Perceptions of weight

| | | | Washington | Vermont | Notes |
|-------|------------------------|------------------------|------------|---------|-------|
| Grade | 9th | Underweight | 15% | 15% | |
| | | About the right weight | 59% | 56% | |
| | | Overweight | 26% | 29% | |
| ----- | | | | | |
| | 10th | Underweight | 14% | 13% | |
| | | About the right weight | 53% | 55% | |
| | | Overweight | 33% | 32% | |
| ----- | | | | | |
| | 11th | Underweight | 14% | 13% | |
| | | About the right weight | 54% | 55% | |
| | | Overweight | 32% | 31% | |
| ----- | | | | | |
| | 12th | Underweight | 15% | 13% | |
| | | About the right weight | 54% | 55% | |
| | | Overweight | 32% | 32% | |
| ----- | | | | | |
| Sex | Female | Underweight | 10% | 10% | |
| | | About the right weight | 54% | 54% | |
| | | Overweight | 36% | 36% | |
| ----- | | | | | |
| | Male | Underweight | 19% | 17% | |
| | | About the right weight | 56% | 57% | |
| | | Overweight | 25% | 26% | |
| ----- | | | | | |
| Total | Underweight | | 14% | 14% | |
| | About the right weight | | 55% | 55% | |
| | Overweight | | 31% | 31% | |

5 Body Image

5.04 Students who are trying to do something about their weight

| | | | Washington | Vermont | Notes |
|-------|--------|----------------------------------|------------|---------|----------------------------|
| Grade | 9th | Lose weight | 34% | 41% | County statistically lower |
| | | Gain weight | 16% | 12% | |
| | | Stay the same weight /do nothing | 49% | 47% | |
| ----- | | | | | |
| | 10th | Lose weight | 42% | 43% | |
| | | Gain weight | 13% | 13% | |
| | | Stay the same weight /do nothing | 45% | 44% | |
| ----- | | | | | |
| | 11th | Lose weight | 39% | 42% | |
| | | Gain weight | 12% | 14% | |
| | | Stay the same weight /do nothing | 48% | 44% | |
| ----- | | | | | |
| | 12th | Lose weight | 43% | 42% | |
| | | Gain weight | 15% | 15% | |
| | | Stay the same weight /do nothing | 42% | 42% | |
| ----- | | | | | |
| Sex | Female | Lose weight | 53% | 56% | |
| | | Gain weight | 4% | 4% | |
| | | Stay the same weight /do nothing | 43% | 40% | |
| ----- | | | | | |
| | Male | Lose weight | 26% | 28% | |
| | | Gain weight | 25% | 23% | |
| | | Stay the same weight /do nothing | 49% | 49% | |
| ----- | | | | | |
| Total | | Lose weight | 40% | 42% | |
| | | Gain weight | 15% | 14% | |
| | | Stay the same weight /do nothing | 46% | 44% | |

*6 Nutrition and Physical Activity***6.01 Hours spent per school day watching TV, playing video games or using the computer for fun.**

In 2015, the definition of screen time was expanded. Caution should be taken when making comparisons to previous years.

| | | | Washington | Vermont | Notes |
|-------|--------|------------------|------------|---------|----------------------------|
| Grade | 9th | Less than 1 hour | 13% | 14% | |
| | | 1 to 2 hours | 38% | 36% | |
| | | 3 to 4 hours | 33% | 33% | |
| | | 5+ hours | 16% | 18% | |
| ----- | | | | | |
| | 10th | Less than 1 hour | 13% | 14% | |
| | | 1 to 2 hours | 36% | 36% | |
| | | 3 to 4 hours | 32% | 32% | |
| | | 5+ hours | 19% | 18% | |
| ----- | | | | | |
| | 11th | Less than 1 hour | 11% | 15% | |
| | | 1 to 2 hours | 39% | 38% | |
| | | 3 to 4 hours | 35% | 32% | |
| | | 5+ hours | 15% | 16% | |
| ----- | | | | | |
| | 12th | Less than 1 hour | 16% | 16% | |
| | | 1 to 2 hours | 35% | 36% | |
| | | 3 to 4 hours | 33% | 32% | |
| | | 5+ hours | 16% | 17% | |
| ----- | | | | | |
| Sex | Female | Less than 1 hour | 16% | 15% | |
| | | 1 to 2 hours | 37% | 37% | |
| | | 3 to 4 hours | 33% | 32% | |
| | | 5+ hours | 15% | 16% | |
| ----- | | | | | |
| | Male | Less than 1 hour | 11% | 14% | County statistically lower |
| | | 1 to 2 hours | 38% | 36% | |
| | | 3 to 4 hours | 33% | 32% | |
| | | 5+ hours | 19% | 18% | |
| ----- | | | | | |
| Total | | Less than 1 hour | 13% | 15% | |
| | | 1 to 2 hours | 37% | 36% | |
| | | 3 to 4 hours | 33% | 32% | |
| | | 5+ hours | 17% | 17% | |

6 Nutrition and Physical Activity

6.02 The number of days students participated in at least 60 minutes of physical activity during the past 7 days

| | | | Washington | Vermont | Notes |
|-------|-------------|-------------|------------|---------|-----------------------------|
| Grade | 9th | 0 days | 11% | 11% | |
| | | 1 to 2 days | 15% | 16% | |
| | | 3 to 6 days | 48% | 47% | |
| | | Everyday | 26% | 25% | |
| ----- | | | | | |
| | 10th | 0 days | 12% | 13% | |
| | | 1 to 2 days | 14% | 15% | |
| | | 3 to 6 days | 50% | 47% | |
| | | Everyday | 24% | 24% | |
| ----- | | | | | |
| | 11th | 0 days | 15% | 15% | |
| | | 1 to 2 days | 19% | 17% | |
| | | 3 to 6 days | 48% | 45% | |
| | | Everyday | 18% | 22% | |
| ----- | | | | | |
| | 12th | 0 days | 16% | 17% | |
| | | 1 to 2 days | 16% | 18% | |
| | | 3 to 6 days | 51% | 44% | County statistically higher |
| | | Everyday | 17% | 21% | |
| ----- | | | | | |
| Sex | Female | 0 days | 16% | 17% | |
| | | 1 to 2 days | 19% | 20% | |
| | | 3 to 6 days | 51% | 48% | |
| | | Everyday | 15% | 16% | |
| ----- | | | | | |
| | Male | 0 days | 11% | 12% | |
| | | 1 to 2 days | 12% | 14% | |
| | | 3 to 6 days | 47% | 44% | |
| | | Everyday | 29% | 30% | |
| ----- | | | | | |
| Total | 0 days | | 13% | 14% | |
| | 1 to 2 days | | 16% | 17% | |
| | 3 to 6 days | | 49% | 46% | County statistically higher |
| | Everyday | | 22% | 23% | |

*6 Nutrition and Physical Activity***6.03 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 25% | 23% | |
| | 10th | 24% | 23% | |
| | 11th | 23% | 23% | |
| | 12th | 23% | 24% | |
| Sex | Female | 23% | 22% | |
| | Male | 24% | 25% | |
| Total | | 24% | 24% | |

6.04 The percent of students who ate fruits or fruit juice 2 or more times per day, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 39% | 34% | |
| | 10th | 39% | 34% | |
| | 11th | 36% | 34% | |
| | 12th | 34% | 35% | |
| Sex | Female | 36% | 33% | |
| | Male | 38% | 35% | |
| Total | | 37% | 34% | |

6.05 The percent of students who ate vegetables 3 or more times per day, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 20% | 17% | |
| | 10th | 20% | 17% | |
| | 11th | 20% | 18% | |
| | 12th | 19% | 19% | |
| Sex | Female | 19% | 17% | |
| | Male | 20% | 19% | |
| Total | | 20% | 18% | |

*6 Nutrition and Physical Activity***6.06 The percent of students who did not eat any fruit or fruit juice, past 7 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 3% | 5% | |
| | 10th | 2% | 4% | |
| | 11th | 4% | 4% | |
| | 12th | 3% | 4% | |
| Sex | Female | 3% | 3% | |
| | Male | 3% | 5% | |
| Total | | 3% | 4% | County statistically lower |

6.07 The percent of students who did not any eat vegetables, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 3% | 5% | |
| | 10th | 3% | 4% | |
| | 11th | 4% | 4% | |
| | 12th | 3% | 4% | |
| Sex | Female | 2% | 3% | |
| | Male | 5% | 6% | |
| Total | | 3% | 4% | |

6 Nutrition and Physical Activity

6.08 The number of days students ate breakfast during the past 7 days

| | | | Washington | Vermont | Notes |
|-------|--------|-------------|------------|---------|-----------------------------|
| Grade | 9th | Never | 8% | 11% | |
| | | 1 to 3 days | 21% | 25% | |
| | | 4 to 6 days | 26% | 22% | |
| | | Everyday | 45% | 42% | |
| ----- | | | | | |
| | 10th | Never | 10% | 11% | |
| | | 1 to 3 days | 24% | 24% | |
| | | 4 to 6 days | 27% | 24% | |
| | | Everyday | 40% | 41% | |
| ----- | | | | | |
| | 11th | Never | 12% | 10% | |
| | | 1 to 3 days | 19% | 25% | County statistically lower |
| | | 4 to 6 days | 29% | 24% | |
| | | Everyday | 41% | 40% | |
| ----- | | | | | |
| | 12th | Never | 11% | 11% | |
| | | 1 to 3 days | 22% | 25% | |
| | | 4 to 6 days | 30% | 25% | |
| | | Everyday | 37% | 39% | |
| ----- | | | | | |
| Sex | Female | Never | 10% | 11% | |
| | | 1 to 3 days | 23% | 27% | |
| | | 4 to 6 days | 28% | 24% | County statistically higher |
| | | Everyday | 39% | 38% | |
| ----- | | | | | |
| | Male | Never | 10% | 11% | |
| | | 1 to 3 days | 20% | 23% | |
| | | 4 to 6 days | 27% | 23% | |
| | | Everyday | 43% | 43% | |
| ----- | | | | | |
| Total | | Never | 10% | 11% | |
| | | 1 to 3 days | 21% | 25% | County statistically lower |
| | | 4 to 6 days | 28% | 24% | County statistically higher |
| | | Everyday | 41% | 40% | |

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

| | | | Washington | Vermont | Notes |
|-------|----------------|----------------|------------|---------|-------|
| Grade | 9th | None | 6% | 9% | |
| | | 1 to 3 glasses | 60% | 60% | |
| | | 4+ glasses | 34% | 32% | |
| ----- | | | | | |
| | 10th | None | 7% | 8% | |
| | | 1 to 3 glasses | 54% | 58% | |
| | | 4+ glasses | 39% | 34% | |
| ----- | | | | | |
| | 11th | None | 8% | 8% | |
| | | 1 to 3 glasses | 63% | 60% | |
| | | 4+ glasses | 29% | 32% | |
| ----- | | | | | |
| | 12th | None | 7% | 9% | |
| | | 1 to 3 glasses | 58% | 57% | |
| | | 4+ glasses | 35% | 34% | |
| ----- | | | | | |
| Sex | Female | None | 6% | 8% | |
| | | 1 to 3 glasses | 63% | 62% | |
| | | 4+ glasses | 31% | 31% | |
| ----- | | | | | |
| | Male | None | 8% | 9% | |
| | | 1 to 3 glasses | 55% | 56% | |
| | | 4+ glasses | 37% | 35% | |
| ----- | | | | | |
| Total | None | | 7% | 9% | |
| | 1 to 3 glasses | | 59% | 59% | |
| | 4+ glasses | | 34% | 33% | |

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

| | | | Washington | Vermont | Notes |
|-------|------------------------------------|------------------------------------|------------|---------|-----------------------------|
| Grade | 9th | None | 33% | 32% | |
| | | At least once during the past week | 58% | 54% | |
| | | At least once per day | 9% | 14% | County statistically lower |
| ----- | | | | | |
| | 10th | None | 40% | 33% | County statistically higher |
| | | At least once during the past week | 49% | 53% | |
| | | At least once per day | 11% | 14% | |
| ----- | | | | | |
| | 11th | None | 34% | 33% | |
| | | At least once during the past week | 52% | 51% | |
| | | At least once per day | 14% | 15% | |
| ----- | | | | | |
| | 12th | None | 38% | 36% | |
| | | At least once during the past week | 50% | 49% | |
| | | At least once per day | 13% | 15% | |
| ----- | | | | | |
| Sex | Female | None | 46% | 42% | |
| | | At least once during the past week | 48% | 48% | |
| | | At least once per day | 6% | 9% | County statistically lower |
| ----- | | | | | |
| | Male | None | 25% | 25% | |
| | | At least once during the past week | 57% | 55% | |
| | | At least once per day | 18% | 20% | |
| ----- | | | | | |
| Total | None | | 36% | 33% | |
| | At least once during the past week | | 52% | 52% | |
| | At least once per day | | 12% | 15% | County statistically lower |

6 Nutrition and Physical Activity

6.11 The amount of sugar-sweetened beverages (not including soda) students drank during past 7 days

| | | | Washington | Vermont | Notes |
|-------|--------|------------------------------------|------------|---------|-----------------------------|
| Grade | 9th | None | 27% | 25% | |
| | | At least once during the past week | 60% | 61% | |
| | | At least once per day | 13% | 14% | |
| ----- | | | | | |
| | 10th | None | 29% | 25% | |
| | | At least once during the past week | 58% | 59% | |
| | | At least once per day | 13% | 15% | |
| ----- | | | | | |
| | 11th | None | 28% | 26% | |
| | | At least once during the past week | 57% | 59% | |
| | | At least once per day | 15% | 16% | |
| ----- | | | | | |
| | 12th | None | 33% | 29% | |
| | | At least once during the past week | 56% | 57% | |
| | | At least once per day | 12% | 15% | |
| ----- | | | | | |
| Sex | Female | None | 35% | 30% | County statistically higher |
| | | At least once during the past week | 55% | 59% | |
| | | At least once per day | 9% | 11% | |
| ----- | | | | | |
| | Male | None | 22% | 22% | |
| | | At least once during the past week | 60% | 58% | |
| | | At least once per day | 18% | 19% | |
| ----- | | | | | |
| Total | | None | 29% | 26% | County statistically higher |
| | | At least once during the past week | 57% | 59% | |
| | | At least once per day | 14% | 15% | |

7 Youth Assets

7.01 Typical grades in the past 12 months, as reported by students

| | | | Washington | Vermont | Notes |
|-------|--------|------------------|------------|---------|-------|
| Grade | 9th | Mostly As or Bs | 77% | 76% | |
| | | Mostly Cs | 14% | 13% | |
| | | Mostly Ds or Fs | 4% | 4% | |
| | | Other / Not sure | 5% | 7% | |
| ----- | | | | | |
| | 10th | Mostly As or Bs | 74% | 77% | |
| | | Mostly Cs | 14% | 14% | |
| | | Mostly Ds or Fs | 4% | 4% | |
| | | Other / Not sure | 7% | 5% | |
| ----- | | | | | |
| | 11th | Mostly As or Bs | 77% | 80% | |
| | | Mostly Cs | 14% | 13% | |
| | | Mostly Ds or Fs | 5% | 3% | |
| | | Other / Not sure | 4% | 4% | |
| ----- | | | | | |
| | 12th | Mostly As or Bs | 84% | 83% | |
| | | Mostly Cs | 10% | 11% | |
| | | Mostly Ds or Fs | 3% | 2% | |
| | | Other / Not sure | 3% | 4% | |
| ----- | | | | | |
| Sex | Female | Mostly As or Bs | 83% | 84% | |
| | | Mostly Cs | 9% | 9% | |
| | | Mostly Ds or Fs | 3% | 3% | |
| | | Other / Not sure | 5% | 4% | |
| ----- | | | | | |
| | Male | Mostly As or Bs | 73% | 74% | |
| | | Mostly Cs | 17% | 16% | |
| | | Mostly Ds or Fs | 5% | 4% | |
| | | Other / Not sure | 5% | 6% | |
| ----- | | | | | |
| Total | | Mostly As or Bs | 78% | 79% | |
| | | Mostly Cs | 13% | 13% | |
| | | Mostly Ds or Fs | 4% | 3% | |
| | | Other / Not sure | 5% | 5% | |

7 Youth Assets

7.02 The percent of students participating in extracurricular activities, hours per week

| | | | Washington | Vermont | Notes |
|-------|------------------|------------------|------------|---------|-----------------------------|
| Grade | 9th | 0 hours | 27% | 32% | |
| | | 1 to 4 hours | 31% | 30% | |
| | | 5 to 9 hours | 18% | 17% | |
| | | 10 or more hours | 24% | 21% | |
| <hr/> | | | | | |
| | 10th | 0 hours | 29% | 32% | |
| | | 1 to 4 hours | 27% | 28% | |
| | | 5 to 9 hours | 21% | 16% | County statistically higher |
| | | 10 or more hours | 23% | 24% | |
| <hr/> | | | | | |
| | 11th | 0 hours | 30% | 32% | |
| | | 1 to 4 hours | 28% | 27% | |
| | | 5 to 9 hours | 23% | 16% | County statistically higher |
| | | 10 or more hours | 19% | 25% | County statistically lower |
| <hr/> | | | | | |
| | 12th | 0 hours | 35% | 32% | |
| | | 1 to 4 hours | 22% | 26% | |
| | | 5 to 9 hours | 21% | 16% | County statistically higher |
| | | 10 or more hours | 23% | 27% | |
| <hr/> | | | | | |
| Sex | Female | 0 hours | 31% | 31% | |
| | | 1 to 4 hours | 27% | 29% | |
| | | 5 to 9 hours | 20% | 16% | County statistically higher |
| | | 10 or more hours | 22% | 24% | |
| <hr/> | | | | | |
| | Male | 0 hours | 30% | 33% | |
| | | 1 to 4 hours | 27% | 27% | |
| | | 5 to 9 hours | 21% | 16% | County statistically higher |
| | | 10 or more hours | 23% | 24% | |
| <hr/> | | | | | |
| Total | 0 hours | | 30% | 32% | |
| | 1 to 4 hours | | 27% | 28% | |
| | 5 to 9 hours | | 20% | 16% | County statistically higher |
| | 10 or more hours | | 22% | 24% | |

*7 Youth Assets***7.03 The percent of students who spoke with their parents at least weekly about school**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 81% | 78% | |
| | 10th | 78% | 77% | |
| | 11th | 74% | 77% | |
| | 12th | 78% | 75% | |
| Sex | Female | 80% | 77% | |
| | Male | 76% | 76% | |
| Total | | 78% | 76% | |

7.04 The percent of students who agree that in their community they feel like they matter to people

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 54% | 49% | |
| | 10th | 51% | 48% | |
| | 11th | 49% | 50% | |
| | 12th | 54% | 54% | |
| Sex | Female | 49% | 47% | |
| | Male | 55% | 54% | |
| Total | | 52% | 50% | |

7.05 The percent of students who agree that teachers really care about them and give them lots of encouragement

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 61% | 59% | |
| | 10th | 58% | 57% | |
| | 11th | 65% | 64% | |
| | 12th | 74% | 69% | |
| Sex | Female | 62% | 60% | |
| | Male | 67% | 64% | |
| Total | | 64% | 62% | |

*7 Youth Assets***7.06 The percent of students who agree that students help decide what goes on in school**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 9th | 51% | 50% | |
| | 10th | 40% | 46% | |
| | 11th | 38% | 46% | County statistically lower |
| | 12th | 45% | 49% | |
| Sex | Female | 43% | 48% | County statistically lower |
| | Male | 45% | 48% | |
| Total | | 44% | 48% | County statistically lower |

7.07 The percent of students who report that they will probably or definitely complete a post high school program

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 9th | 78% | 75% | |
| | 10th | 79% | 80% | |
| | 11th | 86% | 83% | |
| | 12th | 85% | 84% | |
| Sex | Female | 84% | 83% | |
| | Male | 80% | 78% | |
| Total | | 82% | 80% | |

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Washington County

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

Demographics

Washington
Number of Middle School Students in Washington County

Washington County Total

1350

| Sex | Total | % |
|------------|--------------|----------|
| Missing | 6 | 0% |
| Female | 719 | 53% |
| Male | 625 | 46% |

| Grade | Total | % |
|--------------|--------------|----------|
| Missing | 8 | 0% |
| 6th grade | 346 | 25% |
| 7th grade | 525 | 38% |
| 8th grade | 471 | 34% |

| Age | Total | % |
|---------------------|--------------|----------|
| Missing | 5 | 0% |
| 11 years or younger | 145 | 10% |
| 12 years | 442 | 32% |
| 13 years | 489 | 36% |
| 14 years or older | 269 | 19% |

| Race / Ethnicity | Total | % |
|---------------------------|--------------|----------|
| Missing | 96 | 7% |
| Racial or ethnic minority | 207 | 15% |
| White non-Hispanic | 1047 | 77% |

NOTE: The above numbers are unweighted. They represent the students who took the survey in Washington County. Not all students indicated their sex or grade, therefore the totals in these tables may not add up to the total number of students in the county or state who participated. All other numbers represented in this report are weighted to reflect the enrolled student population.

Demographics

Vermont
Number of Middle School Students in Vermont

| |
|----------------------|
| Vermont Total |
|----------------------|

| |
|-------|
| 13648 |
|-------|

| Sex | Total | % |
|---------|-------|-----|
| Missing | 96 | 0% |
| Female | 6713 | 49% |
| Male | 6839 | 50% |

| Grade | Total | % |
|-----------|-------|-----|
| Missing | 86 | 0% |
| 6th grade | 2899 | 21% |
| 7th grade | 5337 | 39% |
| 8th grade | 5326 | 39% |

| Age | Total | % |
|---------------------|-------|-----|
| Missing | 63 | . |
| 11 years or younger | 1445 | 10% |
| 12 years | 3983 | 29% |
| 13 years | 5240 | 38% |
| 14 years or older | 2917 | 21% |

| Race / Ethnicity | Total | % |
|---------------------------|-------|-----|
| Missing | 926 | 6% |
| Racial or ethnic minority | 2357 | 17% |
| White non-Hispanic | 10365 | 75% |

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 6th | 55% | 42% | County statistically higher |
| | 7th | 39% | 41% | |
| | 8th | 43% | 44% | |
| Sex | Female | 32% | 28% | County statistically higher |
| | Male | 59% | 57% | |
| Total | | 45% | 43% | |

1.02 Percent of students who were bullied at least once, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 27% | 24% | |
| | 7th | 23% | 25% | |
| | 8th | 22% | 22% | |
| Sex | Female | 29% | 30% | |
| | Male | 18% | 18% | |
| Total | | 24% | 24% | |

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way. Electronic bullying occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.03 Percent of students who reported they had ever been electronically bullied**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 23% | 21% | |
| | 7th | 27% | 26% | |
| | 8th | 27% | 28% | |
| Sex | Female | 35% | 36% | |
| | Male | 16% | 16% | |
| Total | | 26% | 26% | |

1.04 Percent of students who were ever bullied at school

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 51% | 46% | |
| | 7th | 48% | 48% | |
| | 8th | 49% | 45% | |
| Sex | Female | 54% | 53% | |
| | Male | 43% | 40% | |
| Total | | 49% | 46% | |

1.05 Percent of students who bullied someone at least once, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 10% | 8% | |
| | 7th | 8% | 9% | |
| | 8th | 9% | 11% | |
| Sex | Female | 10% | 10% | |
| | Male | 7% | 9% | |
| Total | | 9% | 10% | |

*1 Personal Safety***1.06 Percent of students who did not go to school because they felt unsafe, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 8% | 8% | |
| | 7th | 9% | 7% | |
| | 8th | 7% | 7% | |
| Sex | Female | 10% | 9% | |
| | Male | 6% | 6% | |
| Total | | 8% | 7% | |

1.07 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 22% | 17% | |
| | 7th | 20% | 19% | |
| | 8th | 24% | 22% | |
| Sex | Female | 28% | 27% | |
| | Male | 15% | 13% | |
| Total | | 22% | 20% | |

1.08 Percent of students who ever seriously thought about suicide

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 6th | 19% | 14% | County statistically higher |
| | 7th | 17% | 16% | |
| | 8th | 22% | 22% | |
| Sex | Female | 24% | 23% | |
| | Male | 14% | 12% | |
| Total | | 19% | 18% | |

*1 Personal Safety***1.09 Percent of students who ever made a suicide plan**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 12% | 9% | |
| | 7th | 12% | 11% | |
| | 8th | 15% | 15% | |
| Sex | Female | 17% | 16% | |
| | Male | 9% | 8% | |
| Total | | 13% | 12% | |

1.10 Percent of students who ever attempted suicide

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 8% | 5% | |
| | 7th | 5% | 5% | |
| | 8th | 7% | 8% | |
| Sex | Female | 9% | 8% | |
| | Male | 4% | 3% | |
| Total | | 6% | 6% | |

1.11 Percent of students who had at least one sunburn in the past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 53% | 51% | |
| | 7th | 54% | 55% | |
| | 8th | 57% | 56% | |
| Sex | Female | 57% | 58% | |
| | Male | 52% | 51% | |
| Total | | 55% | 54% | |

1 Personal Safety

1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months

| | | | Washington | Vermont | Notes |
|-------|--------|---|------------|---------|-----------------------------|
| Grade | 6th | Never / rarely wear a helmet | 26% | 26% | |
| | | Sometimes wear a helmet | 18% | 15% | |
| | | Most of the time / always wear a helmet | 55% | 59% | |
| <hr/> | | | | | |
| | 7th | Never / rarely wear a helmet | 28% | 31% | |
| | | Sometimes wear a helmet | 14% | 16% | |
| | | Most of the time / always wear a helmet | 58% | 52% | County statistically higher |
| <hr/> | | | | | |
| | 8th | Never / rarely wear a helmet | 34% | 41% | County statistically lower |
| | | Sometimes wear a helmet | 17% | 15% | |
| | | Most of the time / always wear a helmet | 48% | 43% | |
| <hr/> | | | | | |
| Sex | Female | Never / rarely wear a helmet | 28% | 31% | |
| | | Sometimes wear a helmet | 16% | 17% | |
| | | Most of the time / always wear a helmet | 55% | 52% | |
| <hr/> | | | | | |
| | Male | Never / rarely wear a helmet | 31% | 36% | County statistically lower |
| | | Sometimes wear a helmet | 16% | 14% | |
| | | Most of the time / always wear a helmet | 53% | 49% | |
| <hr/> | | | | | |
| Total | | Never / rarely wear a helmet | 30% | 34% | County statistically lower |
| | | Sometimes wear a helmet | 16% | 16% | |
| | | Most of the time / always wear a helmet | 54% | 51% | County statistically higher |

1 Personal Safety

1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)

| | | | Washington | Vermont | Notes |
|-------|--------|---|------------|---------|-------|
| Grade | 6th | Never / rarely wear a helmet | 35% | 31% | |
| | | Sometimes wear a helmet | 8% | 11% | |
| | | Most of the time / always wear a helmet | 57% | 58% | |
| ----- | | | | | |
| | 7th | Never / rarely wear a helmet | 38% | 42% | |
| | | Sometimes wear a helmet | 14% | 13% | |
| | | Most of the time / always wear a helmet | 48% | 45% | |
| ----- | | | | | |
| | 8th | Never / rarely wear a helmet | 43% | 52% | |
| | | Sometimes wear a helmet | 14% | 12% | |
| | | Most of the time / always wear a helmet | 43% | 36% | |
| ----- | | | | | |
| Sex | Female | Never / rarely wear a helmet | 39% | 45% | |
| | | Sometimes wear a helmet | 12% | 13% | |
| | | Most of the time / always wear a helmet | 50% | 43% | |
| ----- | | | | | |
| | Male | Never / rarely wear a helmet | 40% | 41% | |
| | | Sometimes wear a helmet | 13% | 12% | |
| | | Most of the time / always wear a helmet | 47% | 47% | |
| ----- | | | | | |
| Total | | Never / rarely wear a helmet | 39% | 43% | |
| | | Sometimes wear a helmet | 12% | 12% | |
| | | Most of the time / always wear a helmet | 48% | 45% | |
| ----- | | | | | |

*1 Personal Safety***1.14 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 1% | 2% | |
| | 7th | 2% | 3% | |
| | 8th | 3% | 4% | |
| Sex | Female | 2% | 2% | |
| | Male | 2% | 3% | |
| Total | | 3% | 3% | |

1.15 Percent of students who ever rode in a car driven by someone who had been drinking

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 6th | 23% | 15% | County statistically higher |
| | 7th | 16% | 19% | |
| | 8th | 25% | 25% | |
| Sex | Female | 24% | 21% | |
| | Male | 18% | 19% | |
| Total | | 21% | 20% | |

*2 Alcohol, Tobacco, and Other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 13% | 10% | |
| | 7th | 17% | 15% | |
| | 8th | 23% | 24% | |
| Sex | Female | 19% | 16% | |
| | Male | 18% | 18% | |
| Total | | 18% | 17% | |

2.02 Percent of students who drank alcohol other than a few sips before age 11

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 9% | 7% | |
| | 7th | 7% | 6% | |
| | 8th | 5% | 6% | |
| Sex | Female | 7% | 5% | |
| | Male | 7% | 8% | |
| Total | | 7% | 6% | |

2.03 Percent of students who drank any alcohol, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 3% | 3% | |
| | 7th | 6% | 5% | |
| | 8th | 8% | 10% | |
| Sex | Female | 6% | 6% | |
| | Male | 6% | 7% | |
| Total | | 6% | 6% | |

*2 Alcohol, Tobacco, and Other Drug Use***2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 6th | . | 1% | Too few students |
| | 7th | 2% | 1% | |
| | 8th | 2% | 4% | |
| Sex | Female | 3% | 2% | |
| | Male | 1% | 2% | |
| Total | | 2% | 2% | |

2.05 Percent of students who ever tried cigarette smoking, even one or two puffs

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 5% | 4% | |
| | 7th | 7% | 7% | |
| | 8th | 11% | 13% | |
| Sex | Female | 8% | 9% | |
| | Male | 8% | 9% | |
| Total | | 8% | 9% | |

2.06 Percent of students who ever smoked a whole cigarette

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 3% | 2% | |
| | 7th | 4% | 4% | |
| | 8th | 6% | 8% | |
| Sex | Female | 5% | 5% | |
| | Male | 5% | 5% | |
| Total | | 5% | 5% | |

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked a whole cigarette by age 11**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 6th | . | 1% | Too few students |
| | 7th | . | 1% | Too few students |
| | 8th | 2% | 2% | |
| Sex | Female | 1% | 1% | |
| | Male | 2% | 2% | |
| Total | | 1% | 1% | |

2.08 Percent of students who smoked cigarettes, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 6th | . | 1% | Too few students |
| | 7th | 2% | 2% | |
| | 8th | 1% | 3% | |
| Sex | Female | 3% | 2% | |
| | Male | 1% | 2% | |
| Total | | 2% | 2% | |

2 Alcohol, Tobacco, and Other Drug Use

2.9 Percent of students who ever used electronic vapor products such as e-cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 4% | 3% | |
| | 7th | 5% | 6% | |
| | 8th | 8% | 11% | |
| Sex | Female | 6% | 7% | |
| | Male | 6% | 7% | |
| Total | | 6% | 7% | |

2.10 Percent of students who used electronic vapor products such as e-cigarettes during the past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 2% | 1% | |
| | 7th | 1% | 2% | |
| | 8th | 2% | 5% | County statistically lower |
| Sex | Female | 2% | 3% | |
| | Male | 1% | 3% | |
| Total | | 2% | 3% | |

2.11 Percent of students who used chewing tobacco, snuff, or dip, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | . | 1% | Too few students |
| | 7th | . | 1% | Too few students |
| | 8th | . | 3% | Too few students |
| Sex | Female | 1% | 1% | |
| | Male | . | 3% | Too few students |
| Total | | 1% | 2% | County statistically lower |

2 Alcohol, Tobacco, and Other Drug Use

2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 6th | . | 1% | Too few students |
| | 7th | 1% | 1% | |
| | 8th | 1% | 2% | |
| Sex | Female | 1% | 1% | |
| | Male | 2% | 2% | |
| Total | | 1% | 2% | |

2.13 Percent of students who used a tobacco product such as cigarettes, smokeless tobacco, or cigars, in the past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 2% | 2% | |
| | 7th | 2% | 3% | |
| | 8th | 2% | 6% | County statistically lower |
| Sex | Female | 3% | 3% | |
| | Male | 2% | 4% | County statistically lower |
| Total | | 3% | 4% | |

2.14 Percent of students who used any tobacco products including e-cigarettes in the past 30 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 3% | 3% | |
| | 7th | 3% | 4% | |
| | 8th | 3% | 8% | County statistically lower |
| Sex | Female | 4% | 5% | |
| | Male | 3% | 6% | County statistically lower |
| Total | | 3% | 5% | County statistically lower |

2 Alcohol, Tobacco, and Other Drug Use

2.15 Percent of smokers who attempted to quit smoking, past 12 months

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|------------------|
| Grade | 6th | . | . | Too few students |
| | 7th | . | 58% | Too few students |
| | 8th | . | 45% | Too few students |
| Sex | Female | . | 48% | Too few students |
| | Male | . | 47% | Too few students |
| Total | | . | 48% | Too few students |

2.16 Percent of students who have ever used marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 4% | 2% | |
| | 7th | 6% | 5% | |
| | 8th | 10% | 11% | |
| Sex | Female | 7% | 6% | |
| | Male | 7% | 7% | |
| Total | | 7% | 7% | |

2.17 Percent of students who used marijuana by age 11

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 2% | 1% | |
| | 7th | 1% | 1% | |
| | 8th | 1% | 2% | |
| Sex | Female | 1% | 1% | |
| | Male | 2% | 2% | |
| Total | | 2% | 1% | |

*2 Alcohol, Tobacco, and Other Drug Use***2.18 Percent of students who used marijuana, past 30 days**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 2% | 1% | |
| | 7th | 3% | 3% | |
| | 8th | 5% | 6% | |
| Sex | Female | 5% | 3% | |
| | Male | 3% | 4% | |
| Total | | 4% | 4% | |

2.19 Percent of students who have ever used inhalants

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 6th | 8% | 5% | County statistically higher |
| | 7th | 5% | 4% | |
| | 8th | 5% | 6% | |
| Sex | Female | 7% | 5% | |
| | Male | 5% | 5% | |
| Total | | 6% | 5% | |

2.20 Percent of students who ever took a prescription drug without a doctor's prescription

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 3% | 2% | |
| | 7th | 3% | 3% | |
| | 8th | 3% | 4% | |
| Sex | Female | 4% | 3% | |
| | Male | 2% | 3% | |
| Total | | 3% | 3% | |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.01 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 29% | 24% | |
| | 7th | 30% | 28% | |
| | 8th | 29% | 31% | |
| Sex | Female | 30% | 29% | |
| | Male | 29% | 27% | |
| Total | | 30% | 28% | |

3.02 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 21% | 17% | |
| | 7th | 20% | 20% | |
| | 8th | 23% | 23% | |
| Sex | Female | 22% | 22% | |
| | Male | 20% | 19% | |
| Total | | 21% | 21% | |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.03 Percent of students who, always or most of the time saw advertisements for tobacco products at supermarkets or gas stations

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 52% | 47% | |
| | 7th | 52% | 52% | |
| | 8th | 57% | 55% | |
| Sex | Female | 56% | 52% | |
| | Male | 52% | 52% | |
| Total | | 54% | 52% | |

3.04 Percent of students who, in the past 12 months, were asked if they smoke by a health professional

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 11% | 15% | |
| | 7th | 25% | 26% | |
| | 8th | 38% | 35% | |
| Sex | Female | 28% | 28% | |
| | Male | 25% | 26% | |
| Total | | 26% | 27% | |

3.05 Students perceptions about out of 100 Vermont high school students the number who smoke cigarettes

| | Washington | Vermont | Notes |
|---------------------|------------|---------|-----------------------------|
| 15 or less students | 16% | 16% | |
| 16 to 25 students | 28% | 25% | County statistically higher |
| 26 to 45 students | 24% | 24% | |
| 46 to 55 students | 16% | 16% | |
| 56 to 75 students | 8% | 9% | |
| 76 or more students | 8% | 10% | |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.06 Percent of students who think their parents would think it is wrong or very wrong for them to smoke cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 96% | 96% | |
| | 7th | 95% | 96% | |
| | 8th | 97% | 96% | |
| Sex | Female | 96% | 97% | |
| | Male | 96% | 96% | |
| Total | | 96% | 96% | |

3.07 Percent of students who think their parents would think it is wrong or very wrong for them to drink alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 92% | 92% | |
| | 7th | 89% | 92% | County statistically lower |
| | 8th | 90% | 90% | |
| Sex | Female | 91% | 93% | |
| | Male | 89% | 90% | |
| Total | | 90% | 91% | |

3.08 Percent of students who think their parents would think it is wrong or very wrong for them to smoke marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 96% | 96% | |
| | 7th | 92% | 95% | |
| | 8th | 89% | 92% | |
| Sex | Female | 93% | 94% | |
| | Male | 90% | 94% | County statistically lower |
| Total | | 92% | 94% | County statistically lower |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.09 Percent of students who think it would be wrong or very wrong for someone their age to smoke cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 98% | 97% | |
| | 7th | 94% | 95% | |
| | 8th | 94% | 92% | |
| Sex | Female | 95% | 95% | |
| | Male | 94% | 94% | |
| Total | | 95% | 94% | |

3.10 Percent of students who think it would be wrong or very wrong for someone their age to drink alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 96% | 94% | |
| | 7th | 89% | 90% | |
| | 8th | 82% | 83% | |
| Sex | Female | 89% | 90% | |
| | Male | 88% | 87% | |
| Total | | 88% | 88% | |

3.11 Percent of students who think it would be wrong or very wrong for someone their age to smoke marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 97% | 97% | |
| | 7th | 89% | 92% | |
| | 8th | 82% | 83% | |
| Sex | Female | 88% | 91% | |
| | Male | 89% | 89% | |
| Total | | 89% | 90% | |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.12 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 67% | 70% | |
| | 7th | 69% | 72% | |
| | 8th | 76% | 72% | |
| Sex | Female | 72% | 71% | |
| | Male | 70% | 72% | |
| Total | | 71% | 71% | |

3.13 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 50% | 49% | |
| | 7th | 44% | 49% | |
| | 8th | 43% | 46% | |
| Sex | Female | 47% | 49% | |
| | Male | 43% | 46% | |
| Total | | 45% | 48% | |

3.14 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 68% | 67% | |
| | 7th | 54% | 61% | County statistically lower |
| | 8th | 46% | 51% | |
| Sex | Female | 55% | 60% | |
| | Male | 53% | 58% | |
| Total | | 54% | 59% | County statistically lower |

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.15 Percent of students who report that it would be easy or very easy to get cigarettes

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 22% | 18% | |
| | 7th | 23% | 24% | |
| | 8th | 33% | 34% | |
| Sex | Female | 27% | 25% | |
| | Male | 27% | 29% | |
| Total | | 27% | 27% | |

3.16 Percent of students who report that it would be easy or very easy to get alcohol

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-----------------------------|
| Grade | 6th | 28% | 24% | |
| | 7th | 36% | 33% | |
| | 8th | 48% | 46% | |
| Sex | Female | 40% | 35% | County statistically higher |
| | Male | 36% | 37% | |
| Total | | 38% | 36% | |

3.17 Percent of students who report that it would be easy or very easy to get marijuana

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 8% | 6% | |
| | 7th | 14% | 12% | |
| | 8th | 22% | 22% | |
| Sex | Female | 15% | 13% | |
| | Male | 16% | 16% | |
| Total | | 16% | 14% | |

*4 Sexual Behavior***4.01 Percent of students who have ever had sexual intercourse**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 4% | 3% | |
| | 7th | 4% | 4% | |
| | 8th | 7% | 8% | |
| Sex | Female | 5% | 4% | |
| | Male | 6% | 7% | |
| Total | | 5% | 6% | |

4.02 Percent of students who have ever had oral sex

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 2% | 2% | |
| | 7th | 4% | 3% | |
| | 8th | 9% | 9% | |
| Sex | Female | 6% | 5% | |
| | Male | 5% | 6% | |
| Total | | 6% | 5% | |

*5 Nutrition and Physical Activity***5.01 Number of times during the past 7 days students ate breakfast**

| | | | Washington | Vermont | Notes |
|-------|--------------|--------------|------------|---------|----------------------------|
| Grade | 6th | Never | 4% | 4% | |
| | | 1 to 3 times | 15% | 13% | |
| | | 4 to 6 times | 27% | 22% | |
| | | Everyday | 53% | 61% | County statistically lower |
| ----- | | | | | |
| | 7th | Never | 6% | 7% | |
| | | 1 to 3 times | 13% | 16% | |
| | | 4 to 6 times | 27% | 25% | |
| | | Everyday | 54% | 51% | |
| ----- | | | | | |
| | 8th | Never | 9% | 8% | |
| | | 1 to 3 times | 18% | 20% | |
| | | 4 to 6 times | 28% | 25% | |
| | | Everyday | 46% | 48% | |
| ----- | | | | | |
| Sex | Female | Never | 8% | 8% | |
| | | 1 to 3 times | 18% | 21% | |
| | | 4 to 6 times | 30% | 26% | |
| | | Everyday | 44% | 45% | |
| ----- | | | | | |
| | Male | Never | 6% | 6% | |
| | | 1 to 3 times | 12% | 13% | |
| | | 4 to 6 times | 24% | 23% | |
| | | Everyday | 58% | 59% | |
| ----- | | | | | |
| Total | Never | | 7% | 7% | |
| | 1 to 3 times | | 15% | 17% | |
| | 4 to 6 times | | 27% | 24% | |
| | Everyday | | 51% | 52% | |

5 Nutrition and Physical Activity

5.02 Percent of students who reported drinking at least four bottles or glasses of water a day

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 49% | 45% | |
| | 7th | 44% | 41% | |
| | 8th | 37% | 39% | |
| Sex | Female | 39% | 38% | |
| | Male | 46% | 44% | |
| Total | | 42% | 41% | |

5 Nutrition and Physical Activity

5.03 Number of days students participated in at least 60 minutes of physical activity in the past 7 days

| | | | Washington | Vermont | Notes |
|-------|--------|-------------|------------|---------|-----------------------------|
| Grade | 6th | Never | 6% | 8% | County statistically higher |
| | | 1 to 4 days | 38% | 32% | |
| | | 5 to 6 days | 26% | 27% | |
| | | Everyday | 29% | 33% | |
| ----- | | | | | |
| | 7th | Never | 6% | 7% | |
| | | 1 to 4 days | 33% | 34% | |
| | | 5 to 6 days | 30% | 28% | |
| | | Everyday | 31% | 31% | |
| ----- | | | | | |
| | 8th | Never | 6% | 8% | County statistically lower |
| | | 1 to 4 days | 39% | 36% | |
| | | 5 to 6 days | 31% | 27% | |
| | | Everyday | 24% | 29% | |
| ----- | | | | | |
| Sex | Female | Never | 6% | 8% | |
| | | 1 to 4 days | 39% | 39% | |
| | | 5 to 6 days | 32% | 30% | |
| | | Everyday | 23% | 23% | |
| ----- | | | | | |
| | Male | Never | 6% | 8% | |
| | | 1 to 4 days | 34% | 29% | |
| | | 5 to 6 days | 26% | 25% | |
| | | Everyday | 34% | 38% | |
| ----- | | | | | |
| Total | | Never | 6% | 8% | |
| | | 1 to 4 days | 37% | 34% | |
| | | 5 to 6 days | 29% | 27% | |
| | | Everyday | 28% | 31% | |
| ----- | | | | | |

5 Nutrition and Physical Activity

5.04 Number of times students participated in physical activity breaks outside of physical education courses in an average school week

| | | | Washington | Vermont | Notes |
|-------|--------|-------------|------------|---------|-----------------------------|
| Grade | 6th | 0 days | 15% | 18% | |
| | | 1 to 2 days | 21% | 15% | County statistically higher |
| | | 3 to 4 days | 27% | 19% | County statistically higher |
| | | Everyday | 37% | 48% | County statistically lower |
| ----- | | | | | |
| | 7th | 0 days | 36% | 30% | County statistically higher |
| | | 1 to 2 days | 22% | 17% | County statistically higher |
| | | 3 to 4 days | 15% | 17% | |
| | | Everyday | 27% | 36% | County statistically lower |
| ----- | | | | | |
| | 8th | 0 days | 43% | 33% | County statistically higher |
| | | 1 to 2 days | 15% | 16% | |
| | | 3 to 4 days | 13% | 16% | |
| | | Everyday | 29% | 35% | County statistically lower |
| ----- | | | | | |
| Sex | Female | 0 days | 33% | 28% | County statistically higher |
| | | 1 to 2 days | 21% | 18% | |
| | | 3 to 4 days | 16% | 17% | |
| | | Everyday | 30% | 38% | County statistically lower |
| ----- | | | | | |
| | Male | 0 days | 33% | 28% | County statistically higher |
| | | 1 to 2 days | 18% | 15% | |
| | | 3 to 4 days | 19% | 17% | |
| | | Everyday | 30% | 40% | County statistically lower |
| ----- | | | | | |
| Total | | 0 days | 33% | 28% | County statistically higher |
| | | 1 to 2 days | 19% | 16% | County statistically higher |
| | | 3 to 4 days | 17% | 17% | |
| | | Everyday | 30% | 39% | County statistically lower |

*5 Nutrition and Physical Activity***5.05 Number of hours spent watching TV on an average school day**

| | | | Washington | Vermont | Notes |
|-------|-------------------------|-------------------------|------------|---------|-----------------------------|
| Grade | 6th | 1 hour or less per day | 53% | 60% | County statistically higher |
| | | 2 to 4 hours per day | 42% | 34% | |
| | | 5 or more hours per day | 5% | 6% | |
| ----- | | | | | |
| | 7th | 1 hour or less per day | 61% | 57% | |
| | | 2 to 4 hours per day | 33% | 37% | |
| | | 5 or more hours per day | 6% | 6% | |
| ----- | | | | | |
| | 8th | 1 hour or less per day | 54% | 57% | |
| | | 2 to 4 hours per day | 38% | 37% | |
| | | 5 or more hours per day | 8% | 7% | |
| ----- | | | | | |
| Sex | Female | 1 hour or less per day | 55% | 57% | |
| | | 2 to 4 hours per day | 39% | 37% | |
| | | 5 or more hours per day | 7% | 6% | |
| ----- | | | | | |
| | Male | 1 hour or less per day | 58% | 58% | |
| | | 2 to 4 hours per day | 35% | 35% | |
| | | 5 or more hours per day | 7% | 7% | |
| ----- | | | | | |
| Total | 1 hour or less per day | | 56% | 58% | |
| | 2 to 4 hours per day | | 37% | 36% | |
| | 5 or more hours per day | | 7% | 6% | |

*5 Nutrition and Physical Activity***5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day**

| | | | Washington | Vermont | Notes |
|-------|-------------------------|-------------------------|------------|---------|----------------------------|
| Grade | 6th | 1 hour or less per day | 47% | 55% | County statistically lower |
| | | 2 to 4 hours per day | 38% | 33% | |
| | | 5 or more hours per day | 15% | 12% | |
| ----- | | | | | |
| | 7th | 1 hour or less per day | 48% | 46% | |
| | | 2 to 4 hours per day | 39% | 40% | |
| | | 5 or more hours per day | 14% | 14% | |
| ----- | | | | | |
| | 8th | 1 hour or less per day | 40% | 40% | |
| | | 2 to 4 hours per day | 44% | 41% | |
| | | 5 or more hours per day | 16% | 19% | |
| ----- | | | | | |
| Sex | Female | 1 hour or less per day | 47% | 48% | |
| | | 2 to 4 hours per day | 39% | 37% | |
| | | 5 or more hours per day | 13% | 15% | |
| ----- | | | | | |
| | Male | 1 hour or less per day | 41% | 44% | |
| | | 2 to 4 hours per day | 41% | 41% | |
| | | 5 or more hours per day | 17% | 15% | |
| ----- | | | | | |
| Total | 1 hour or less per day | | 45% | 46% | |
| | 2 to 4 hours per day | | 40% | 39% | |
| | 5 or more hours per day | | 15% | 15% | |

*5 Nutrition and Physical Activity***5.07 Number of days in the average week students went online for something not school-related**

| | | | Washington | Vermont | Notes |
|-------|-------------------|-------------------|------------|---------|-----------------------------|
| Grade | 6th | Never | 16% | 22% | County statistically lower |
| | | 1 to 5 days | 49% | 45% | |
| | | At least six days | 35% | 33% | |
| ----- | | | | | |
| | 7th | Never | 14% | 16% | |
| | | 1 to 5 days | 39% | 41% | |
| | | At least six days | 47% | 42% | |
| ----- | | | | | |
| | 8th | Never | 9% | 11% | |
| | | 1 to 5 days | 32% | 34% | |
| | | At least six days | 59% | 55% | |
| ----- | | | | | |
| Sex | Female | Never | 10% | 13% | |
| | | 1 to 5 days | 39% | 41% | |
| | | At least six days | 51% | 46% | |
| ----- | | | | | |
| | Male | Never | 15% | 18% | |
| | | 1 to 5 days | 39% | 38% | |
| | | At least six days | 46% | 44% | |
| ----- | | | | | |
| Total | Never | | 13% | 15% | County statistically lower |
| | 1 to 5 days | | 39% | 39% | |
| | At least six days | | 49% | 45% | County statistically higher |

*6 Youth Assets***6.01 Percent of students who talk to their parents about school at least weekly**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 77% | 81% | |
| | 7th | 81% | 80% | |
| | 8th | 80% | 78% | |
| Sex | Female | 79% | 80% | |
| | Male | 80% | 79% | |
| Total | | 80% | 79% | |

6.02 Percent of students who agree or strongly agree that 'in your community you feel like you matter to people'

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 57% | 60% | |
| | 7th | 58% | 56% | |
| | 8th | 52% | 51% | |
| Sex | Female | 51% | 50% | |
| | Male | 61% | 59% | |
| Total | | 55% | 55% | |

*6 Youth Assets***6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement**

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|-------|
| Grade | 6th | 65% | 69% | |
| | 7th | 63% | 62% | |
| | 8th | 65% | 59% | |
| Sex | Female | 62% | 62% | |
| | Male | 67% | 64% | |
| Total | | 64% | 63% | |

6.04 Percent of students who agree or strongly agree that students help decide what goes on in school

| | | Washington | Vermont | Notes |
|-------|--------|------------|---------|----------------------------|
| Grade | 6th | 49% | 45% | |
| | 7th | 38% | 44% | County statistically lower |
| | 8th | 38% | 39% | |
| Sex | Female | 42% | 42% | |
| | Male | 40% | 43% | |
| Total | | 41% | 43% | |