



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

ESSEX COUNTY



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:
<https://www.healthvermont.gov/yrbs>

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About the YRBS

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

- Behaviors that contribute to unintentional injuries and violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual Orientation and gender identity

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

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Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors as well as self-reported height and weight, driving behaviors, and other drugs used.

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/healthyyouth/data/yrbs/methods>

Other information including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: <https://www.healthvermont.gov/yrbs>

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Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by the following specific populations are noted throughout this report:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation / Gender Identity

Please note: Due to the small sample size, all students of color were grouped into a “SOC” category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a “LGBT” category to compare to heterosexual/cisgender students.

Using the YRBS Results

Engaging students, schools, and communities

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

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

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

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

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

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

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

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

<https://www.healthvermont.gov/yrbs>

Understanding and Interpreting the Results

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 middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

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

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

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

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This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Essex County

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall VT and Essex County prevalence rates.

When subpopulations are included, statistical comparisons between subpopulations of students within Essex County are also noted.

Throughout this report you will see the following key terms and statistical notations.

Key Terms

- . = Too few students to report
- VT = All students in Vermont
- County = All students in Essex County
- M = Male students in Essex County
- F = Female students in Essex County
- Older = Students in grades 11 and 12
- Younger = Students in grades 9 and 10
- WnH = White, non-Hispanic students in Essex County
- SOC = Students of color in Essex County
- Het = Heterosexual or cisgender students in Essex County
- LGBT = Lesbian, gay, bisexual, or transgender students in Essex County

Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Essex County students as well as differences within Essex County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

- α = Students across VT are statistically different than students in Essex
- β = Male students are statistically different from female students
- ε = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students
- ι = 8th grade students are significantly different from 6th and 7th grade students
- δ = Results statistically increase or decrease with each grade
- ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students
- θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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HIGH SCHOOL RESULTS

Demographics

Sex	VT	Essex
Female	48	51
Male	52	49

Grade	VT	Essex
9th grade	25	22
10th grade	25	16
11th grade	25	31
12th grade	25	30

Demographics

Race	VT	Essex
Students of Color	16	12
White, non-Hispanic	84	88

Sexual Orientation / Gender Identity	VT	Essex
Lesbian, Gay, Bisexual, or Transgender	14	8
Heterosexual / Cisgender	86	92

Violence and Unintentional Injuries

Physical Violence													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were in a physical fight, past year	18	26	25	.	25	.	
Carried a weapon on school property, past 30 days	5	10	9	.	11	.	α
Were threatened or injured with a weapon on school property, past 30 days	7	7	
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	

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Violence and Unintentional Injuries

Bullying													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were electronically bullied, past year	16	20	19	.	17	.	
Were bullied, past 30 days	17	21	19	.	18	.	
Bullied someone, past 30 days	10	15	15	.	15	.	

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Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Report someone has ever done sexual things to them that they did not want	18	15	13	.	14	.	
Experienced physical dating violence, past year	8	
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	28	24	
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	35	33	.	34	.	

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Rode with a driver who had been drinking alcohol, past 30 days	17	21	19	.	19	.	
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	20	19	.	17	.	

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	34	
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	11	
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	9	

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Rarely or never wore a helmet when skiing or snowboarding, past year	11
Had a concussion from playing a sport or being physically active, past year	18	26	24	.	26	.	.
Had a sunburn, past year	73	66	65	.	65	.	.

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Essex County High School Results

Mental Health

Mental Health	Statistical Differences											
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT
Did something to purposely hurt themselves without wanting to die, past year	19	22	19	.	18	.
Felt sad or hopeless, past year	31	37	37	.	31	.
Made a plan about how they would attempt suicide, past year	13	15	13	.	10	.
Attempted suicide, past year	7	7

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	Essex											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
First tried cigarette smoking before age 13 years	7	11	11	.	10	.	
Drank alcohol before age 13	13	23	23	.	23	.	α
Tried marijuana for the first time before age 13 years	6	10	9	.	8	.	

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever tried cigarette smoking	22	30	29	.	30	.	
Ever used an electronic vapor product	50	50	48	.	50	.	
Ever used a flavored tobacco product	27	33	33	.	33	.	
Ever drank alcohol	55	59	59	.	59	.	
Ever used marijuana	40	41	43	.	40	.	

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever used a prescription drug	12	14	13	.	13	.	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	11	10	.	10	.	
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	7	

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever used cocaine	4
Ever used inhalants	7
Ever used heroin	2
Ever used methamphetamines	2

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Essex County High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	35	35	.	34	.	
Currently smoked cigarettes or cigars or used smokeless tobacco	10	18	17	.	17	.	α
Tried to quit using all tobacco products, past year	44	

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Essex County High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes	7	15	14	.	15	.	α
Currently used an electronic vapor product	26	35	35	.	34	.	
Currently used smokeless tobacco	3	
Currently smoked cigars	6	8	

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Currently drank alcohol	31	34	34	.	32	.	
Binge drank, past 30 days	15	24	22	.	22	.	α
Currently used marijuana	27	23	23	.	22	.	
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Essex	Number of Cigarettes Smoked, Among Current Users	Essex
1 or 2 days	.	Less than 1 cigarette	.
3 to 5 days	.	1 cigarette	.
6 to 9 days	.	2 to 5 cigarettes	.
10 to 19 days	.	6 to 10 cigarettes	.
20 to 29 days	.	11 to 20 cigarettes	.
All 30 days	.	More than 20 cigarettes	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Essex
1 or 2 days	.
3 to 5 days	.
6 to 9 days	.
10 to 19 days	.
20 to 29 days	.
All 30 days	.

Primary Reason for EVP Use, Among Current Users	Essex
Friend/family used them	.
To try to quit other tobacco	.
Cost less than other tobacco	.
Easier to get than other	.
Less harmful than other	.
Available in flavors	.
Used for some other reason	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Essex
Bought them in a store	.
I got them on the Internet	.
Someone else bought them	.
Borrowed them	.
Someone gave them to me	.
Took them from a store	.
Some other way	.

Type of EVP Used, Among Current Users	Essex
JUUL /rechargeable w pods	.
Vape Pen/recharge e-cig	.
Disposable e-cig/vaping	.
Mods with refillable tanki	.
Other e-vapor product	.
Not sure	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Essex
1 or 2 days	.
3 to 5 days	.
6 to 9 days	.
10 to 19 days	.
20 to 29 days	.
All 30 days	.

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Essex
1 or 2 drinks	.
3 drinks	.
4 drinks	.
5 drinks	.
6 or 7 drinks	.
8 or 9 drinks	.
10 or more drinks	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Essex
1 or 2 times	.
3 to 9 times	.
10 to 19 times	.
20 to 39 times	.
40 or more times	.

Primary Way Marijuana was Used, Among Current Users	Essex
Smoked it	.
Ate in food	.
Drank in tea or other drink	.
Vaporized	.
Dabbed it	.
Some other way	.

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Other Substance Use Related Topics

Substance Use Exposure and Prevention													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	61	61	.	59	.	
Most of the time or always see ads for cigarettes or other tobacco products	50	51	49	.	48	.	

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Other Substance Use Related Topics

Substance Use on School Property													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Attended school under the influence of alcohol or other illegal drugs, past year	15	16	14	.	16	.	
Were offered, sold, or given an illegal drug on school property, past year	19	14	13	.	12	.	

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Perceptions of Substance Use

Perceptions of Substance Use - Peer Use													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	53	53	.	56	.	
Think it is wrong or very wrong for someone their age to drink alcohol	53	57	57	.	63	.	
Think it is wrong or very wrong for someone their age to use marijuana	51	60	63	.	63	.	

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	71	70	.	72	.	α
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	55	54	.	57	.	α
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	67	70	.	65	.	

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	79	76	.	76	.	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	75	73	.	74	.	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	57	52	.	58	.	

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	26	26	.	29	.	
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	39	29	25	.	32	.	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	26	29	.	29	.	

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Sexual Health

HIV and STD Testing	Statistical Differences											
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT
Were ever tested for human immunodeficiency virus (HIV)	13	11	11	.	8	.
Were ever tested for a sexually transmitted disease (STD)	11	7	7	.	.	.

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Sexual Health

Sexual Activity	VT	Essex	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Ever had sexual intercourse	40	51	55	.	51	.	α
Had sexual intercourse for the first time before age 13 years	3	
Had sexual intercourse with four or more persons during their life	9	13	14	.	12	.	
Were currently sexually active	31	34	38	.	32	.	

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Prescription Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used a condom during last sexual intercourse, among sexually active students	54
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse, among sexually active students	21

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students	VT	Essex	Gender		Grade Level				Demographics			Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het		LGBT	
Did not use any method to prevent pregnancy, among sexually active students	6	

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Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were obese	13	17	18	.	16	.	
Were overweight	14	13	15	.	11	.	
Described themselves as slightly or very overweight	31	34	36	.	31	.	
Were trying to lose weight	43	44	48	.	40	.	

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Weight, Physical Activity, and Nutrition

Physical Activity													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	22	23	.	20	.	
Were physically active at least 60 minutes per day every day, past week	22	28	32	.	30	.	
Were physically active at least 60 minutes per day on 5 or more days, past week	46	54	56	.	57	.	
Play video or computer games or used a computer 3 or more hours per day	48	50	45	.	46	.	

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Weight, Physical Activity, and Nutrition

Physical Activity at School													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Report they participate in physical activity or other short breaks during class at least 1x per week	62	48	48	.	53	.	α
Report they participate in physical activity or other short breaks during class, every day	23	31	33	.	33	.	

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Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not drink any soda or sugar-sweetened beverages, past week	23	19	20	.	19	.	
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	30	28	.	29	.	α
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	16	13	.	16	.	
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	7	

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Weight, Physical Activity, and Nutrition

Water Consumption													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	79	73	75	.	74	.	
Drank two or more glasses per day of water, past week	70	67	70	.	68	.	
Drank three or more glasses per day of water, past week	54	49	52	.	50	.	

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption	VT	Essex											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ate 5+ fruits/vegetables every day, past week	21	22	19	.	22	.	

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Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat fruit or drink 100% fruit juices, past week	6	10	10	.	9	.	
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	60	60	.	58	.	
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	33	31	.	35	.	

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Weight, Physical Activity, and Nutrition

Vegetable Consumption													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat vegetables, past week	5
Ate vegetables one or more times per day, past week	72	66	66	.	64	.	.
Ate vegetables two or more times per day, past week	37	32	30	.	34	.	.
Ate vegetables three or more times per day, past week	19	15	13	.	14	.	.

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Weight, Physical Activity, and Nutrition

Breakfast Consumption													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat breakfast, past week	11	11	13	.	8	.	
Ate breakfast on at least 5 days, past week	54	56	56	.	59	.	
Ate breakfast on all 7 days, past week	37	41	43	.	44	.	

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Social Determinants of Health

Social Determinants of Health	Statistical Differences											
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	9
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2
Have a physical disability, emotional problems, or learning disability	30	24	24	.	23	.

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Social Determinants of Health

Social Determinants of Health	VT	Essex	Statistical Differences										
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Described their grades in school as mostly A's or B's	78	76	80	.	77	.
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	67	68	.	67	.

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Youth Assets and Other Protective Factors

Protective Factors - Family													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat dinner at home with parents, past week	9	11	7	.	8	.	
Ate dinner at home with parent at least 2x, past week	86	84	89	.	86	.	
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	70	72	.	72	.	

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences
	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	81	83	.	82	.	
Strongly agree or agree that their school has clear rules and consequences for behavior	56	62	67	.	66	.	
Do not participate in any afterschool activities	34	36	34	.	36	.	
Spend 10 or more hours participating in afterschool activities	24	26	22	.	27	.	

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Essex	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	58	59	59	.	66	.	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Sex	VT	Essex
Female	49	49
Male	51	51

Grade	VT	Essex
6th grade	24	28
7th grade	38	33
8th grade	38	40

Demographics

Race	VT	Essex
Students of Color	19	12
White, non-Hispanic	81	88

Sexual Orientation / Gender Identity	VT	Essex
Lesbian, Gay, Bisexual, or Transgender	11	12
Heterosexual / Cisgender	89	88

Violence and Unintentional Injuries

Violence	Statistical Differences											
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Were ever in a physical fight	41	45	.	31	.	.	.	46	.	47	.	
Report someone has ever done sexual things to them that they did not want	10	12	.	19	.	.	.	8	.	10	.	

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Violence and Unintentional Injuries

Bullying												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Were ever bullied on school property	45	47	43	51	.	.	.	48	.	49	.		
Were ever electronically bullied	24	18	.	29	.	.	.	22	.	16	.		
Were bullied, past 30 days	24	16	11	21	.	.	.	13	.	14	.		
Bullied someone, past 30 days	9	12	.	10	.	.	.	11	.	11	.		

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	Statistical Differences											
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Rarely or never wear a bicycle helmet	26	38	42	.	43	.	α
Rarely or never wear a helmet when skiing or snowboarding	6	10	
Had a concussion from playing a sport or being physically active, past year	19	22	20	24	.	.	.	21	.	21	.	
Had a sunburn, past year	66	53	.	44	.	.	.	56	.	60	.	α

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Violence and Unintentional Injuries

Motor Vehicle Safety												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Ever rode with a driver who had been drinking alcohol	20	20	.	35	.	.	.	20	.	22	.		
Have ever ridden in a car driven by someone who had been using marijuana	10	16	.	22	.	.	.	16	.	15	.		

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Mental Health

Mental Health												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Ever seriously thought about killing themselves	18	24	.	32	.	.	.	24	.	24	.	
Ever made a plan about how they would kill themselves	12	9	.	13	.	.	.	7	.	.	.	
Ever tried to kill themselves	6	4	
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	20	14	27	.	.	.	20	.	19	.	
Felt sad or hopeless, past year	23	29	.	37	.	.	.	28	.	26	.	

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Lifetime Substance Use

Lifetime Substance Use												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Ever tried a cigarette	7	12	9	16	.	.	.	12	.	13	.		α
Ever tried a flavored tobacco product	8	15	.	18	.	.	.	16	.	16	.		α
Ever used an electronic vapor product	16	23	.	27	.	.	.	24	.	26	.		
Ever drank alcohol	20	18	.	20	.	.	.	15	.	18	.		
Ever used marijuana	7	8	.	9	.	.	.	6	.	7	.		
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	6	.	9		
Ever used inhalants	5	3		

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Lifetime Substance Use

Substance Use Before Age 11												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Tried cigarette smoking for the first time before age 11 years	3	5		
Drank alcohol for the first time before age 11 years	9	8	.	9	.	.	.	6	.	9	.		
Tried marijuana for the first time before age 11 years	1	3		

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Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Currently smoked cigarettes or cigars or used smokeless tobacco	2	4	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	11	.	13	.	.	.	11	.	10	.	
Currently smoked cigarettes	2	4	
Currently used an electronic vapor product	8	11	.	13	.	.	.	11	.	10	.	

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use												Statistical Differences		
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Currently drank alcohol	7	12	.	17	.	.	.	12	.	9	.			α
Binge drank, past 30 days	2	4			
Currently used marijuana	5	3			

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Essex
1 or 2 days	56
3 to 9 days	44

Number of Cigarettes Smoked, Among Current Users	Essex
1 or Less	79
2 to 5 cigarettes	21

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Essex
1 or 2 days	23
3 to 9 days	49
10 to 29 days	8
Every day	20

Access to EVP, Among Current Users	Essex
Borrowed them	38
Someone else bought them or someone gave them to me	27
Some other way	35

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Essex
Friend/family used them	31
Cost less than other tobacco	8
Available in flavors	7
Used for some other reason	54

Type of EVP Used, Among Current Users	Essex
JUUL / pod-type device	66
Vape Pen / rechargeable e-cigarette	19
Mods with refillable tank	8
Not sure	7

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Essex
1 or 2 times	74
3 to 9 times	26

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked	33	36	36	.	37	.	
Most of the time or always see ads for cigarettes or other tobacco products	46	47	.	53	.	.	.	48	.	51	.	

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	Statistical Differences											
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	74	.	73	.	.	.	74	.	72	.	α

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	90	.	96	.	.	.	92	.	91	.		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	85	.	84	.	.	.	84	.	87	.		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	90	.	93	.	.	.	90	.	95	.		

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	26	.	29	.	.	.	26	.	25	.		
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	37	39	.	38	.		
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	18	17	.	15	.		

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex County Middle School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	43	.	43	.	.	.	44	.	42	.		
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	45	35	.	39	.	.	.	33	.	34	.	α	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	52	.	54	.	.	.	53	.	55	.		

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Sexual Health

Sexual Activity & Condom Use	VT	Essex										Statistical Differences
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Ever had sexual intercourse	5	11	.	9	.	.	.	10	.	14	.	α
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	52	

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Physical Activity, and Nutrition

Physical Activity: 60 min per day												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Were physically active at least 60 minutes per day on 5 or more days, past week	56	58	.	52	.	.	.	53	.	61	.		
Were physically active at least 60 minutes per day on all 7 days, past week	30	23	.	17	.	.	.	21	.	22	.		

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Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Watch television 1 hour or less per day	42	56	64	49	.	.	.	58	.	55	.		α
Watch television 3 or more hours per day	22	25	30	20	.	.	.	29	.	27	.		

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Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Play video or computer games or used a computer 1 hour or less per day	58	56	.	50	.	.	.	61	.	56	.		
Play video or computer games or used a computer 3 or more hours per day	41	44	.	37	.	.	.	47	.	40	.		

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Physical Activity, and Nutrition

Physical Activity at School												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Participate in physical activity or other short breaks during class at least once a week	80	84	83	84	.	.	.	84	.	83	.		
Participate in physical activity or other short breaks during class everyday	64	66	62	69	.	.	.	69	.	64	.		

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Physical Activity, and Nutrition

Walk or Bike To/From School												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Walk or ride a bike to school at least once a week when weather permits	74	71	.	72	.	.	.	68	.	73	.	
Walk or ride their bike to school every day when weather permits	11	22	.	21	.	.	.	21	.	20	.	α

Sport Team Participation												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Play on at least one sports team, past year	72	73	70	76	.	.	.	77	.	83	.	

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Physical Activity, and Nutrition

Water Consumption												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Drank one or more glasses per day of water, past week	78	77	.	74	.	.	.	77	.	78	.		
Drank two or more glasses per day of water, past week	71	67	.	62	.	.	.	69	.	70	.		
Drank three or more glasses per day of water, past week	56	50	.	44	.	.	.	52	.	52	.		

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Physical Activity, and Nutrition

Breakfast Consumption												Statistical Differences	
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not eat breakfast, past week	9	8	.	13	.	.	.	9	.	7	.		
Ate breakfast on 5 or more days, past week	36	29	.	30	.	.	.	30	.	24	.		
Ate breakfast on all 7 days, past week	46	56	.	55	.	.	.	51	.	57	.		

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Social Determinants of Health

Social Determinants of Health	VT	Essex	Statistical Differences									
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Described their grades in school as mostly A's or B's	66	57	.	70	.	.	.	59	.	61	.	

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Youth Assets and Other Protective Factors

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Youth Assets and Other Protective Factors

Family Engagement												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	7	6	.	.	.	
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	88	.	85	.	.	.	92	.	96	.	
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	83	.	81	.	.	.	86	.	89	.	
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	64	.	57	.	.	.	64	.	69	.	

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Youth Assets and Other Protective Factors

School Connectedness												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	74	.	72	.	.	.	68	.	69	.	
Strongly agree or agree that their school has clear rules and consequences for behavior	64	69	.	64	.	.	.	68	.	66	.	

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Youth Assets and Other Protective Factors

Community Connectedness												Statistical Differences
	VT	Essex	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Strongly agree or agree that in their community they feel like they matter to people	59	54	.	50	.	.	.	52	.	56	.	

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