

2017

Vermont Youth Risk Behavior Survey

High School Results

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Vermont 2017 High School Survey

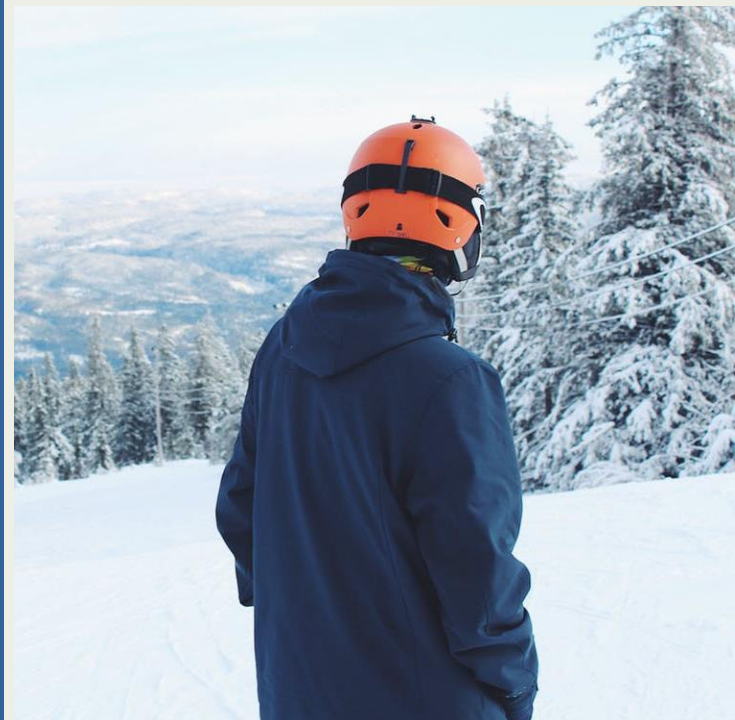
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Survey Sample & Demographics

Sample & Demographics

		Weighted %
Sex	Female	49%
	Male	51%
Grade	9 th grade	25%
	10 th grade	25%
	11 th grade	25%
	12 th grade	25%
Race	White, non-Hispanic (WnH)	84%
	Students of color (Racial and ethnic minority- REM)	16%
Sexual Orientation / Gender Identity	Heterosexual / Cisgender (Het)	89%
	Lesbian, Gay, Bisexual, or Transgender (LGBT)	11%

Personal Safety



Personal Safety

Violence and
Bullying

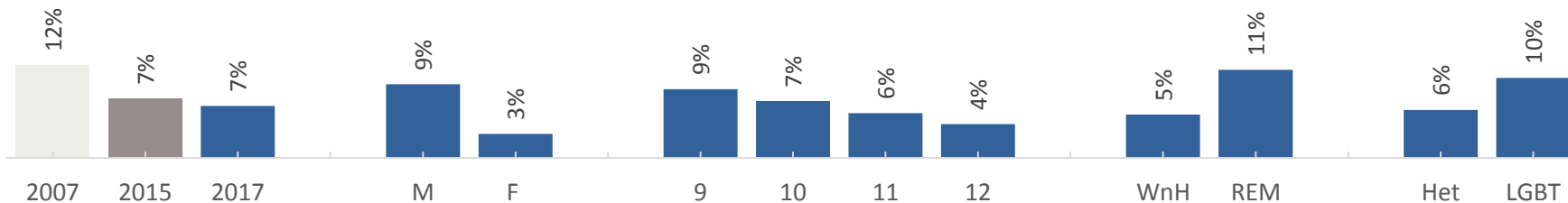
Physical Fighting

During the past year, fewer than 20% of students were in a physical fight; less than one in ten were in a physical fight on school property.

Being in a physical fight (data not shown) has decreased over the past decade from 26% to 18%. Physical fighting at school has decreased by nearly 50% over the past decade but has not since 2015.

- Male students are two times as likely to have been in a fight during the past year compared to female students (22% vs 11%), and nearly three times as likely as females to be in a physical fight on school property (9% vs 3%).
- Both being in a physical fight and being in a fight on school property significantly decreases as grade levels increase from 21% to 13% and 9% to 4%, respectively.
- Students of color are twice as likely as white, non-Hispanic students to be in a fight during the past year (23% vs 16%) and in a fight on school property (11% vs 5%).
- LGBT students are significantly more likely to be in any fight (23% vs 16%) and are twice as likely as heterosexual/cisgender students to be in a fight on school property (10% vs 6%).

Physical Fighting On School Property, Past 12 Months



Safety at School: Weapons

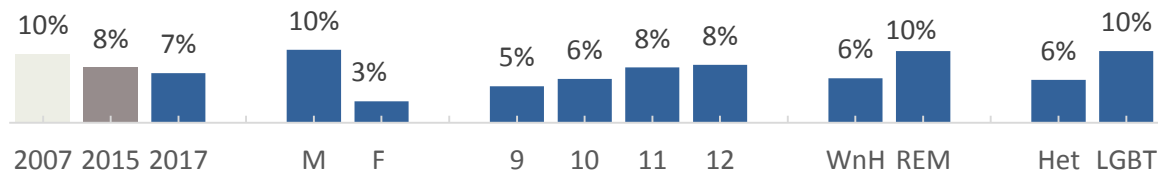
During the past 30 days, 7% carried a weapon on school property. During the past year, 5% of students were threatened or injured with a weapon on school property.

Both carrying a weapon such as a knife, gun, or club and being threatened or injured with a weapon on school property have significantly decreased over the past 10 years and since 2015.

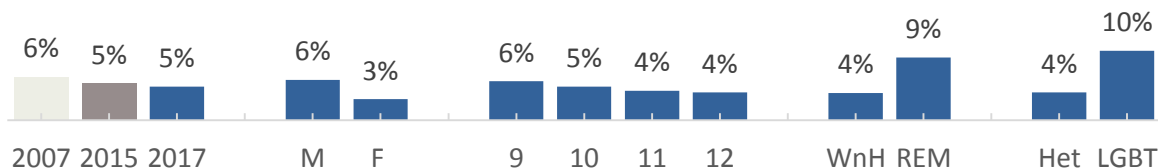
- Male students are more than three times as likely as female students to carry a weapon on school property during the past 30 days. In addition, older students, students of color, and LGBT students are also significantly more likely to carry a weapon.
- During the past year, those more likely to be threatened with a weapon on school property included:
 - male students,
 - younger students,
 - students of color, and
 - LGBT students.

Weapons on School Property

Carried a Weapon, Past 30 Days



Threatened with a Weapon, Past 12 Months



Electronic Bullying

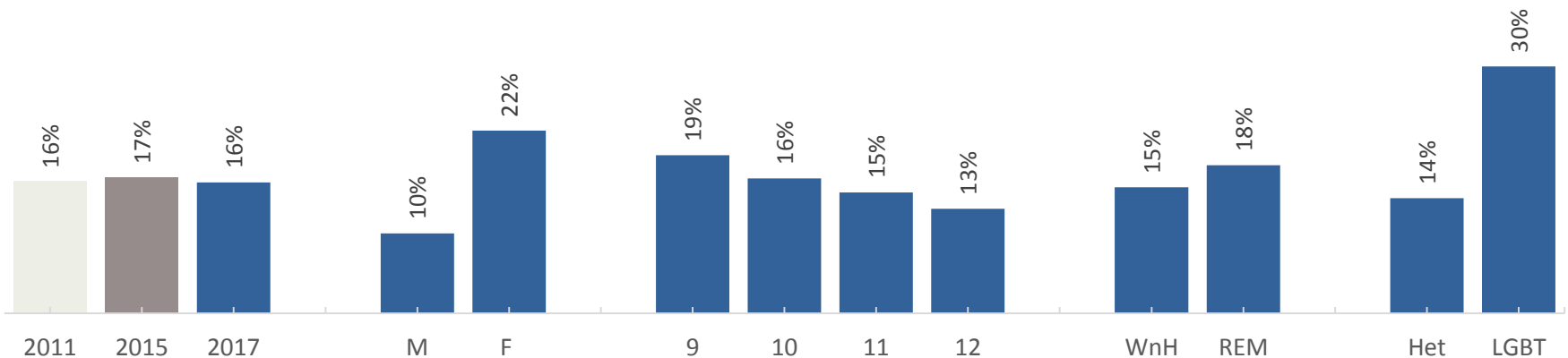
During the past 12 months, 16% were electronically bullied, a slight but significant decrease from 2015.

- Female students are more than two times as likely to experience electronic bullying compared to male students.
- Electronic bullying significantly decreases as grade levels increase.
- Students of color are significantly more likely to be electronically bullied compared to white, non-Hispanic students.
- LGBT students are more than twice as likely as heterosexual/cisgender students to experience electronic bullying during the past year.

On the YRBS, bullying is defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Electronic bullying is described as bullying through texting, Instagram, Facebook, or other social media sources.

Were Electronically Bullied, Past 12 Months



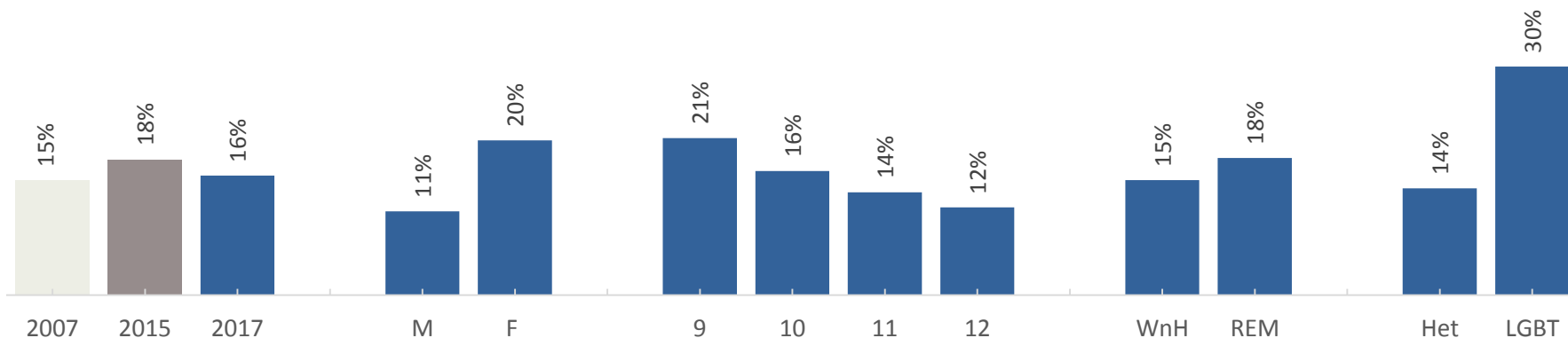
Bullying

During the past 30 days, nearly one in six students were bullied (16%). About half of those (8%) experienced bullying on three or more days.

Following an increase in bullying from 2007 to 2013 (18%), the percent of students who were bullied during the previous 30 days significantly decreased between 2015 and 2017.

- Female students are nearly two times as likely as male students to experience bullying during the past 30 days.
- Bullying decreases as grade level increases. Freshman are nearly two times as likely as seniors to report being bullied during the past 30 days.
- Students of color are significantly more likely to be bullied compared to white, non-Hispanic students.
- LGBT students are twice as likely as heterosexual/cisgender students to be bullied during the past month.

Experienced Bullying, Past 30 Days



NOTE: On the YRBS, bullying is defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

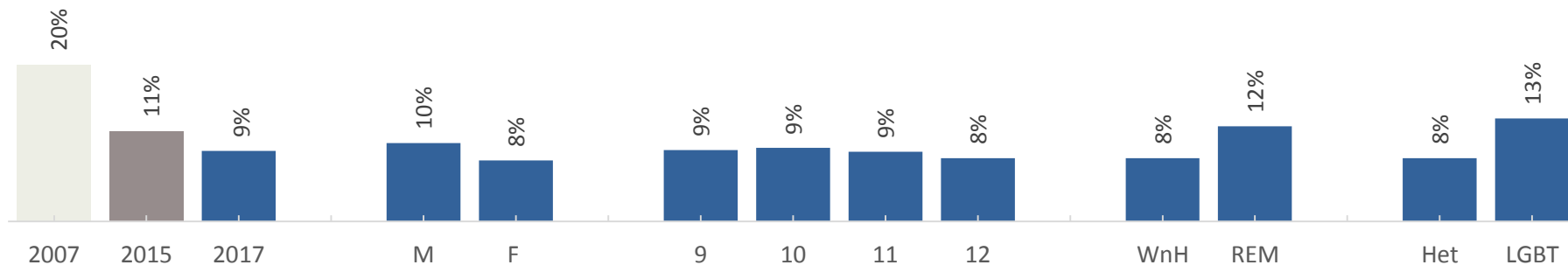
Bullying Others

Less than one in ten students report bullying someone during the past 30 days (9%).

The percent of students who reported bullying someone else during the past 30 days decreased by more than half during the past decade.

- Male students are significantly more likely than female students to report bullying others.
- Bullying others does not differ by grade level.
- Students of color are significantly more likely to bully others compared to white, non-Hispanic students.
- LGBT students are significantly more likely to bully others compared to heterosexual/cisgender students.

Bullied Others, Past 30 Days



NOTE: On the YRBS, bullying is defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

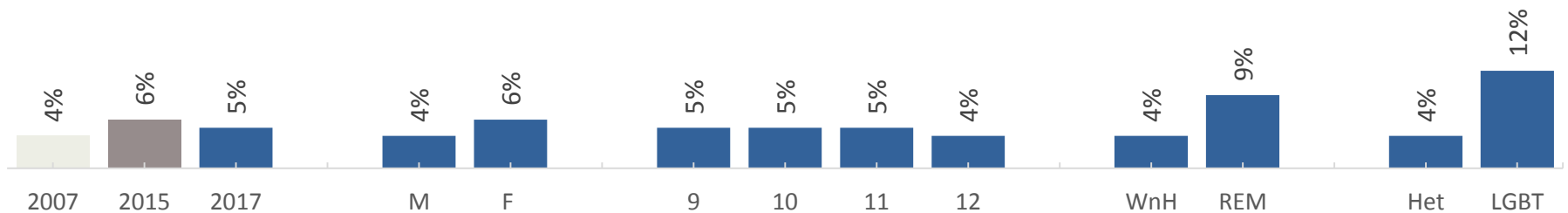
Safety Concerns at School

During the past 30 days, 5% of students skipped school because they felt unsafe at school or on their way to or from school.

Fewer students skipped school because they felt unsafe in 2017 compared to 2015.

- Male students are significantly less likely than female students to report feeling unsafe at or on their way to school.
- Feeling unsafe at school does not differ by grade level.
- Students of color are significantly more likely to have safety concerns at school compared to white, non-Hispanic students.
- LGBT students are significantly more likely to have safety concerns at school compared to heterosexual/cisgender students.

Felt Unsafe At or On Their Way To School



Personal Safety

Sexual and Dating Violence

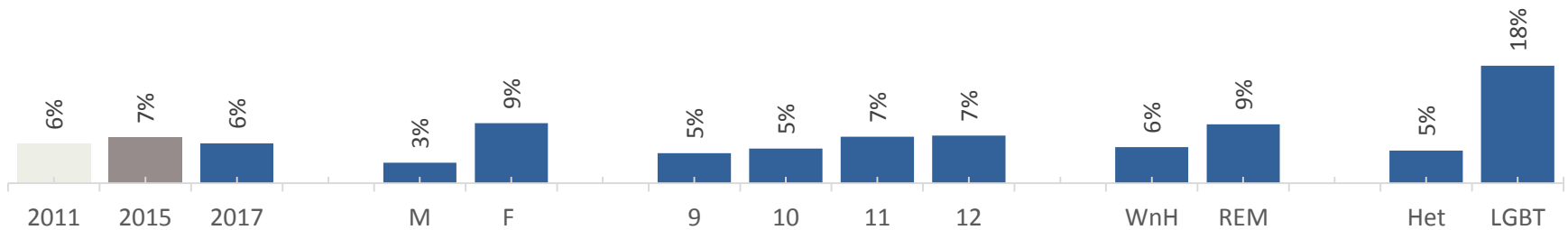
Sexual Abuse

Overall, 6% of students reported ever being physically forced to have sexual intercourse when they did not want to.

Forced sexual intercourse has not changed since first asked in 2011.

- During their lifetime, female students are three times as likely as male students to be forced to have sexual intercourse.
- Younger students are significantly less likely to report ever being forced to have sexual intercourse compared to older students.
- Students of color are significantly more likely than white, non-Hispanic students to have ever been forced to have sexual intercourse.
- LGBT students are more than three times as likely as heterosexual/cisgender students to have ever been forced to have sexual intercourse.

Forced Sexual Intercourse



Intimate Relationship Violence

In 2017 students were asked about both physical and sexual dating violence. Physical dating violence was described as being hit, slammed into something, or injured with an object or weapon. Sexual dating violence included being forced by someone you were dating or going out with to do sexual thing such as kissing, touching, or being forced to have sexual intercourse.

During the past year, two-thirds (66%) of high school students dated or went out with someone else.

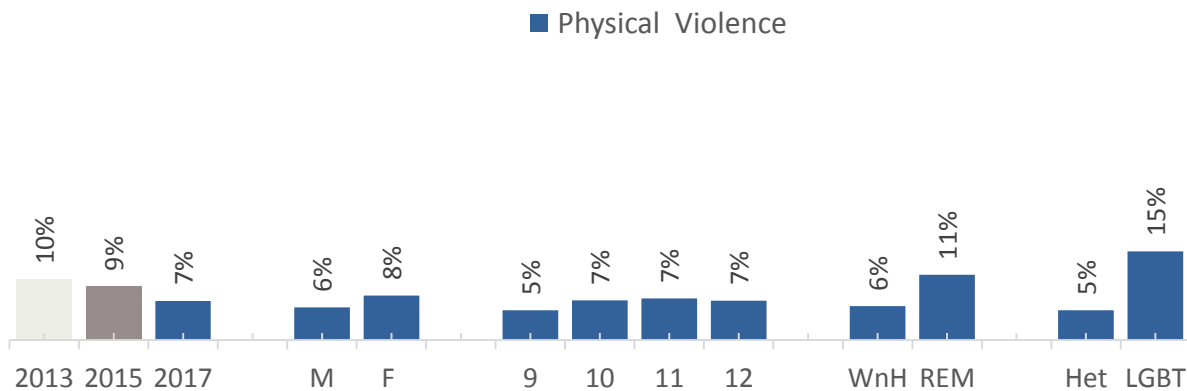
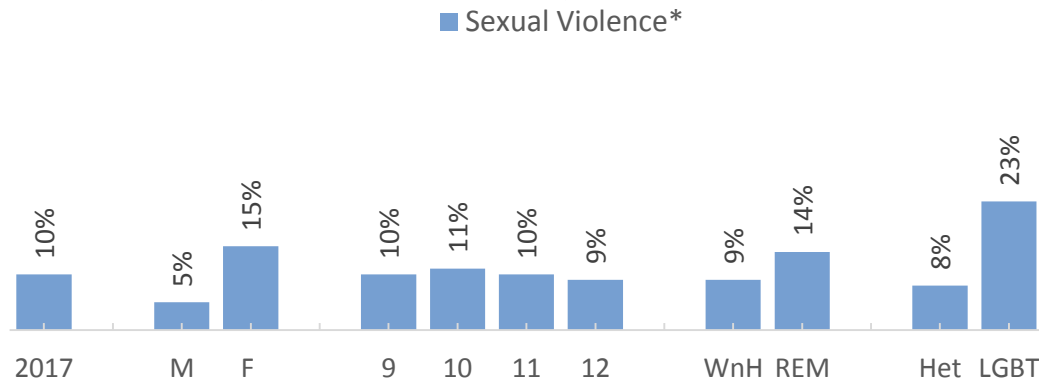
Among students who dated during the past year:

- 1 in 10 experienced sexual violence,
- 1 in 15 experienced physical violence.

Experiencing physical dating violence has significantly decreased since 2013 (9%) and 2015 (9%). Sexual violence was first asked in 2017.

Female students, students of color, and LGBT students are all significantly more likely than others to experience both physical and sexual dating violence.

Physical and Sexual Dating Violence, Past 12 Months



* New in 2017

Personal Safety

Distracted and
Impaired Driving

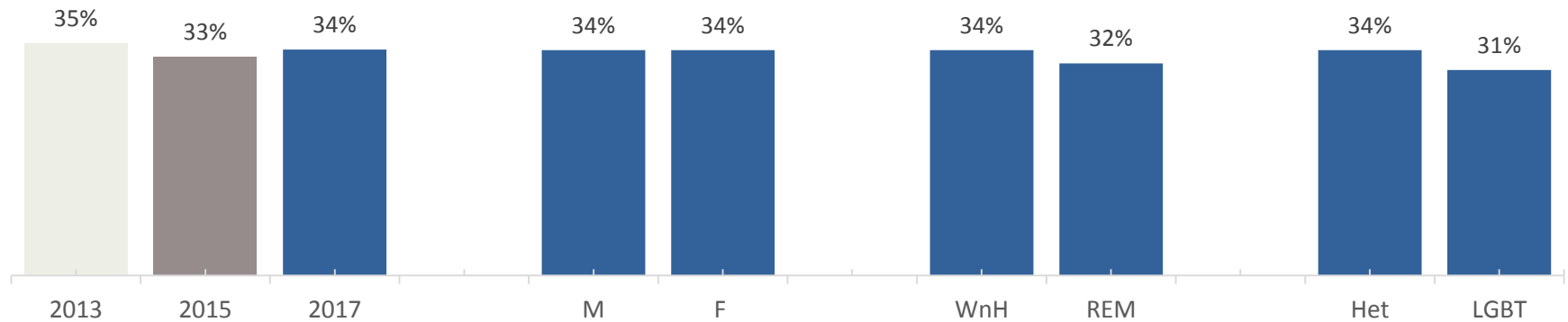
Distracted Driving: Texting and Emailing

A third of students who drive reported texting or emailing while driving at least once during the past 30 days; 66% never did so.

- Regardless of sex, race, and sexual orientation all students who currently drove a vehicle are equally likely to text or email while driving.

Texting while driving did not significantly change between 2015 and 2017 and remains similar to that in 2013.

Texted or Emailed at Least Once While Driving in the Past 30 Days, Among Those Who Drive



Driving Under the Influence and Riding with an Impaired Driver

Overall, about one in five students rode with someone who was under the influence of alcohol (18%) or marijuana (20%) during the previous 30 days. The percent of students who rode with someone who had been using marijuana was significantly higher than those who rode with someone who had been drinking alcohol.

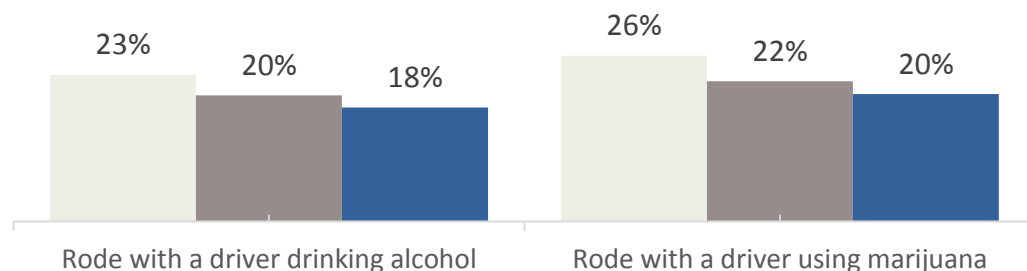
Among students who drove a vehicle during the past 30 days, 7% drove after drinking alcohol at least one time; 14% drove after using marijuana.

Since 2007, the percent of students riding with someone under the influence of alcohol has significantly decreased; riding with someone who was using marijuana has decreased since 2011, the first year the question was asked. Both decreased significantly since 2015.

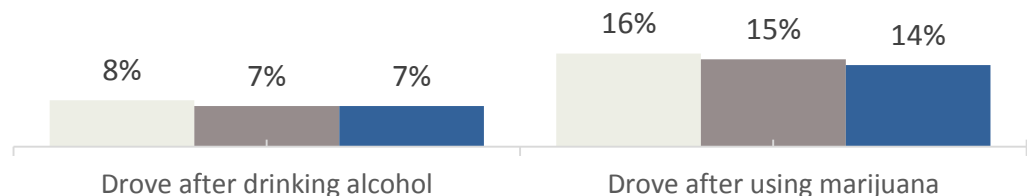
Driving a car while under the influence of alcohol and while under the influence of marijuana significantly decreased since 2013 but is similar to 2015.

Demographic breakdowns are shown on the following pages.

Rode With an Impaired Driver, Past 30 Days
 2007 (alcohol) / 2011 (marijuana) 2015 2017



Drove Under the Influence, Past 30 Days
 2013 2015 2017



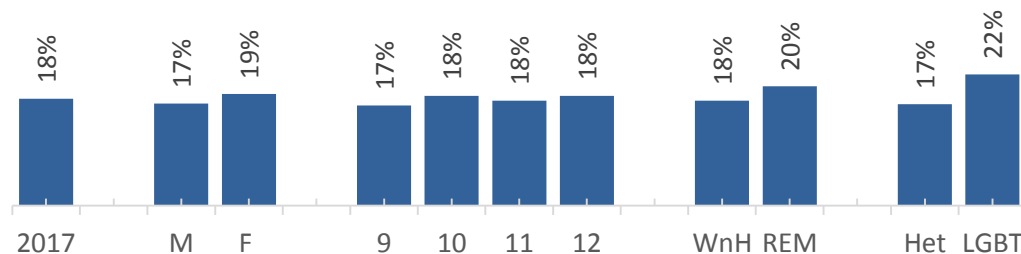
NOTE: A response of “I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution. Prior to 2017, questions about marijuana and driving referred to “smoking” marijuana. This was changed to “using marijuana”.

Riding with an Impaired Driver

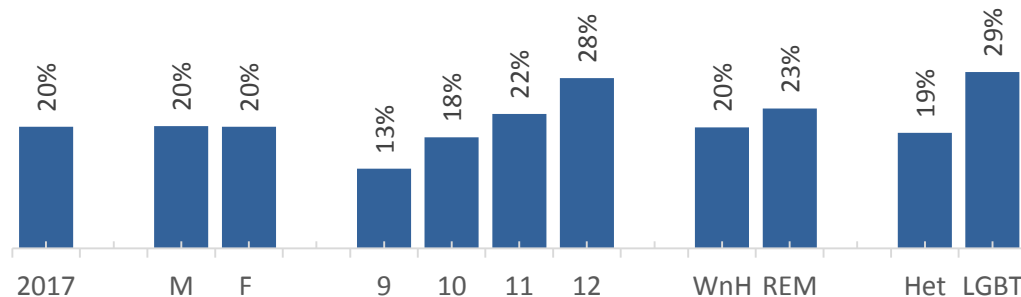
Overall, 18% of students rode with a driver who had been using alcohol; 20% rode with someone who had been using marijuana during the past 30 days.

- Female students are more likely to ride with someone who was drinking alcohol compared to male students. Both male and female students report similar experiences with riding with someone who was under the influence of marijuana.
- Riding with someone who had been using marijuana significantly increases with each grade level but do not vary among those who rode with a person drinking alcohol.
- Students of color are significantly more likely than white, non-Hispanic students to ride with someone who was under the influence of alcohol or marijuana.
- LGBT students are significantly more likely than heterosexual/cisgender students to ride with an impaired driver.

Rode With a Driver Who Had Been Drinking Alcohol, Past 30 Days



Rode With a Driver Who Had Been Using Marijuana, Past 30 Days



NOTE: Prior to 2017, questions about marijuana and driving referred to “smoking” marijuana. This was changed to “using marijuana”.

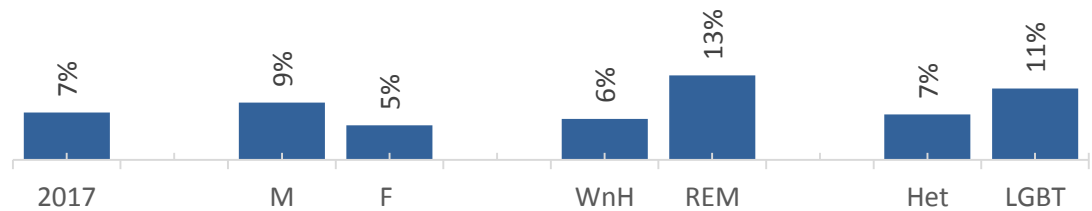
Impaired Driving

Overall, 7% of students who drove, reported driving after drinking alcohol in the past 30 days; 14% drove after using marijuana.

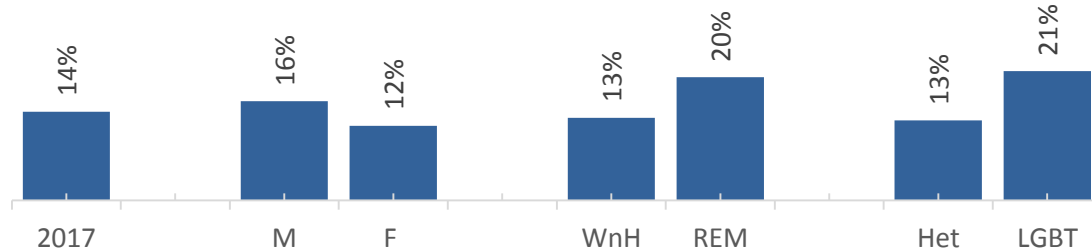
Driving a car while under the influence of alcohol or while under the influence of marijuana significantly decreased since 2013 but is similar to 2015.

- Male students are significantly more likely than female students to drive after drinking alcohol or using marijuana.
- Students of color are significantly more likely than white, non-Hispanic students drive after drinking alcohol or using marijuana.
- LGBT students are significantly more likely than heterosexual/cisgender students to drive after drinking alcohol or using marijuana.

Drove Under the Influence of Alcohol, Past 30 Days



Drove Under the Influence of Marijuana, Past 30 Days



NOTE: A response of “I did not drive a car or other vehicle during the past 30 days” was added to the questionnaire in 2013. Therefore, comparison to previous years should be made with caution. Prior to 2017, questions about marijuana and driving referred to “smoking” marijuana. This was changed to “using marijuana”.

Personal Safety

Injuries & Prevention

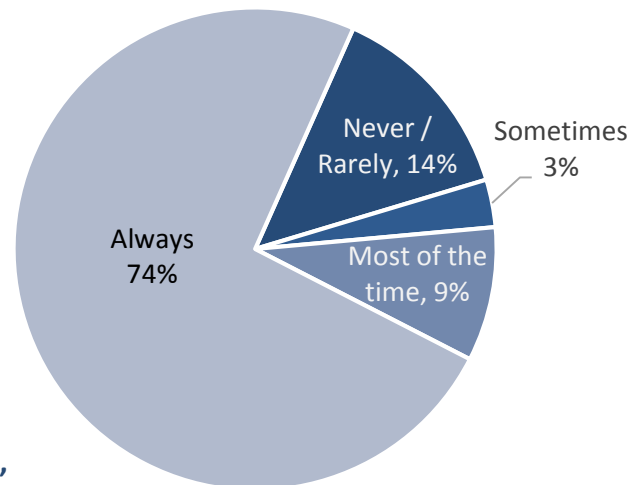
Helmet Use: Skiing or Snowboarding

New in 2017

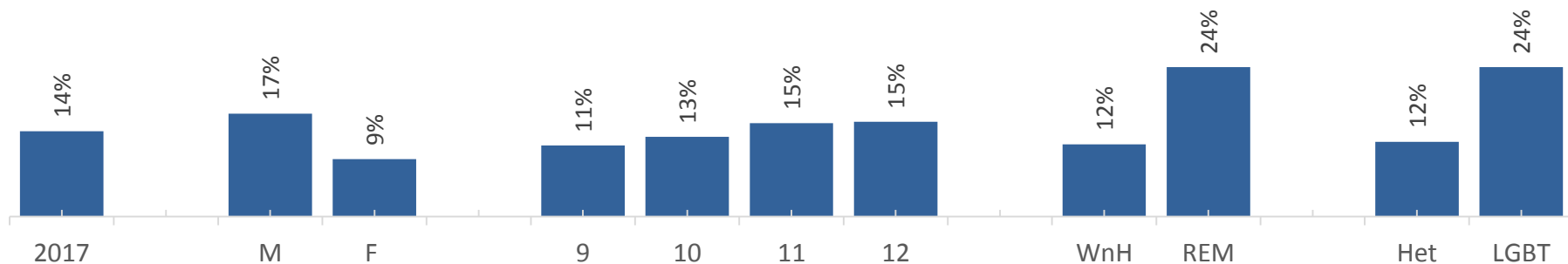
Among those who skied or snowboarded during the past 12 months, 14% never or rarely wore a helmet.

- Male students are nearly two times as likely as female students to never or rarely wear a helmet while skiing or snowboarding.
- Freshman are significantly less likely to never or rarely wear a helmet compared to juniors and seniors.
- Likewise, LGBT students and Students of color are twice as likely as heterosexual/cisgender and white non-Hispanic students to never or rarely wear a helmet.

Helmet Use, Among Those Who Skied or Snowboarded in the Past Year



Never or Rarely Wore a Helmet When Skiing or Snowboarding, Among those Who Skied or Snowboarded During the Past 12 Months



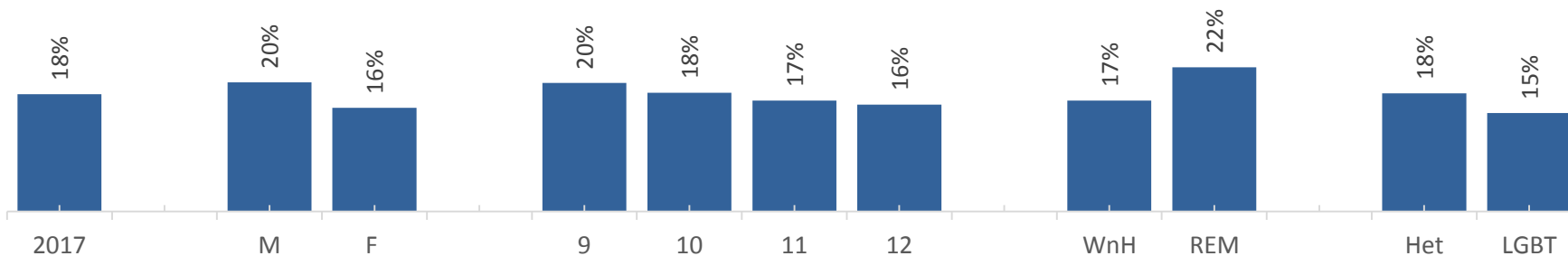
Concussion

The 2017 YRBS asked whether or not students experienced a concussion in the past year. These could include concussions that were formally diagnosed as well as those that were not by describing concussions as “when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out”. New in 2017

During the past year, nearly one in five students (18%) experienced symptoms of a concussion from playing a sport or being physically active.

- Male students are significantly more likely than females to experience a concussion from being physically active during the past year.
- 9th grade students are significantly more likely than 11th and 12th grade students to experience a concussion from physical activity or playing a sport.
- Students of color are significantly more likely than white, non-Hispanic students to experience a concussion from being physically active in the past year.
- LGBT students are significantly less likely to have a concussion from being physically active compared to heterosexual/cisgender students.

Had a Concussion, Past 12 Months



Personal Safety

Tobacco Screening
and Exposure

Were Asked About Smoking by a Medical Provider

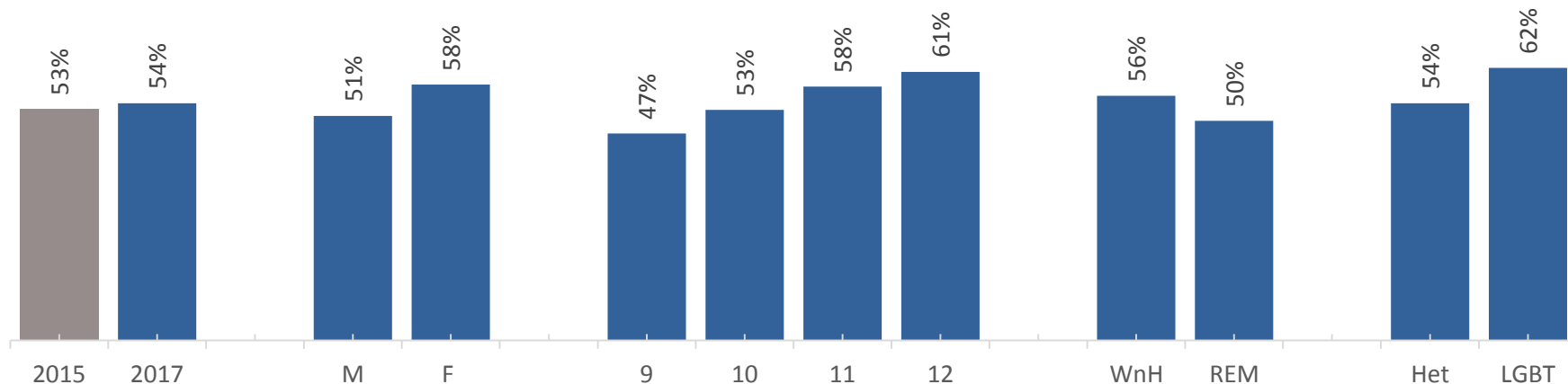
Less than 10% of students did not see or talk to a doctor, dentist, or nurse during the past 12 months.

Among students who saw a doctor, nurse or dentist during the past year, just over half were asked if they smoke (54%).

The percent of students who were asked about smoking significantly increased since 2015.

- Male students are significantly less likely to talk to a doctor, nurse, or dentist about smoking compared to female students.
- Discussions about smoking with a doctor, nurse, or dentist significantly increase with each grade level.
- Students of color are significantly less likely than white, non-Hispanic students to be asked by a medical provider about smoking.
- LGBT students are significantly more likely than heterosexual/cisgender student to be asked by a medical provider about smoking.

Were Asked About Smoking by a Doctor, Nurse, or Dentist, Past 12 Months



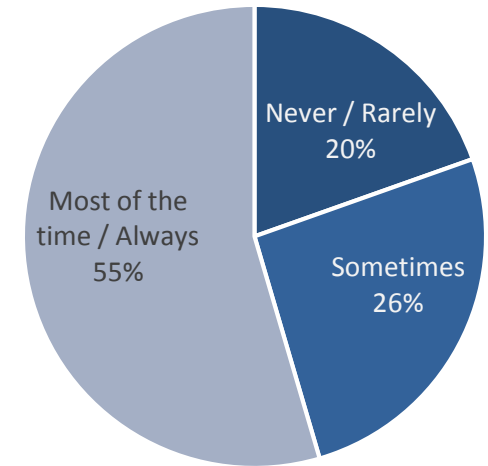
Exposure to Tobacco Messaging

The majority (55%) of students always or almost always see tobacco advertisement when they go to a gas station, supermarket or convenience store.

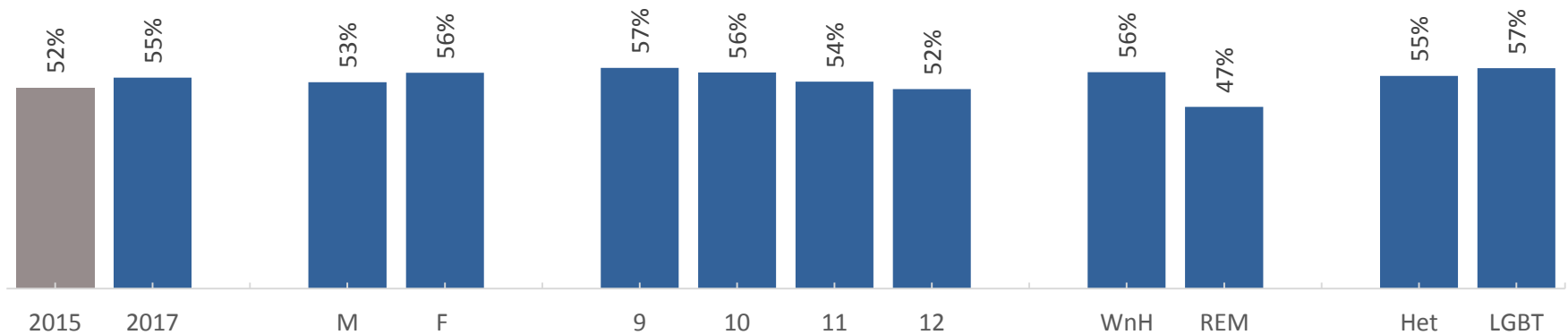
Since 2015, significantly more students reported seeing advertisements for tobacco products in convenience stores, supermarkets, or gas stations at least most of the time.

- Male students and older students are significantly less likely see tobacco advertisements at least most of the time compared to female students and younger students.
- White, non-Hispanic students and LGBT students are significantly more likely than minority and heterosexual/cisgender students to see tobacco advertisements in stores at least most of the time.

Seeing Tobacco Advertisements in Gas Stations, Supermarkets, or Convenience Stores



Saw Tobacco Advertisements in Convenience Stores, Supermarkets, or Gas Stations, at Least Most of the Time



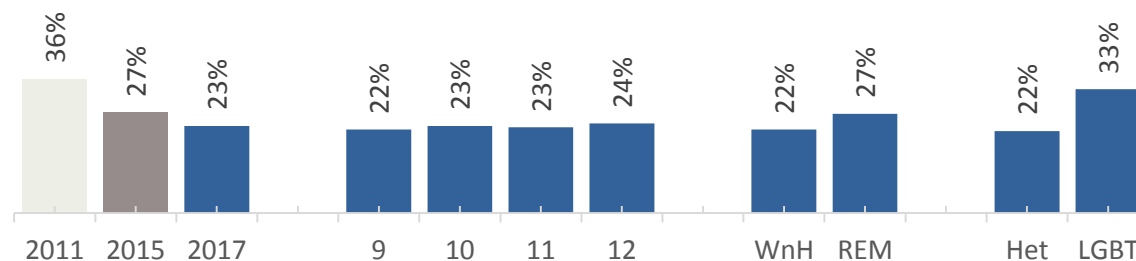
2nd Hand Smoke Exposure

Overall, a third of all students were in the same room with someone who was smoking cigarettes during the previous week; less than a quarter (23%) were in the same car with someone who was smoking a cigarette.

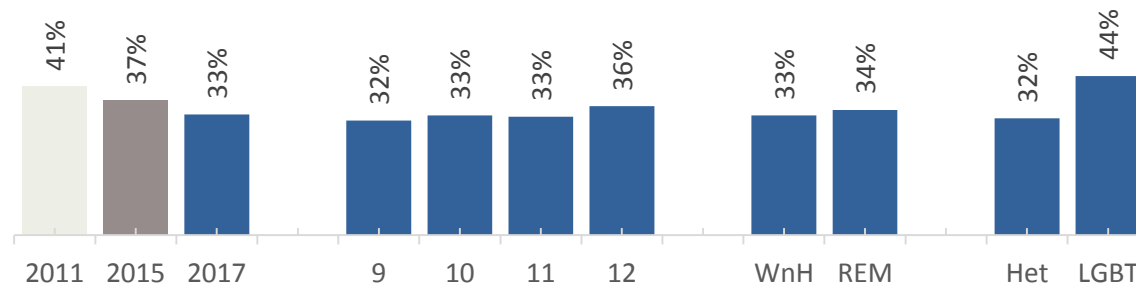
Exposure to cigarette smoke, both in a car and in a room, has continuously decreased since 2011.

- Male and female students have the same exposure to second hand cigarette smoke (23% car; 33% room).
- Regardless of grade level, all students were equally likely to be exposed to second hand smoke in a car. Seniors are significantly more likely than 9th and 11th grade students to be in the same room as someone smoking.
- Students of color are significantly more likely to spend time in a car with someone smoking compared to white, non-Hispanic students but are equally likely to spend time with someone smoking in a room.
- LGBT students are significantly more likely than heterosexual/cisgender students to spend time in a car or room with someone who was smoking.

Exposure to 2nd Hand Smoke:
Car



Room



Mental Health



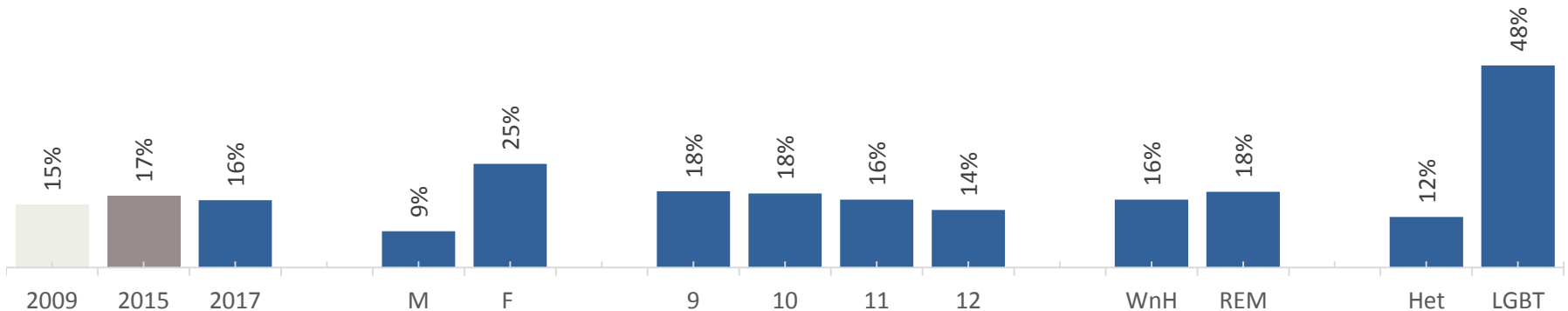
Self-Harm

Overall, 16% of students reported hurting themselves without wanting to die, such as by cutting or burning on purpose, in the past 12 months.

From 2009 to 2015, self-harming behaviors significantly increased, however, since 2015, fewer students reported harming themselves on purpose.

- Female students are nearly three times as likely as male students to self-harm during the past year.
- 12th grade students are significantly less likely than all others to self-harm.
- Self-harming behaviors do not differ by race.
- LGBT students are four times as likely as heterosexual/cisgender students to hurt themselves on purpose during the past year.

Purposely Hurt Oneself Without Wanting to Die, Past 12 Months



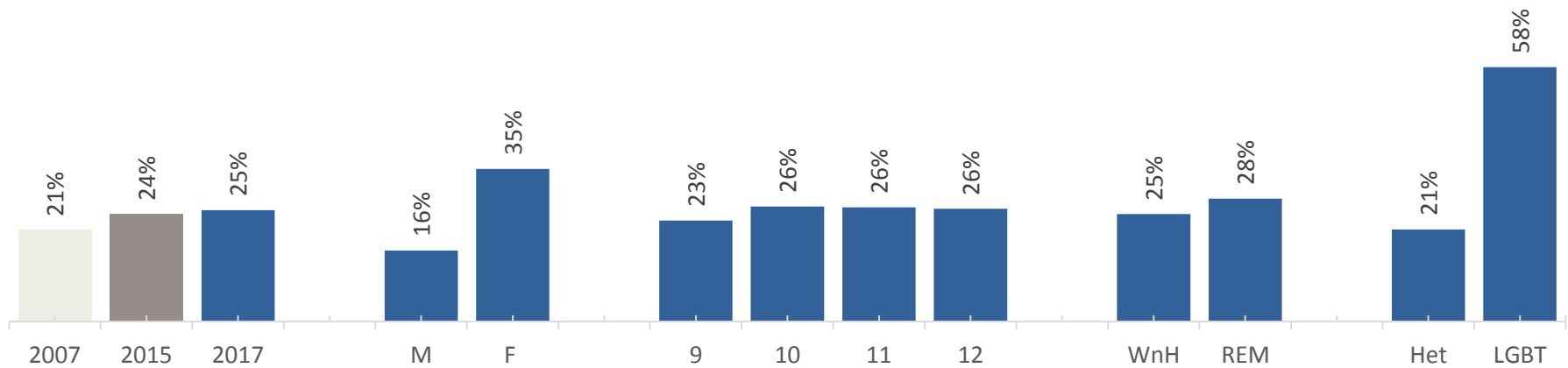
Feeling Sad Or Hopeless

A quarter of students felt so sad or hopeless almost every day for at least two weeks during the past 12 months that they stopped doing some usual activities.

Feeling sad or hopeless has significantly increased over the past 10 years and since 2015.

- Female students are more than twice as likely as male students to report feeling so sad or hopeless that they stopped doing some activities.
- Freshman are significantly less likely to report feelings of sadness or hopelessness compared to students in all other grades.
- Students of color are significantly more likely than white, non-Hispanic students to feel sad or hopeless.
- LGBT students are nearly three times as likely as heterosexual/cisgender students to feel sad or hopeless.

Felt Sad or Hopeless Almost Every Day For at Least a Two Week Period, Past 12 Months



Made a Suicide Plan

Just over one in ten students made a plan about how they would attempt suicide during the past 12 months; 5% of students attempted suicide during that same time frame.

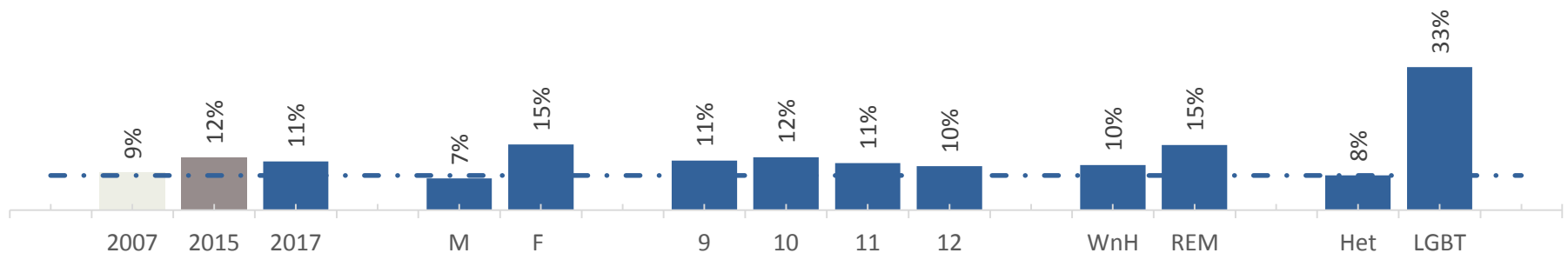
Following a decrease in the percent of students who reported making a suicide plan from 1995 to 2005, students making a suicide plan has significantly increased since 2007.

While the percent of students making a suicide plan significantly decreased between 2015 and 2017, it still remains above the HV2020 Goal of 8%.

- Female students are more than twice as likely as male students to make a suicide plan during the past year.
- 10th grade students are significantly more likely than 12th grade students to make a suicide plan, but did not differ from those in 9th or 11th grades.
- Students of color are significantly more likely than white, non-Hispanic students to make a suicide plan.
- LGBT students are more than four times as likely as heterosexual/cisgender students to make a suicide plan during the past year.

Made a Suicide Plan, Past 12 Months

— HV2020 Goal (8%)



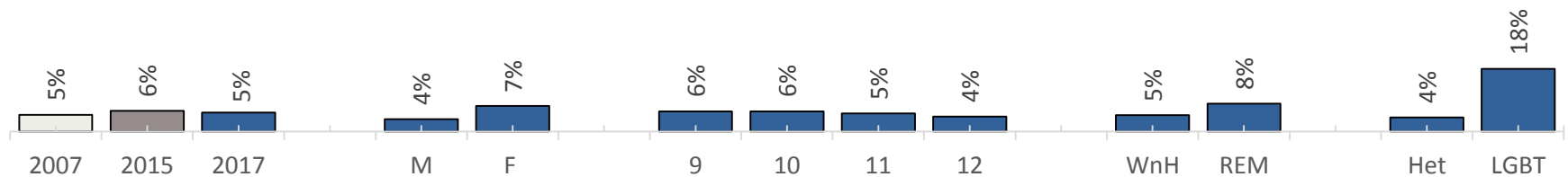
Attempted Suicide

During the past 12 months, 5% of students attempted suicide.

Like suicide plans the percent of students attempting suicide significantly decreased over the past two years.

- Female students are nearly two times as likely as male students to attempt suicide during the past 12 months.
- Younger students are significantly more likely than 12th grade students to have a suicide attempt in the past year.
- People of color are significantly more likely than white, non-Hispanic students to attempt suicide.
- LGBT students are more than four times as likely as heterosexual/cisgender students to attempt suicide in the past year.

Attempted Suicide, Past 12 Months



Substance Use



Substance Use

Lifetime Use

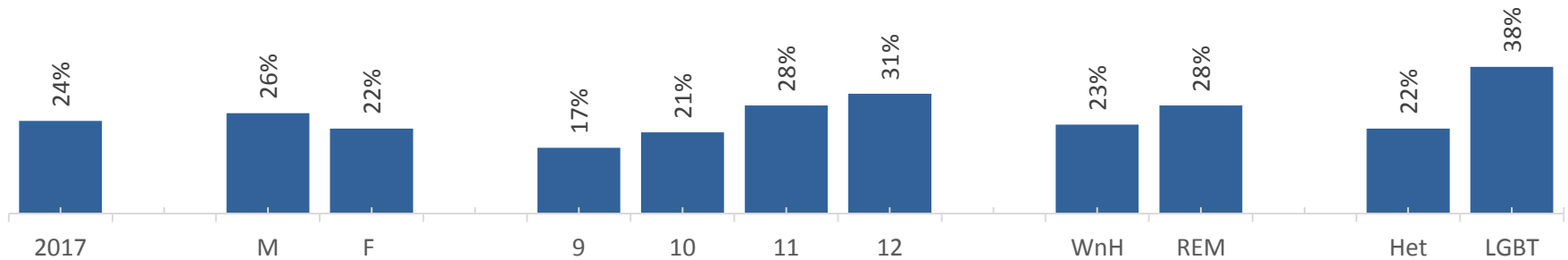
Lifetime Cigarette Use, Even 1 or 2 Puffs

New in 2017

Overall, a quarter of high school students have ever tried a cigarette, even one or two puffs; 8% tried a cigarette before age 13.

- Male students are significantly more likely than female students to try smoking a cigarette (26% vs 22%) and were more like to try one before age 13 (9% vs 6%).
- Ever trying a cigarette significantly increases with each grade level.
- Students of color significantly more likely than white, non-Hispanic students to try a cigarette (38% vs 22%) or to use one before age 13 (12% vs 7%)
- LGBT students are significantly more likely to ever try smoking (28% vs 23%) and were twice as likely to try a cigarette before age 13 (7% vs 14%).

Lifetime Cigarette Use, Even 1 or 2 Puffs



NOTE: In 2017, questions about lifetime cigarette use were modified from ever smoked a whole cigarette to ever tried cigarette smoking, even one or two puffs. Lifetime cigarette use now captures students who may have experimented with cigarette smoking without ever smoking an entire cigarette. Data on lifetime cigarette use cannot be compared with previous results.

Lifetime Use of Electronic Vapor Products

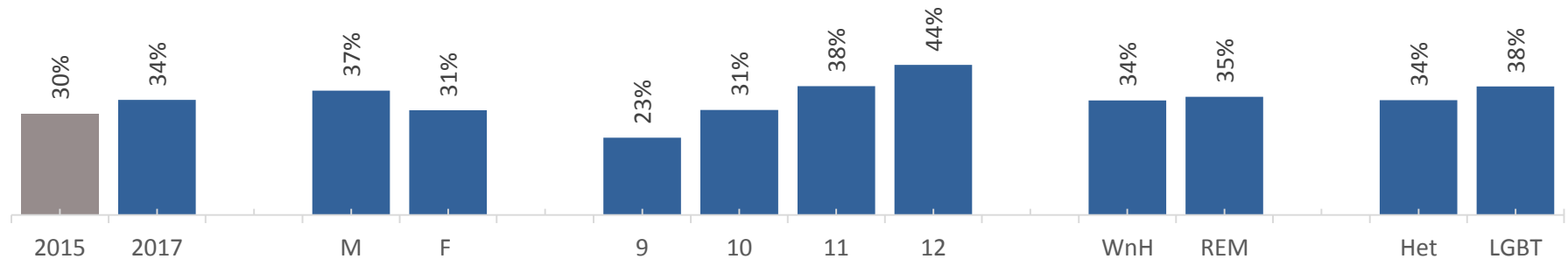
Electronic vapor products (EVP) include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. Common products include: blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo.

In 2017, a third of students (34%) ever tried an electronic vapor product (EVP).

The percent of students who have ever tried an electronic vapor product has significantly increased since first asked in 2015.

- Male students are significantly more likely than female students to have ever tried an EVP.
- Ever trying an EVP significantly increases with each grade level. Students in 12th grade are nearly two times as likely as 9th graders to ever try an electronic vapor product.
- Ever using an EVP does not differ by race.
- LGBT students are significantly more likely to ever try an EVP compared to heterosexual/cisgender students.

Lifetime Use of Electronic Vapor Products



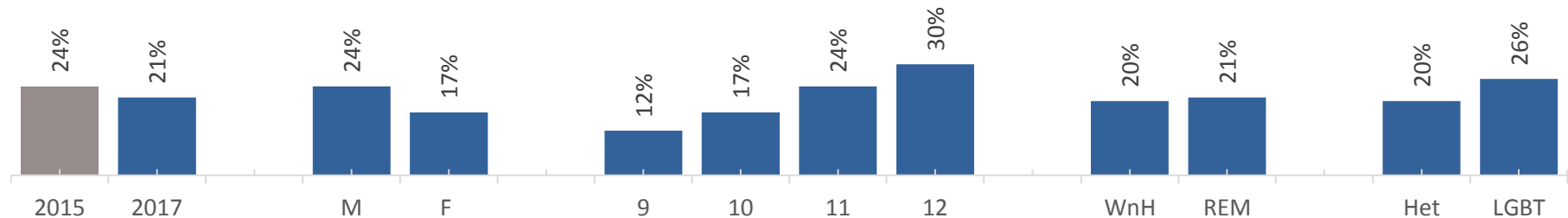
Lifetime Use of Flavored Tobacco Products

About one in five students have ever tried a tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

Since first asked in 2015, use of flavored tobacco products has significantly decreased.

- Male students are significantly more likely than female students to try a flavored tobacco product.
- Ever trying a flavored tobacco product significantly increases with each grade level.
- Use of flavored tobacco products does not differ by race.
- LGBT students are significantly more likely than heterosexual/cisgender students to try a flavored tobacco product.

Flavored Tobacco Product Use, Lifetime



Lifetime Alcohol Use

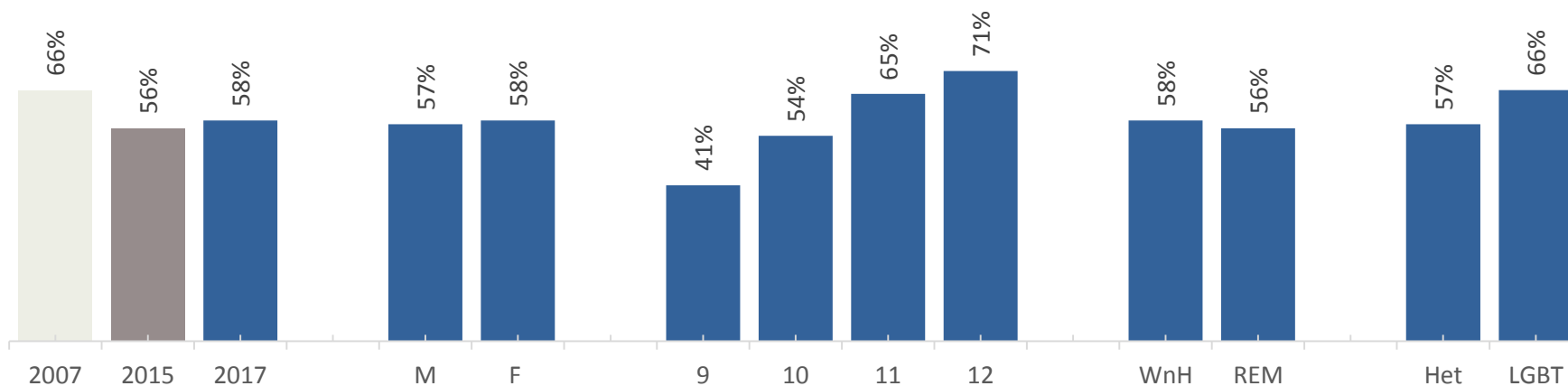
Among high school students, three in five have ever had alcohol; one in seven (14%) drank before age 13.

The percent of students who have ever drunk alcohol significantly decreased over the last decade, from 66% in 2007 to 58% in 2017. However, from 2015 to 2017 the percent ever drinking alcohol significantly increased (56% vs. 58%).

Following a similar trend, alcohol use before age 13 has significantly decreased since 2007 (19%), but increased from 2015 (12%) to 14% in 2017.

- Ever drinking alcohol does not differ by sex or race. Male students and students of color are significantly more likely than female students and white, non-Hispanic students to try alcohol before age 13 (16% vs 11% and 21% vs 12%, respectively)
- Lifetime alcohol use significantly increases with each grade level. By the time students are in their senior year, nearly three-quarters have tried alcohol. Ninth grade students are significantly more likely to have tried alcohol before age 13 compared to older students (17% vs 13% vs 13% vs 11%).
- LGBT students are significantly more likely than heterosexual/cisgender students to consume alcohol in their lifetime (shown below) and to drink alcohol before age 13 (20% vs 13%).

Ever Drank Alcohol



Lifetime Marijuana Use

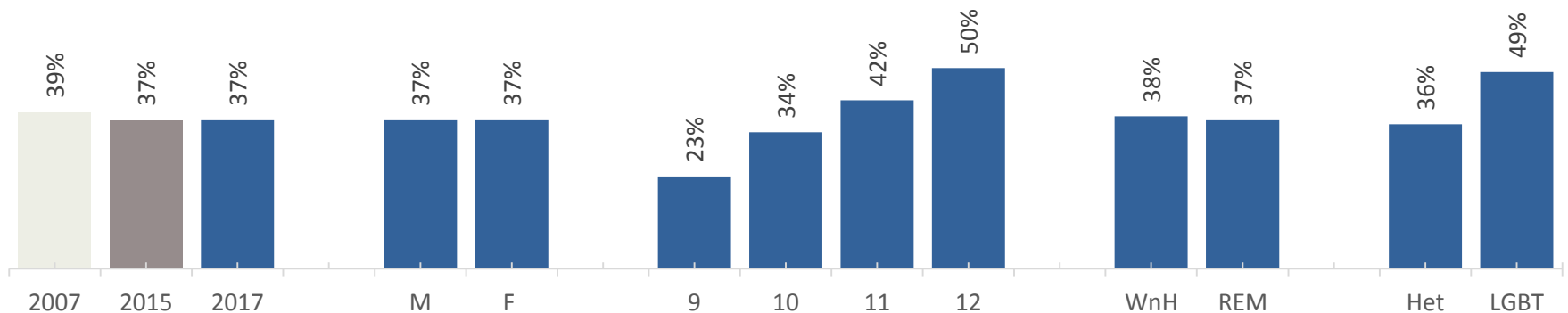
Overall, 37% of students have ever used marijuana; 6% used it before age 13.

Ever using marijuana has remained relatively stable over the past decade; however, during that timeframe, significantly fewer students reported using marijuana before age 13 (9% vs 6%).

Lifetime marijuana use and use before age 13 did not change between 2015 and 2017.

- Lifetime marijuana use does not differ by sex or race.
- Using marijuana before age 13 is significantly higher among male students compared to female students (7% vs 5%) and students of color (10% vs 5%).
- Half of all seniors have ever tried marijuana. Ever using marijuana significantly increases with each grade level; using it before age 13 does not vary by grade.
- LGBT students are significantly more likely to report ever using marijuana (shown below) and to try it before age 13 (11% vs 5%), compared to heterosexual/cisgender students.

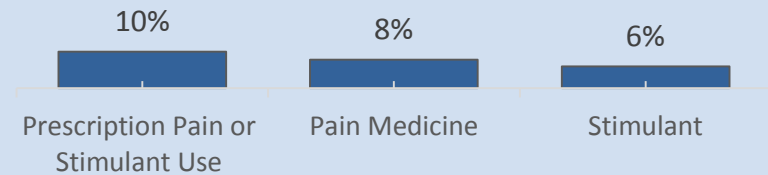
Ever Used Marijuana



Lifetime Prescription Drug Misuse

Ever Misused a Prescription Pain Reliever or Stimulant

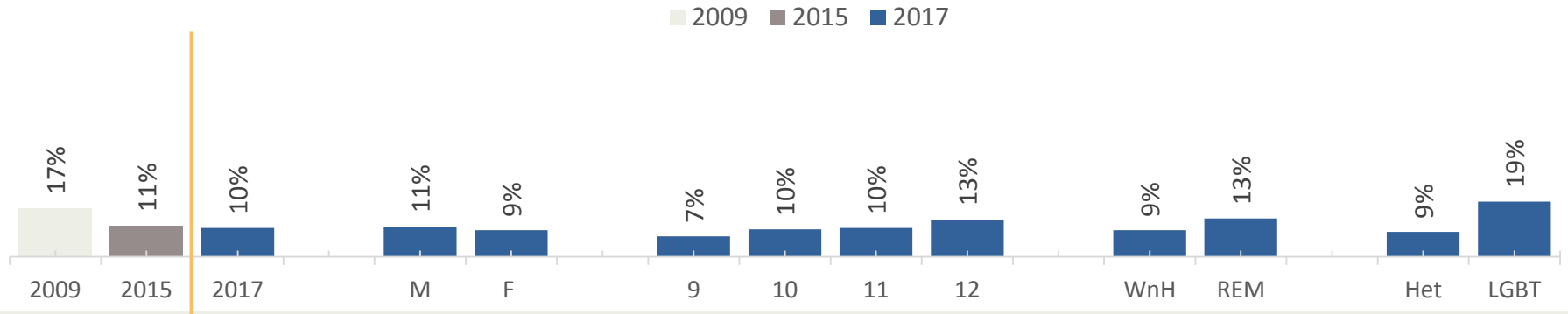
In 2017, misuse of prescription pain medicines was added to the standard YRBS questionnaire. In Vermont, the phrase “*or differently than how a doctors told you to use it*” was added to the questions about ever using a prescription pain reliever or stimulant to better reflect both illicit use and misuse of prescription drugs. However, caution should be taken when comparing prescription drug misuse with prior prescription drug use due to the addition of use as not intended.



Overall, one in ten high school students have ever used a prescription stimulant or pain reliever that was not prescribed to them or used one in a manner different from how it was prescribed.

- Male students are significantly more likely than female students to misuse prescription pain medicine or stimulants.
- 9th grade students are significantly less likely to have ever misused a prescription stimulant or pain reliever; 12th grade students are more likely to misuse one compared to other students.
- Students of color are significantly more likely to ever misuse a prescription pain reliever or stimulant compared to white, non-Hispanic students.
- LGBT students are nearly two times as likely as heterosexual/cisgender students to ever misuse a prescription pain reliever or stimulant.

Ever Misuse a Prescription Pain Reliever or Stimulant



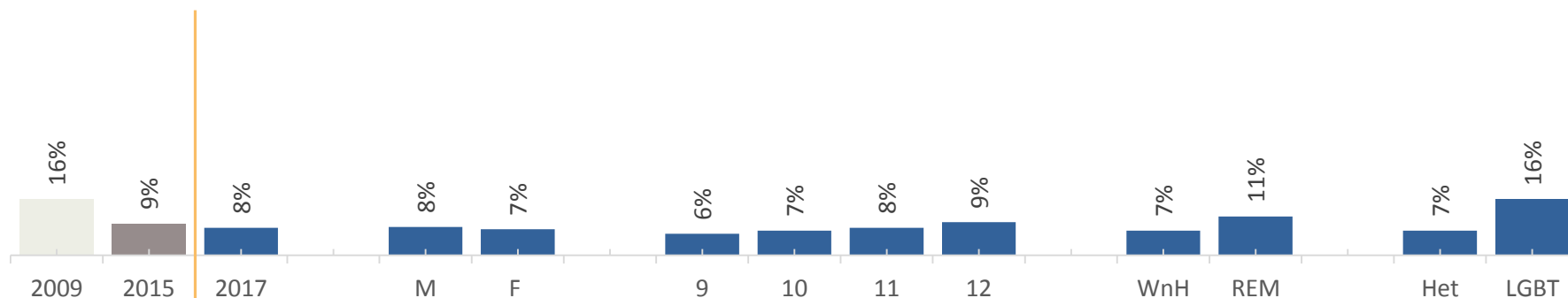
Lifetime Prescription Drug Misuse: Pain Relievers

New in 2017

Overall, 8% of students reported ever taking prescription pain medicine not prescribed to them or taking it differently than their doctor prescribed.

- Lifetime misuse of prescription pain relievers does not differ by sex.
- Prescription pain reliver misuse significantly increases between 9th and 10th grade and between 11th and 12th grade.
- Students of color are significantly more likely to have ever misused a prescription pain reliever compared to white, non-Hispanic students.
- LGBT students are twice as likely as heterosexual/cisgender students to use a prescription pain reliever during their lifetime.

Ever Misuse a Prescription Pain Reliever



Note: In 2017, misuse of prescription pain medicines were added to the standard YRBS questionnaire. Modifications to the wording of prescription drug use, lifetime and current, were made to match the national questions. In Vermont, the phrase *“or differently than how a doctors told you to use it”* was added to reflect both illicit use and misuse of prescription drugs. Caution should be taken when comparing prescription drug misuse with prior prescription drug use due to the addition of use as not intended.

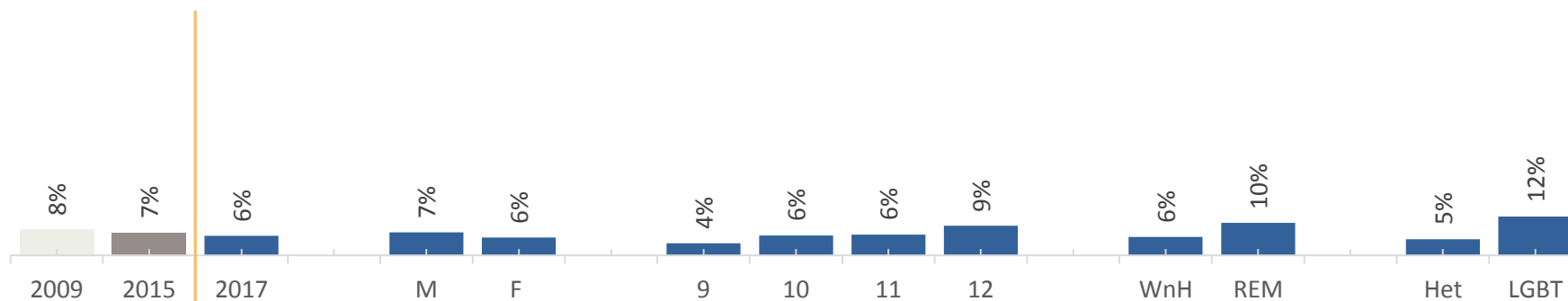
Lifetime Prescription Drug Misuse: Stimulants

New in 2017

Overall, 6% of students reported ever taking prescription stimulants not prescribed to them or taking it differently than their doctor prescribed.

- Male students are significantly more likely than female students to ever misuse a prescription stimulant.
- 9th grade students are significantly less likely than other students to misuse a prescription stimulant; 12th graders are significantly more likely than other students to do so.
- Students of color are nearly twice as likely as white, non-Hispanic students to misuse a prescription stimulant during their lifetime.
- LGBT students are nearly three times as likely as heterosexual/cisgender students to ever misuse a prescription stimulant.

Ever Misuse a Prescription Stimulant



Note: In 2017, misuse of prescription pain medicines were added to the standard YRBS questionnaire. Modifications to the wording of prescription drug use, lifetime and current, were made to match the national questions. In Vermont, the phrase “or differently than how a doctors told you to use it” was added to reflect both illicit use and misuse of prescription drugs. Caution should be taken when comparing prescription drug misuse with prior prescription drug use due to the addition of use as not intended.

Lifetime Use of Other Illegal Drugs

Less than one in ten students have ever tried heroin, cocaine, methamphetamines, or inhalants.

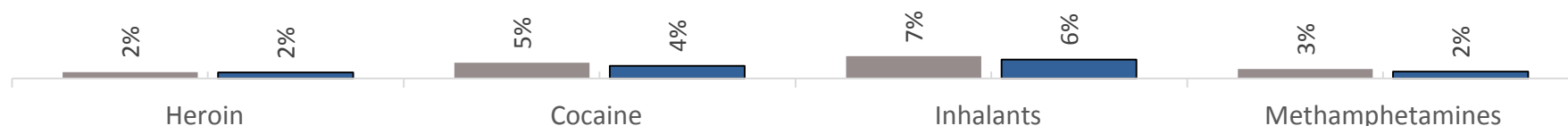
Lifetime use of methamphetamines, cocaine, and heroin significantly decreased since 2015. Ever using an inhalant has not significantly changed.

Both lifetime use of heroin and methamphetamines have dropped since 2007 (from 3% and 5%, respectively). Cocaine and inhalant use were not included on the VT YRBS during the 2000's.

- Male students are significantly more likely than female students to use methamphetamines (3% vs 1%), cocaine (5% vs 3%), and heroin (3% vs 1%).
- Illegal drug use differs by grade level and substance. Cocaine use increases with each grade level; younger students are less likely to use heroin, and 9th grade students are less likely than students in other grades to use methamphetamines.
- Students of color are significantly more likely to use inhalants (10% vs 5%) methamphetamines (6% vs 1%), cocaine (8% vs 3%), and heroin (5% vs 1%) than white non-Hispanic students.
- LGBT students are significantly more likely than heterosexual/cisgender students to use inhalants (16% vs 5%), methamphetamines (5% vs 2%), cocaine (9% vs 3%), and heroin (5% vs 1%).

Other Lifetime Illicit Drug Use

■ 2015 ■ 2017



Substance Use

Current use

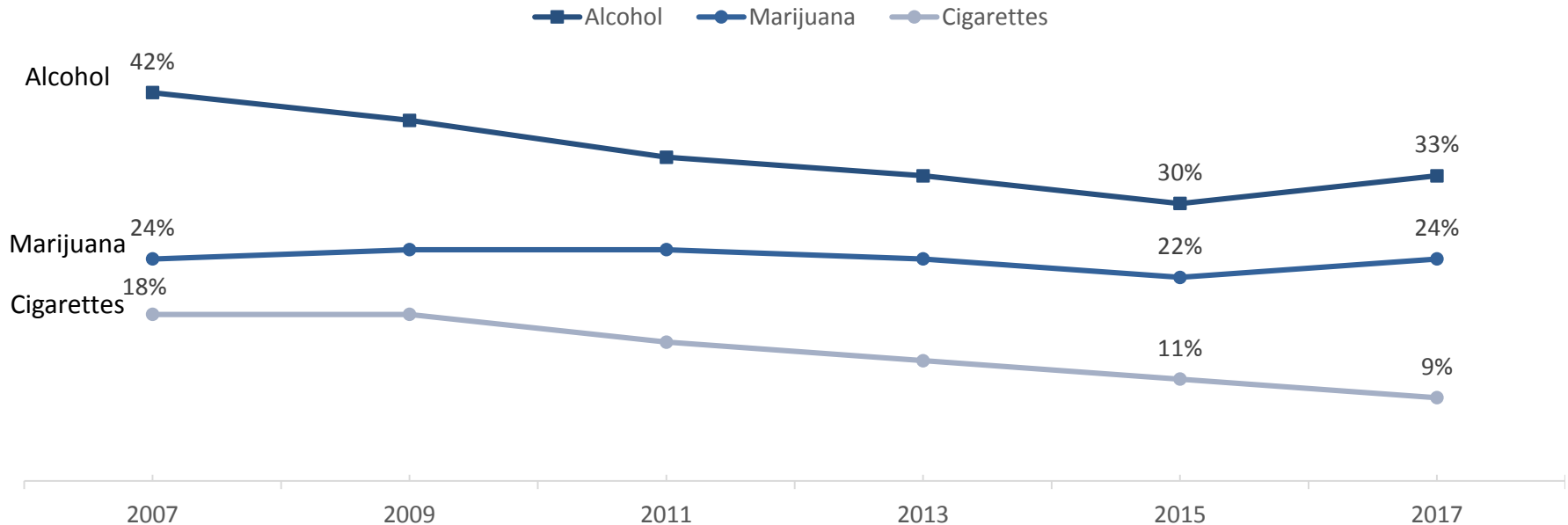
Current Alcohol, Tobacco, and Marijuana Use

In 2017, the percent of students who currently smoke cigarettes dropped below the Healthy Vermonters 2020 Goal of 10%. Over the past decade, the percent of students who currently smoke cigarettes consistently and significantly decreased from 18% to 9%.

Current alcohol use has decreased by 10% since 2007 but significantly increased between 2015 and 2017.

Marijuana use has remained stable over the past 10 years but significantly increased between 2015 and 2017. Current marijuana use among high school students remains above the HV2020 Goal of 20%.

Past 30 Day Alcohol, Marijuana, and Cigarette Use

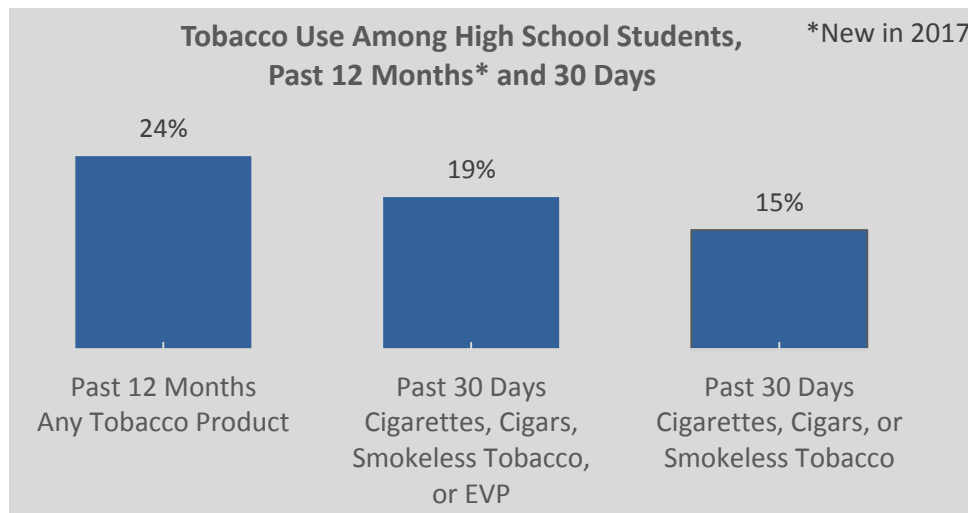


Use of any tobacco products

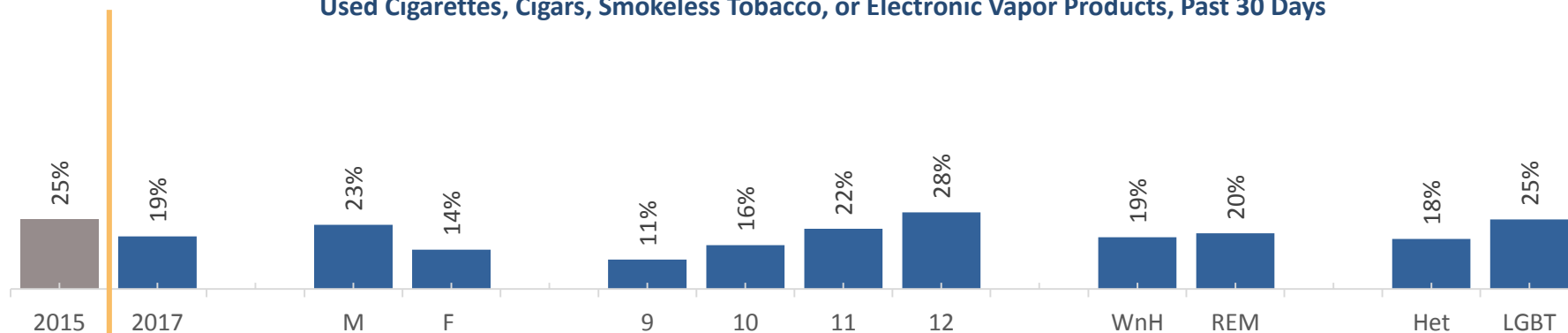
During the past year, a quarter of students reported using any tobacco product.*

During the past 30 days, one in seven students used cigarettes, cigars, or smokeless tobacco products. Nearly one in five students used a tobacco product, including cigarettes, cigars, smokeless tobacco, or electronic vapor products.

- Current tobacco use including cigarettes, cigars, smokeless tobacco, and EVP significantly increases with each grade level and is significantly higher among male students and LGBT students. Current use does not differ by race.



Used Cigarettes, Cigars, Smokeless Tobacco, or Electronic Vapor Products, Past 30 Days



Note: In 2017 the number of smokeless tobacco products and brand names listed in the question were revised to reflect emerging forms of smokeless tobacco. This change interrupts the smokeless tobacco use trend line. Caution should be used when comparing data including smokeless tobacco to previous years.

Current Cigarette Use

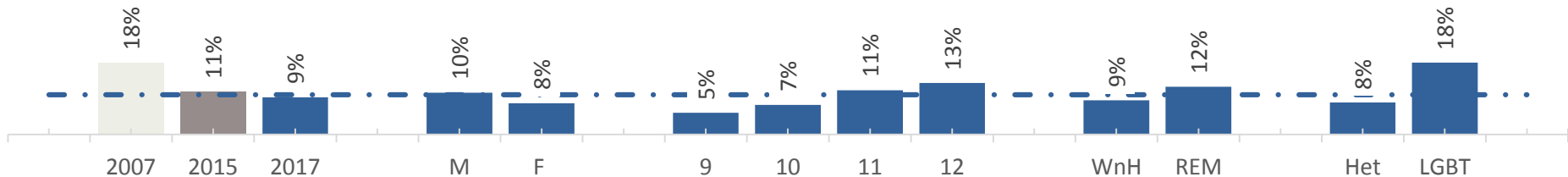
Less than ten percent of high school students smoked cigarettes during the past 30 days.

Over the past decade there has been a 50% decrease in the percent of students who smoked cigarettes during the past 30 days. Currently smoking cigarettes further decreased between 2015 and 2017, dropping below the HV2020 Goal of 10%.

- Male students are significantly more likely than female students to currently smoke cigarettes.
- Cigarette smoking during the past 30 days significantly increases through 11th grades. Older students are twice as likely as freshman to currently smoke cigarettes.
- Students of color are significantly more likely than white, non-Hispanic students to smoke cigarettes during the past 30 days.
- LGBT students are two times as likely as heterosexual/cisgender students to currently smoke cigarettes.

Smoked Cigarettes, Past 30 Days

— HV2020 Goal (10%)



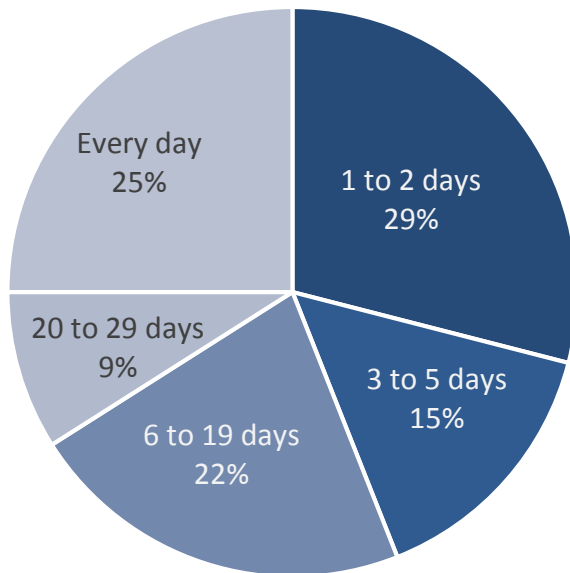
Cigarette Use Among Current Smokers

Among students who smoked cigarettes during the past 30 days, a quarter smoked everyday; a little more than half reported smoking on six or more days in the last month.

On days current smokers smoked cigarettes, about half smoked one or part of one cigarettes; 12% smoked at least half a pack.

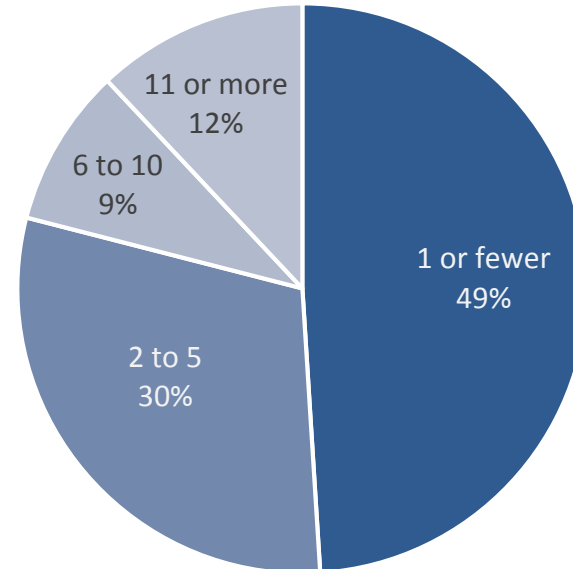
Frequency of Cigarettes Smoked Among Current Smokers

Days Smoked Cigarettes



Quantity of Cigarettes Smoked Among Current Smokers

Number of Cigarettes Smoked

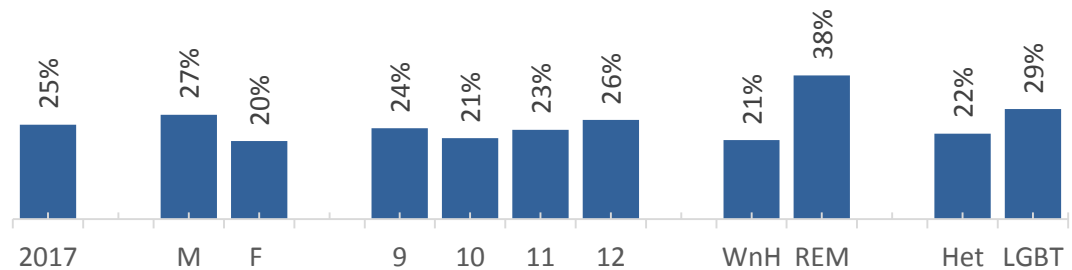


Cigarette Use Among Current Smokers

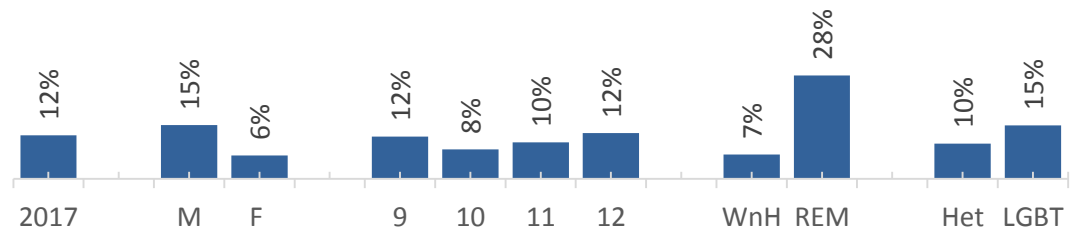
Among current smokers, a quarter smoked everyday. When smoking, 12% of students smoked at least half a pack of cigarettes (11 cigarettes) per day.

- Male students are significantly more likely than female students to smoke daily and smoke a half or pack or more of cigarettes.
- Smoking cigarettes every day varies by grade level.
- Students of color are significantly more likely than white, non-Hispanic students to smoke every day and smoke 11 or more cigarettes on days smoked.
- LGBT students are significantly more likely than heterosexual/cisgender students to smoke every day.

Smoked Every Day, Among Current Smokers



Smoked at Least Half a Pack of Cigarettes on Days
Current Smokers Used Cigarettes



Current Electronic Vapor Product Use

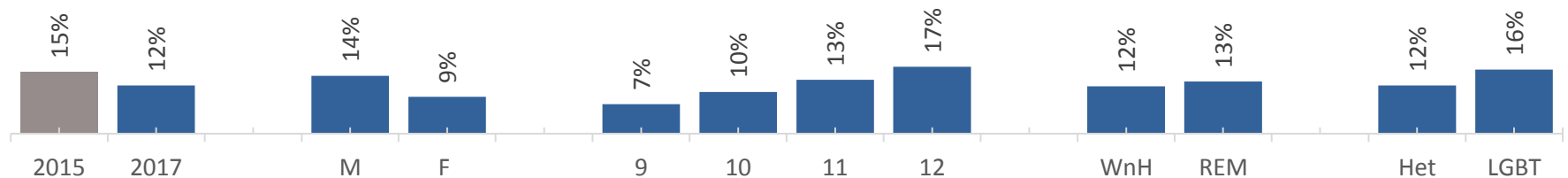
Electronic vapor products (EVP) were described to include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, MarkTen, Logic, Vapin Plus, eGo, Halo, or Vuse.

During the last 30 days, 12% of student reported using electronic vapor products (EVP).

In 2017, significantly fewer students used an EVP during the past 30 days compared to those in 2015.

- Male students are significantly more likely than female students to currently use EVPs.
- Current use of EVP significantly increases with each grade level.
- Current EVP use does not differ by race.
- LGBT students are significantly more likely than heterosexual/cisgender students to use an EVP during the past 30 days.

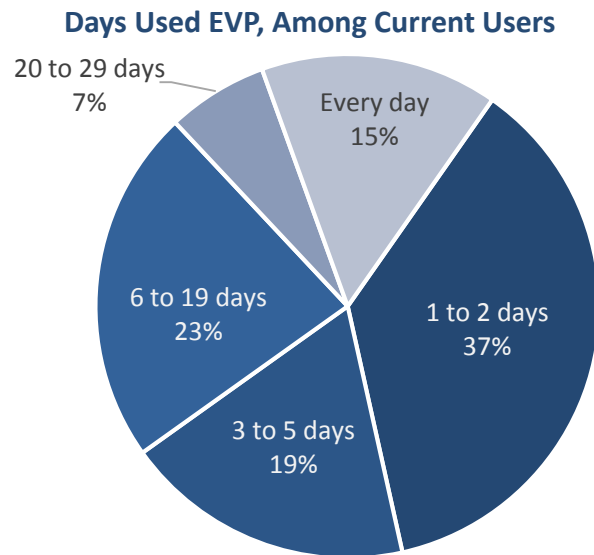
Used an EVP, Past 30 Days



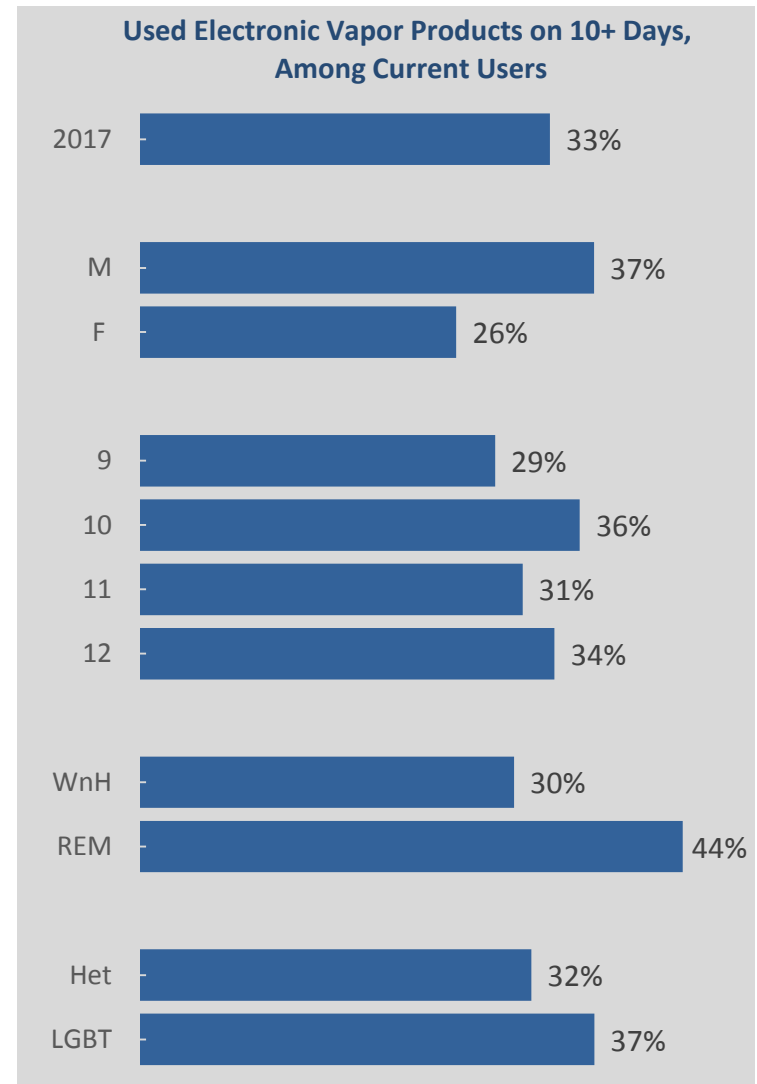
Electronic Vapor Product Use Among Current Users

Among students who currently used electronic vapor products, a third used them once or twice during the past month, another third used them on 10 or more days.

- Male students are significantly more likely than females to use EVP on ten or more days.
- Using EVP use on ten or more days did not differ by grade level or sexual orientation.
- Students of color are significantly more likely than white, non-Hispanic students to use EVP on ten or more days.



New in 2017

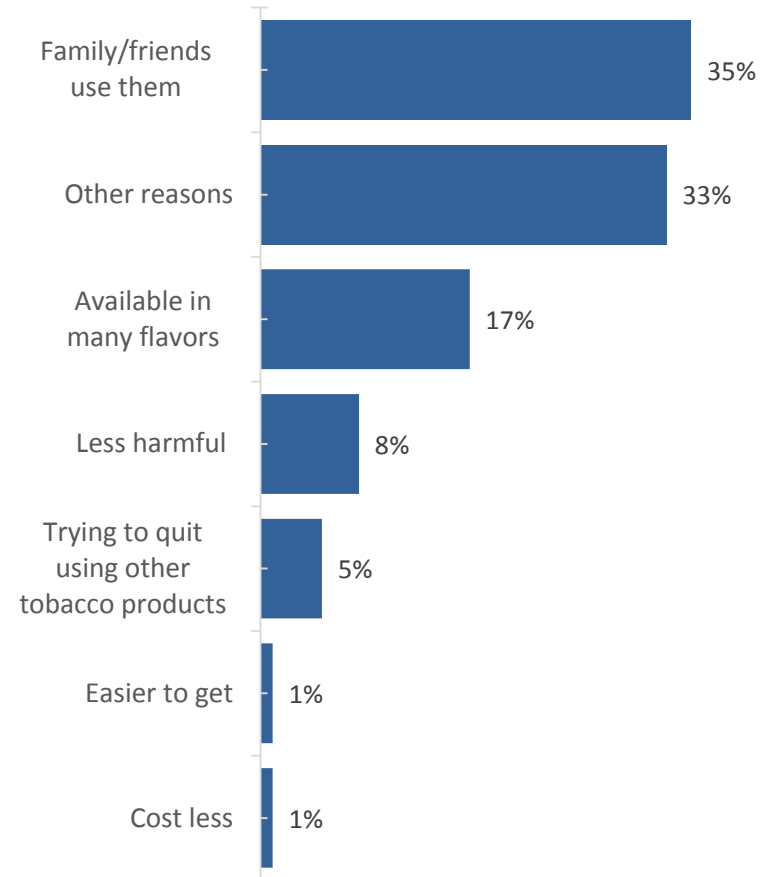


Electronic Vapor Products Use Among Current Users

New in 2017

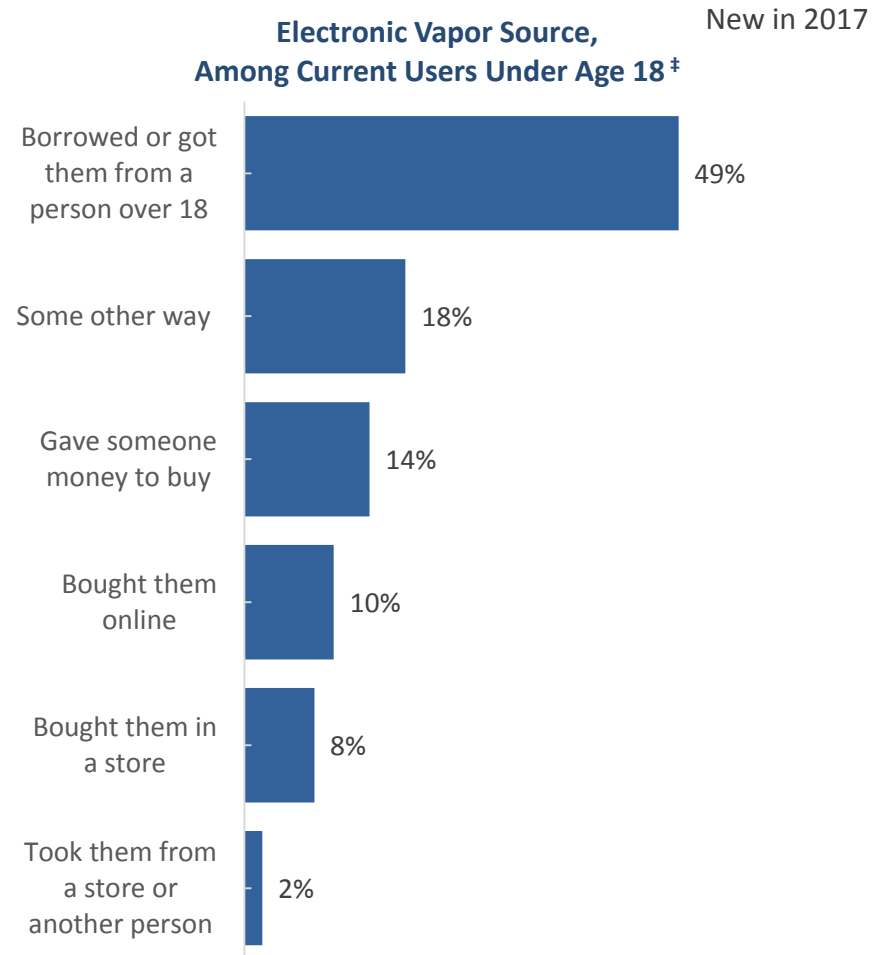
Among students who used electronic vapor products during the past 30 days, just over a third used them because their friends or family members use them. Few used them because they were trying to quit using other tobacco products, thought they were easier to get than other tobacco products, or because they cost less.

Primary Reason for Using Electronic Vapor Products, Among Current Users



Electronic Vapor Product Use Among Current Users Under Age 18

Among current users under age 18, about half borrowed or got EVPs from someone who was over age 18. Nearly one in five bought them either online (10%) or in a store (8%).



‡ The current legal age to purchase tobacco products, including EVP is 18. Therefore, this figure only contains students who are not legally able to purchase and use EVP.

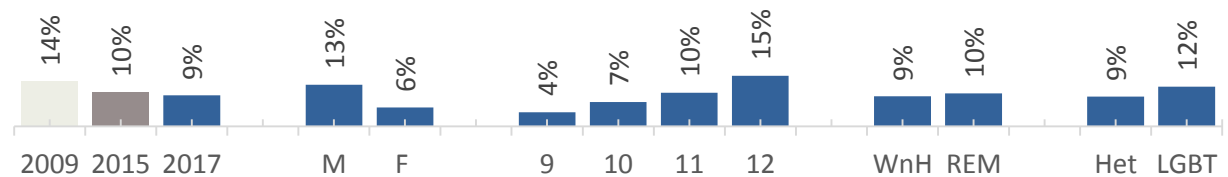
Current Use of Other Tobacco Products

Less than 10% of students smoked cigars, cigarillos, or little cigars during the past 30 days; 5% used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products.

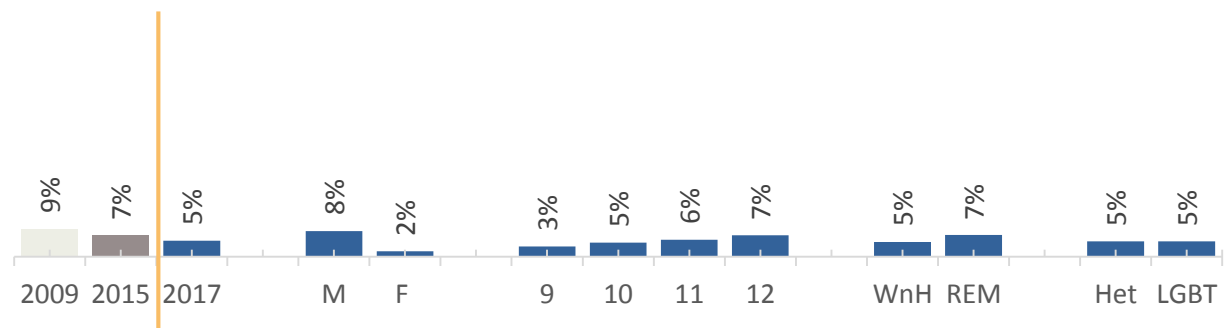
Since 2009 and since 2015, current use of cigars and smokeless tobacco products has significantly decreased.

- Male students are two and four times as likely as female students to smoke cigars and to use smokeless tobacco, respectively.
- Cigar use increases with each grade level. 9th grade students are less likely than other students to use cigars or smokeless tobacco.
- Use of cigars is significantly higher among LGBT and students of color. Students of color are also more likely than white, non-Hispanic students to use smokeless tobacco products.

Current Cigar Use



Current Smokeless Tobacco Use



Note: In 2017 the number of smokeless tobacco products and examples used in the question were revised to include dissolvable tobacco products and included products such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Carmel Orbs. This change interrupts the smokeless tobacco use trend line. Caution should be used when comparing data from previous years.

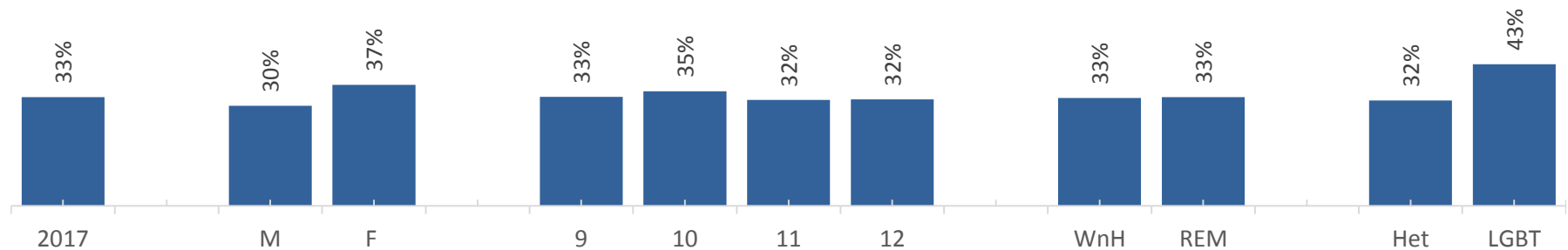
Quit Attempts

Nearly a quarter of students (24%) reported using a tobacco product during the past year.

Among students who used any tobacco products during the past year, a third tried to quit using cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products.

- Male students are significantly less likely than female students to quit using all tobacco products during the past year. New in 2017
- Tobacco use quit attempts do not differ by grade level or race.
- LGBT students are significantly more likely than heterosexual/cisgender students to attempt to quit using tobacco products during the past year.

Tried to Quit Using All Tobacco Products During the Past Year, Among Those Who Used Tobacco During the Previous 12 Months



Note: In 2017 quit attempts was changed from current smokers who tried to quit smoking cigarettes during the past year to among students who used any tobacco product during the past year, the percent who tried “to quit using **all** tobacco including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products”.

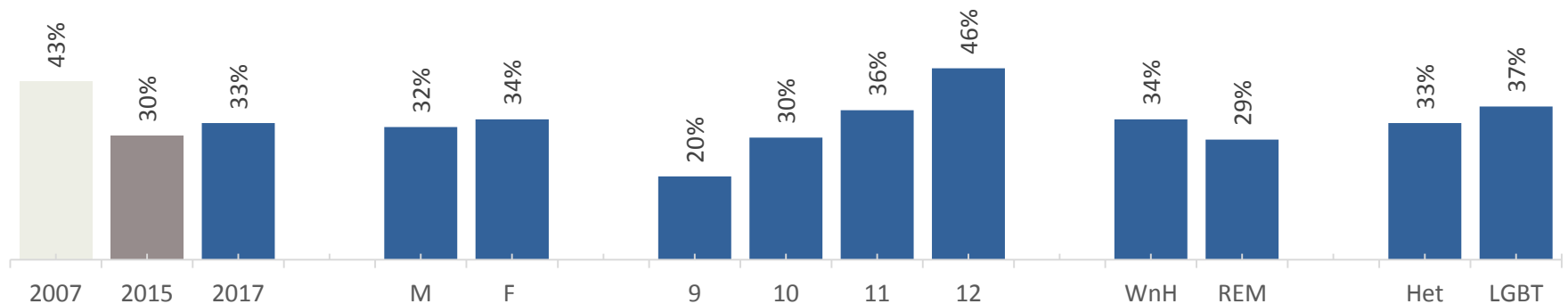
Current Alcohol Use

A third of all high school students drank alcohol during the past 30 days.

Reversing the trend of the previous decade, current use of alcohol significantly increased between 2015 and 2017.

- Male students are significantly less likely than female students to consume alcohol during the past 30 days.
- Current alcohol use significantly increases with each grade level.
- Students of color are significantly less likely than white, non-Hispanic students to currently use alcohol.
- LGBT students are significantly more likely than heterosexual/cisgender students to drink alcohol during the past 30 days.

Drank Alcohol, Past 30 Days



Binge Drinking

New in 2017

In 2017, the CDC revised the definition of binge making it sex-specific. On the 2017 Vermont YRBS, binge drinking was defined as occurring when males consume five or more drinks and drinking when females consume four or more drinks in one sitting.

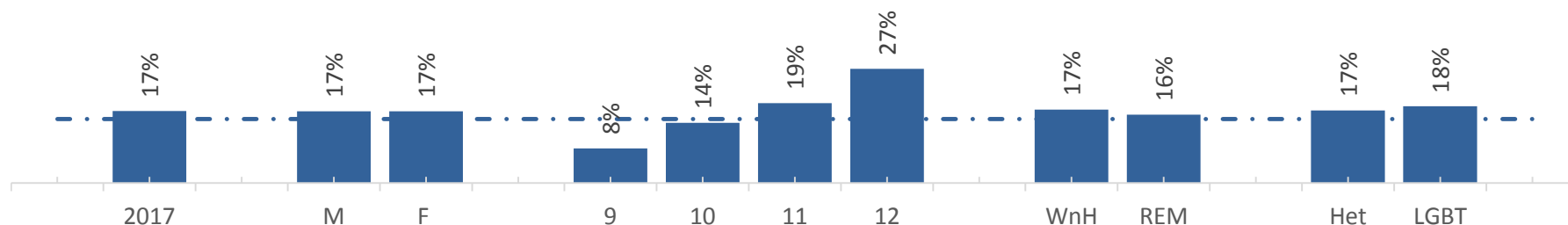
Overall, 17% of high school students binge drank at least one time during the past 30 days. Binge drinking among high school students remains above the HV2020 Goal of 15%.

- Binge drinking significantly increases with each grade level.
- Binge drinking during the past 30 days does not differ by sex, race, or sexual orientation.

One in twenty students (5%) drank 10 or more drinks in a row within a couple of hours during the past month.

Binge Drank, Past 30 Days

— HV2020 Goal (15%)



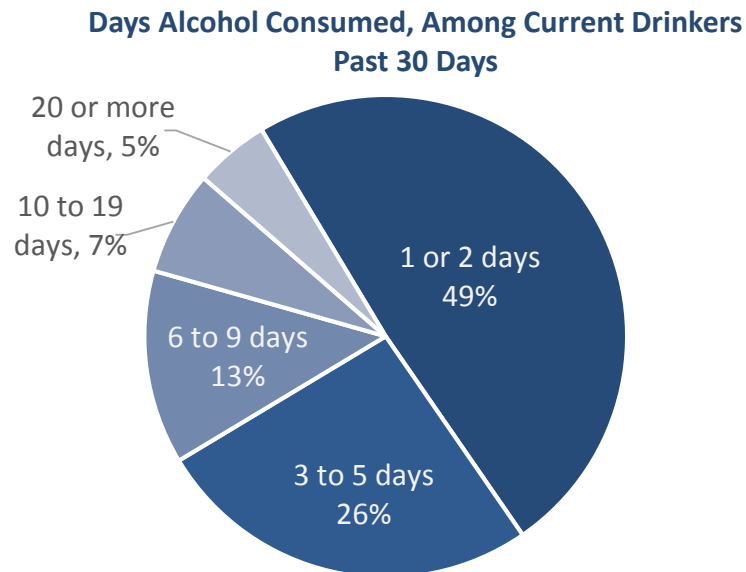
Alcohol Use Among Current Drinkers: Frequency of Use

Among students who reported drinking during the past 30 days, about half drank on one or two days; a quarter drank on three to five days.

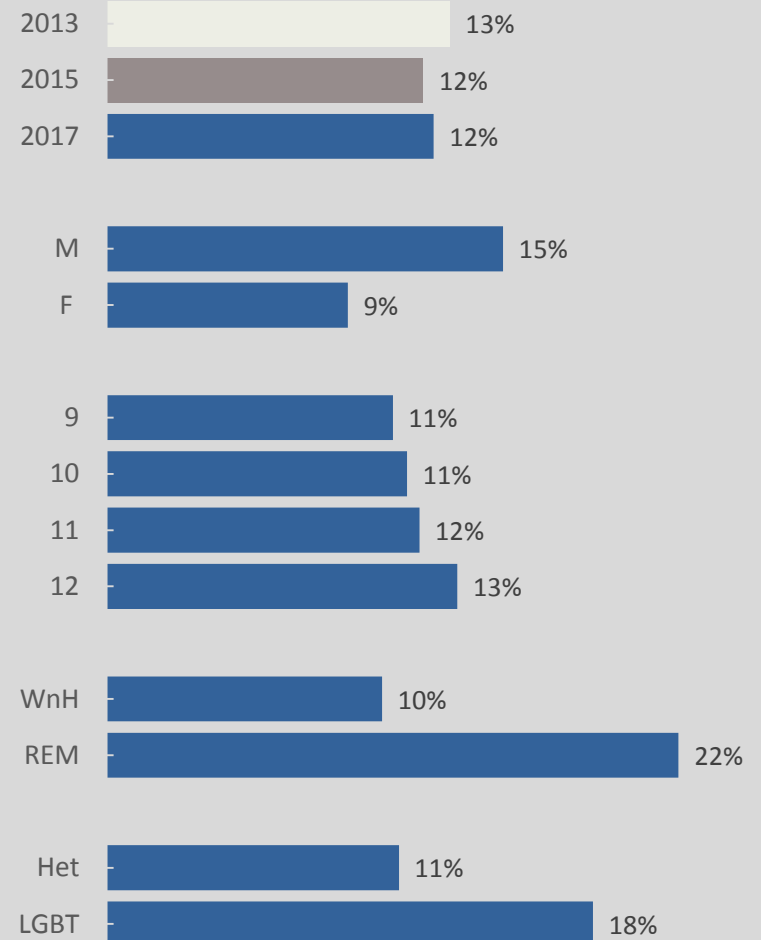
Drinking ten or more times during the past month has not significantly changed since 2013, among students who currently drank alcohol.

Among students who currently drink alcohol, drinking on ten or more days occurs more often among:

- Males,
- Students of color, and
- LGBT students.



Drank Alcohol on 10 or More Days During the Past Month, Among Current Drinkers

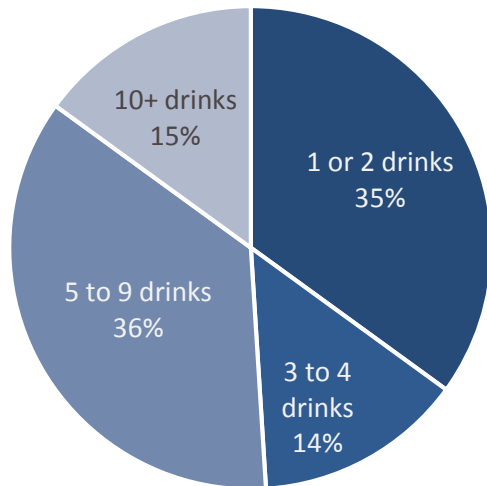


Alcohol Use Among Current Drinkers: Amount Consumed

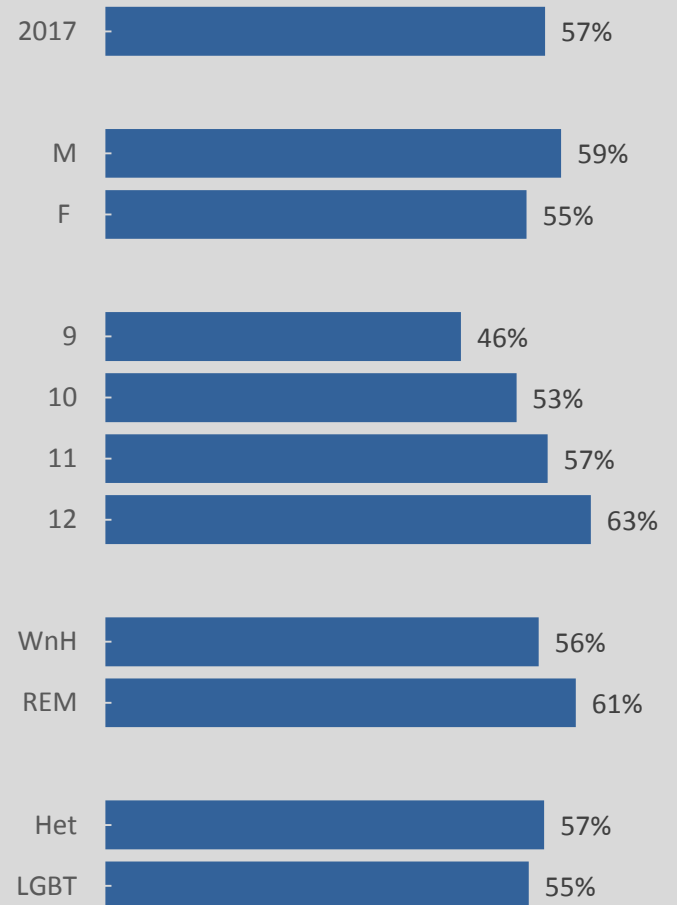
A third of current drinkers reported that the largest amount of alcohol consumed was 1 to 2 drinks. Half of current drinkers had at least five drinks in one sitting, with 15% of those students drinking ten or more drinks in a row.

Among students who currently drink alcohol, male students and older students are significantly more than female student and younger students to binge drink.

Largest Amount of Alcohol Consumed, Among Current Drinkers, Past 30 Days



Binge Drank During the Past Month, Among Current Drinkers



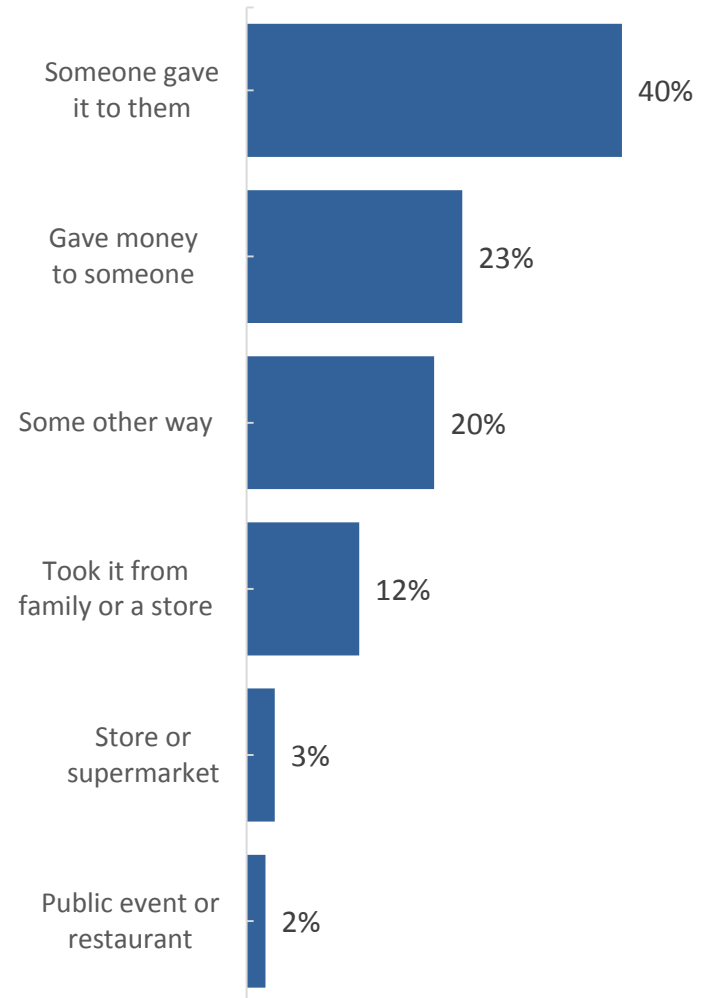
† Binge drinking occurs when males consume five or more drinks or females consume four or more drinks in a row.

Alcohol Use Among Current Drinkers: Source

Among students who consumed alcohol during the past 30 days, two in five got it from someone else; nearly a quarter gave someone money to buy it for them. Few bought it directly from a store, bar, or other event (5%).

Overall, the way students obtained alcohol did not change since 2015.

Usual Alcohol Source Among Current Drinkers



Current Marijuana Use

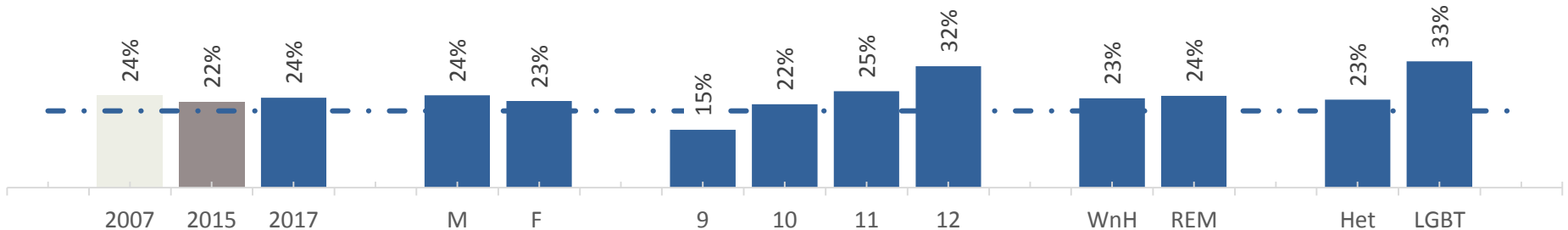
Nearly a quarter of high school students used marijuana during the past 30 days. Current marijuana use remains above the HV2020 Goal of 20%.

Current marijuana use significantly increased between 2015 and 2017, but has remained stable over the past decade.

- Marijuana use does not differ by sex or race.
- Current marijuana use significantly increases with each grade level.
- LGBT students are significantly likely to use marijuana during the past 30 days compared to heterosexual/cisgender students.

Marijuana Use, Past 30 Days

— HV2020 Goal (20%)

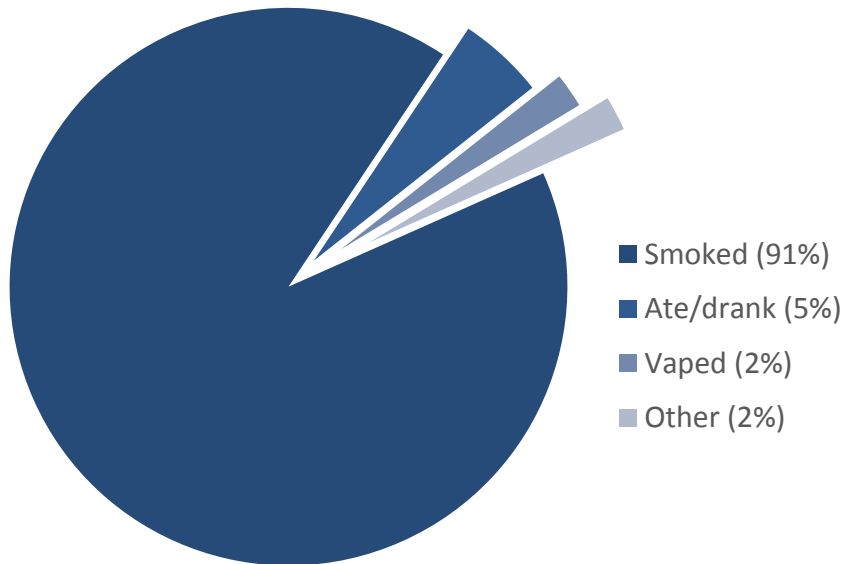


Marijuana Use Among Current Users: Methods

Nine out of ten current marijuana users (91%) primarily smoked marijuana in a joint, pipe, or blunt.

New in 2017

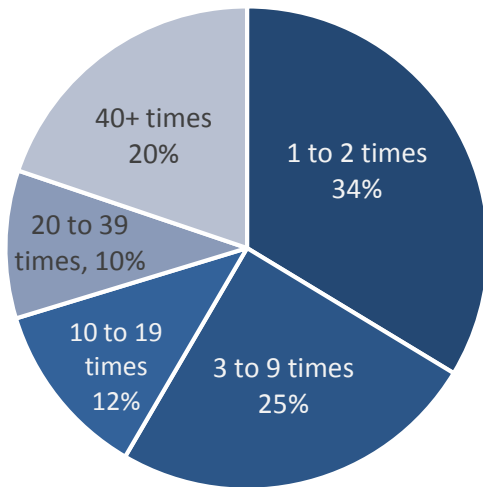
Primary Methods Used to Consume Marijuana,
Among Current Users



Marijuana Use Among Current Users: Frequency of Use

Among students who used marijuana in the past 30 days, a third used it one or two times; two in five used it ten or more times. One in five used marijuana 40 or more times (20%).

Frequency of Use Among Current Users

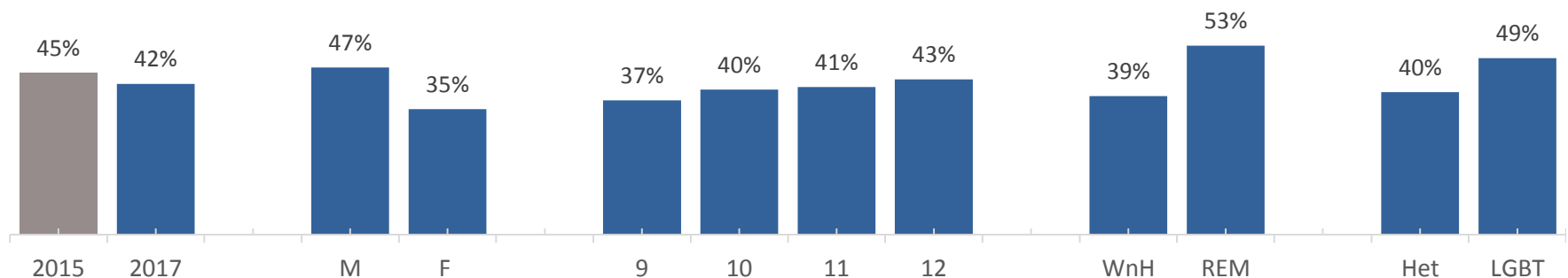


Using marijuana ten or more times in a month significantly decreased between 2015 and 2017.

Among students who used marijuana in the past month:

- Male students are significantly more likely than females to use marijuana ten or more times in the past month.
- 12th grade students are significantly more likely than 9th grade students to use marijuana ten or more times in the past month.
- Students of color are significantly more likely than white, non-Hispanic students to use marijuana.
- LGBT students are significantly more likely than heterosexual/cisgender students to use marijuana ten or more times in the past month.

Use Marijuana 10+ Times, Among Current Users



Current Prescription Drug Misuse

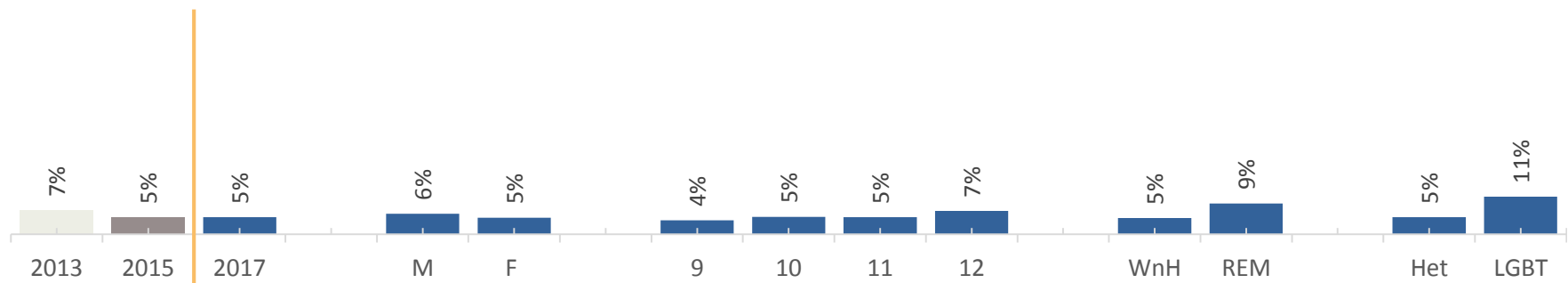
In 2017, students were asked about using prescription drugs during the past 30 days such as codeine, Vicodin, OxyContin, Hydrocodone, Percocet, Adderall, or Ritalin without a doctor’s prescription or in a different manner than prescribed.

Overall, 5% of students misused a prescription during the past 30 days.

*revised in 2017

- Male students are significantly more likely than female students to misuse a prescription drug during the previous 30 days.
- Older students are significantly more likely than 9th grade students to misuse a prescription drug; 12th grade students are also more likely than 10th grade students to misuse a prescription drug during the past 30 days.
- Students of color are significantly more likely than white, non-Hispanic students to misuse prescription medicine during the past 30 days.
- LGBT students are significantly more likely to misuse prescription medicine compared to heterosexual/cisgender students.

Current Prescription Drug Misuse



NOTE: This question was new in 2017. It combined previous questions about current stimulant and pain medicine misuse and added the phrase “or differently than how a doctors told you to use it” was added to reflect both illicit use and misuse of prescription drugs. Caution should be taken when comparing prescription drug misuse with prior prescription drug use due to the addition of use as not intended.

Substance Use

Screenings &
Access

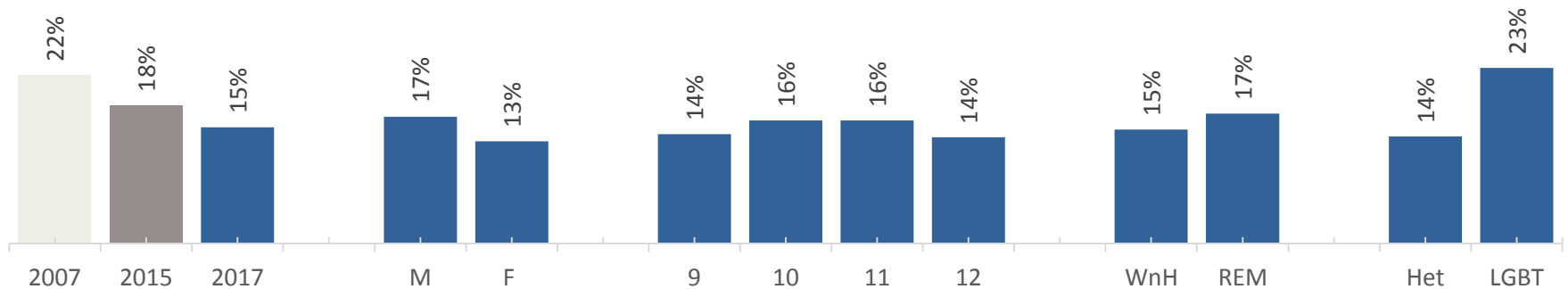
Offered, Sold, or Given an Illegal Drug at School

About one in seven students (15%) were offered, sold, or given an illegal drug on school property during the past 12 months.

Giving, receiving or selling illegal substances on school property has significantly decreased over the past decade, as well as between 2015 and 2017.

- Male students are significantly more likely than females to be offered, sold, or given an illegal drug on school property during the past year.
- 12th grade students are less likely than 10th and 11th grade students to receive or sell an illegal substance on school property.
- Students of color are significantly more likely to receive or sell an illegal substance on school property compared to white, non-Hispanic students.
- LGBT students are significantly more likely than heterosexual/cisgender students to receive or sell an illegal substance on school property.

Were Offered, Sold, or Received Illegal Drugs on School Property, Past 12 Months



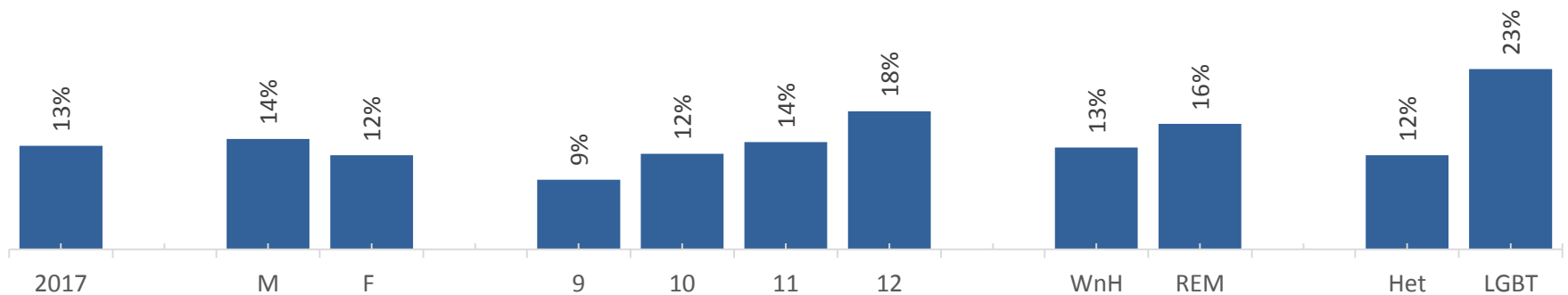
Attended School Under the Influence of Drugs or Alcohol

New in 2017

During the past year, 13% of students attended school under the influence of alcohol or other drugs such as marijuana or cocaine.

- Male students are significantly more likely than females to attend school while under the influence of alcohol or other drugs.
- Attending school under the influence of drugs or alcohol increases with each grade level.
- Students of color are significantly more likely than white, non-Hispanic students to attend school under the influence of drugs or alcohol.
- LGBT students are significantly more likely than heterosexual/cisgender students to attend school under the influence of drugs or alcohol.

Attended School Under the Influence of Alcohol or Other Drugs, Past 12 Months



Substance Use

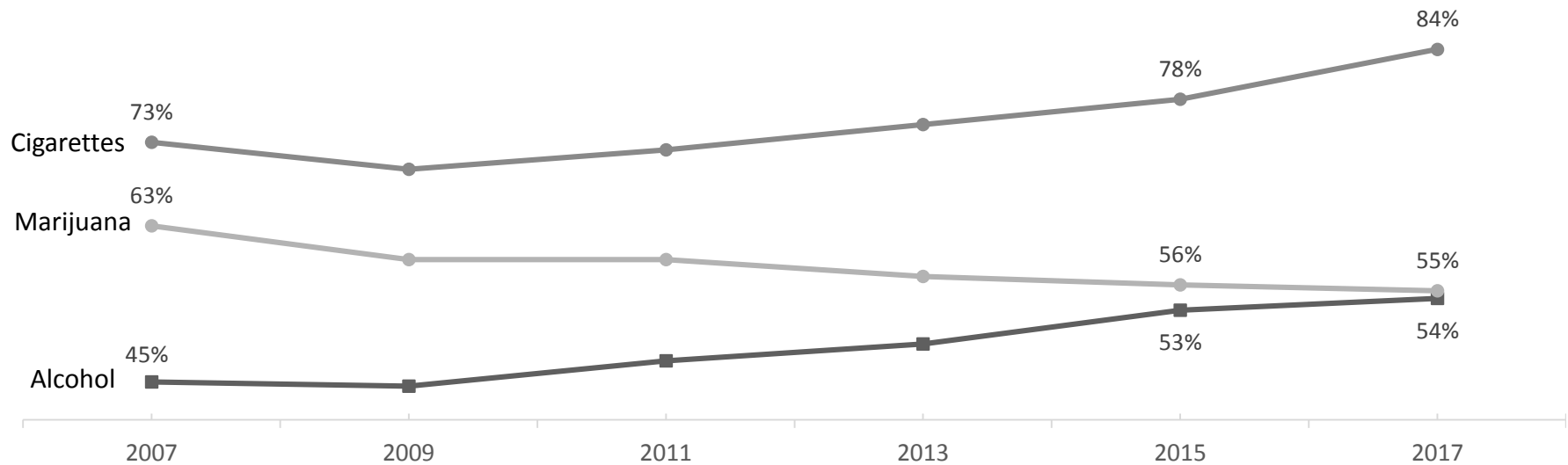
Attitudes &
Perceptions

Peer Disapproval

Since 2007, the percent of students who believe it is wrong or very wrong for someone their age to smoke cigarettes or drink alcohol significantly increased by about 10%. However, during the same time period, perceptions of marijuana use significantly decreased by 10%. Between 2015 and 2017, students were significantly more likely to believe it is wrong or very wrong for someone their age to smoke cigarettes or drink alcohol, disapproval of peers using marijuana did not change.

Notably in 2007, nearly two-thirds of students believed using marijuana was wrong or very wrong, 20% more than those who disapproved their peers drinking alcohol. In 2017, students were equally likely to believe it was wrong from someone their age to use marijuana or alcohol.

**Peer Disapproval of Alcohol, Marijuana, and Cigarettes
Wrong or Very Wrong to Use**

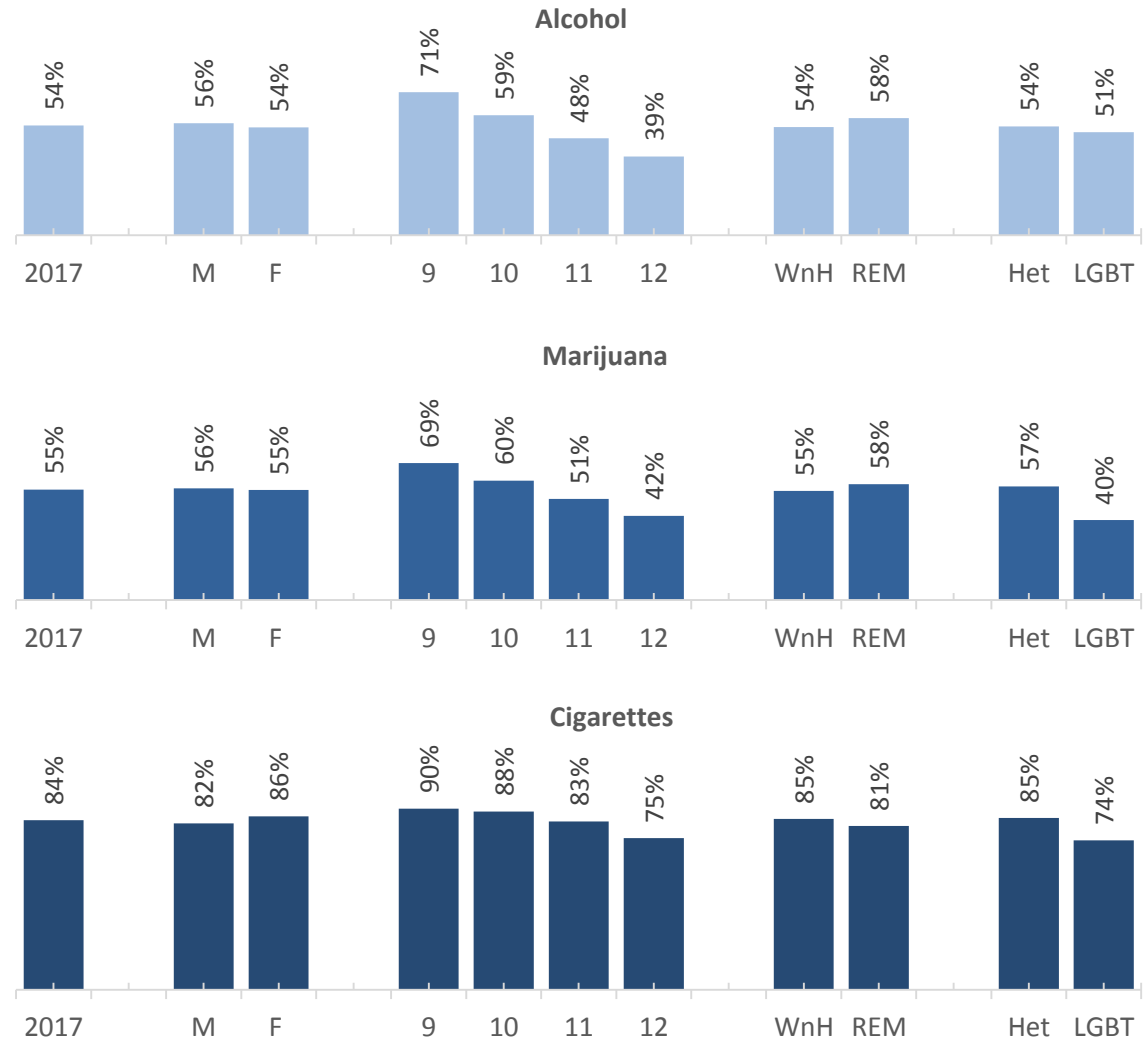


Peer Disapproval

About half of high school students think it is wrong or very wrong for someone their age to use alcohol (54%) or marijuana (55%). More than eight out of ten believe using cigarettes is wrong or very wrong (84%).

- Peer disapproval of using alcohol and marijuana does not differ by sex; however, female students are significantly more likely than male students to believe using cigarettes is wrong.
- Peer disapproval for using alcohol, marijuana, and cigarettes significantly decreases with each grade level.
- Students of color are significantly more likely to believe drinking alcohol and using marijuana is wrong, but less likely to believe using cigarettes is wrong for someone their age compared to white, non-Hispanic students.
- LGBT students are significantly less likely to believe it is wrong or very wrong for someone their age to use alcohol, marijuana, or cigarettes compared to heterosexual/cisgender students.

Peer Disapproval: Wrong or Very Wrong to Use

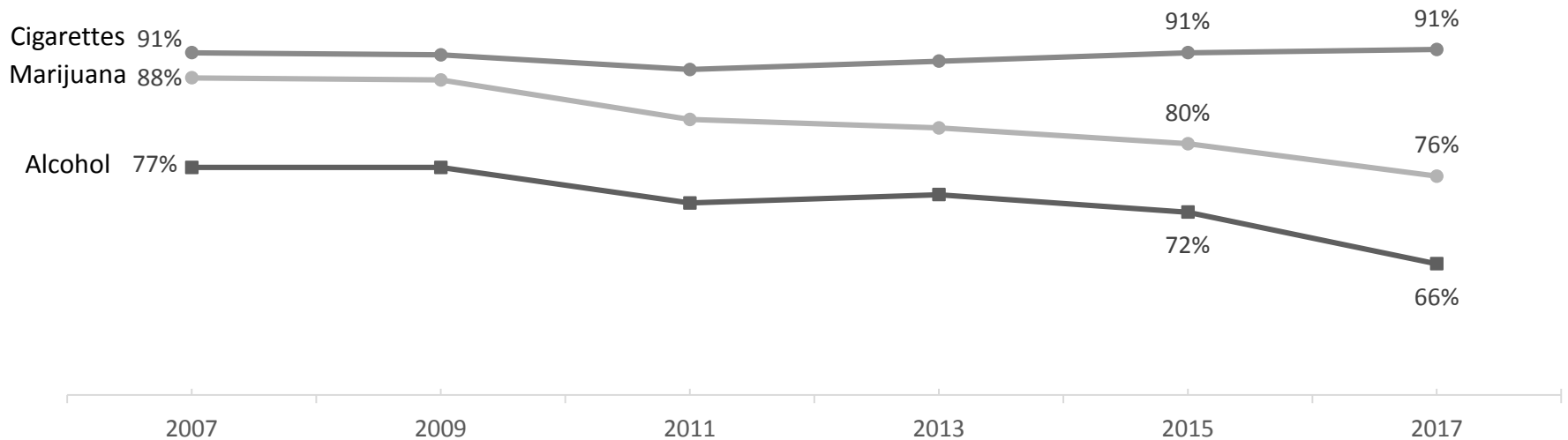


Parental Disapproval

Overall, most students believed their parents would feel that it is wrong or very wrong for them to use alcohol, marijuana, or cigarettes. With both alcohol and marijuana, one in ten students (11%) were not sure or believed their parents would not think it was wrong to use.

Since 2007, the percent of students who believed their parents would think it was wrong for them to drink alcohol or use marijuana has significantly decreased. Compared to 2015, students in 2017 were less likely to believe their parents would think it was wrong for them to use alcohol or marijuana. Parental perceptions of cigarette use has not changed since 2007.

**Parental Disapproval of Alcohol, Marijuana, and Cigarettes
Wrong or Very Wrong to Use**

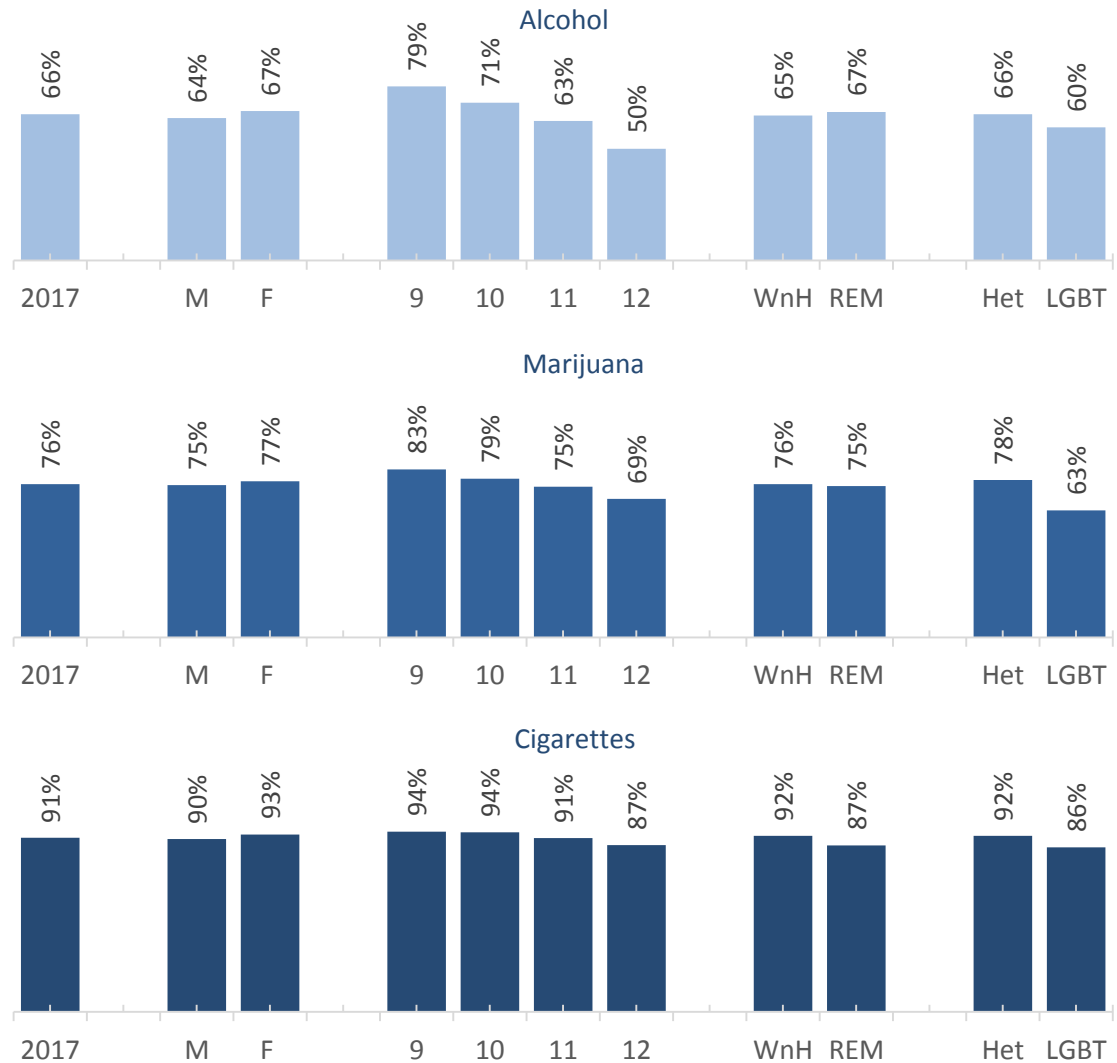


Parental Disapproval

The majority of students believed their parents would think it was wrong for them to drink alcohol (66%), use marijuana (76%), or smoke cigarettes (91%).

- Male students are significantly less likely to believe their parents would think it is wrong for them to use alcohol, marijuana, or cigarettes compared to female students.
- Believing their parents would think it is wrong or very wrong for them to use alcohol or marijuana decreases with each grade level; perceptions of parental disapproval of smoking significantly decrease after 10th grade.
- Students of color are significantly less likely to believe their parents would disapprove of them using cigarettes compared to white, non-Hispanic students.
- LGBT students are significantly less likely to feel their parents would think it is wrong for them to use alcohol, marijuana, or cigarettes compared to heterosexual/cisgender students.

Parents Would Think it Was Wrong or Very Wrong



Perceived Risk of Harm

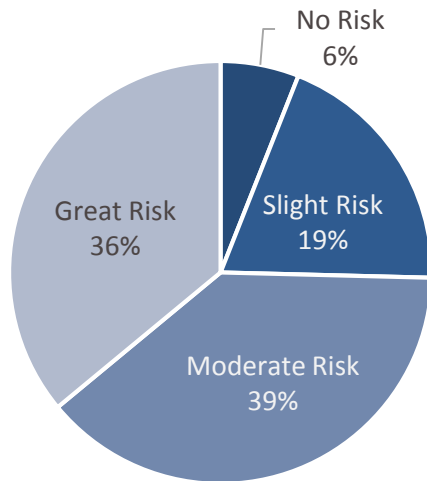
New in 2017

In 2017 this question was modified to examine students beliefs about how much people, *regardless of age*, are at risk for harming themselves (physically or in other ways) if they regularly smoke a pack or more of cigarettes every day, binge drink or consume five or more drinks in a row every weekend, or use marijuana regularly. Previously, questions about perceived risk of harm were about people their age.

Overall, very few students believed binge drinking every weekend or smoking a pack of cigarettes every day would not cause great harm to a person. However, one in five students believed using marijuana regularly would not cause great harm.

Perceived Harm

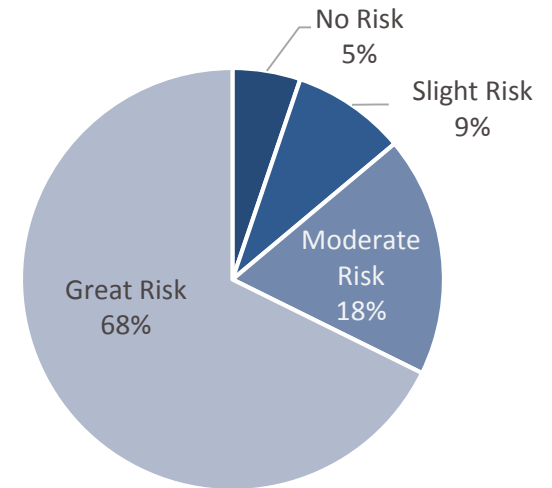
Binge Drinking Every Weekend



Using Marijuana Regularly



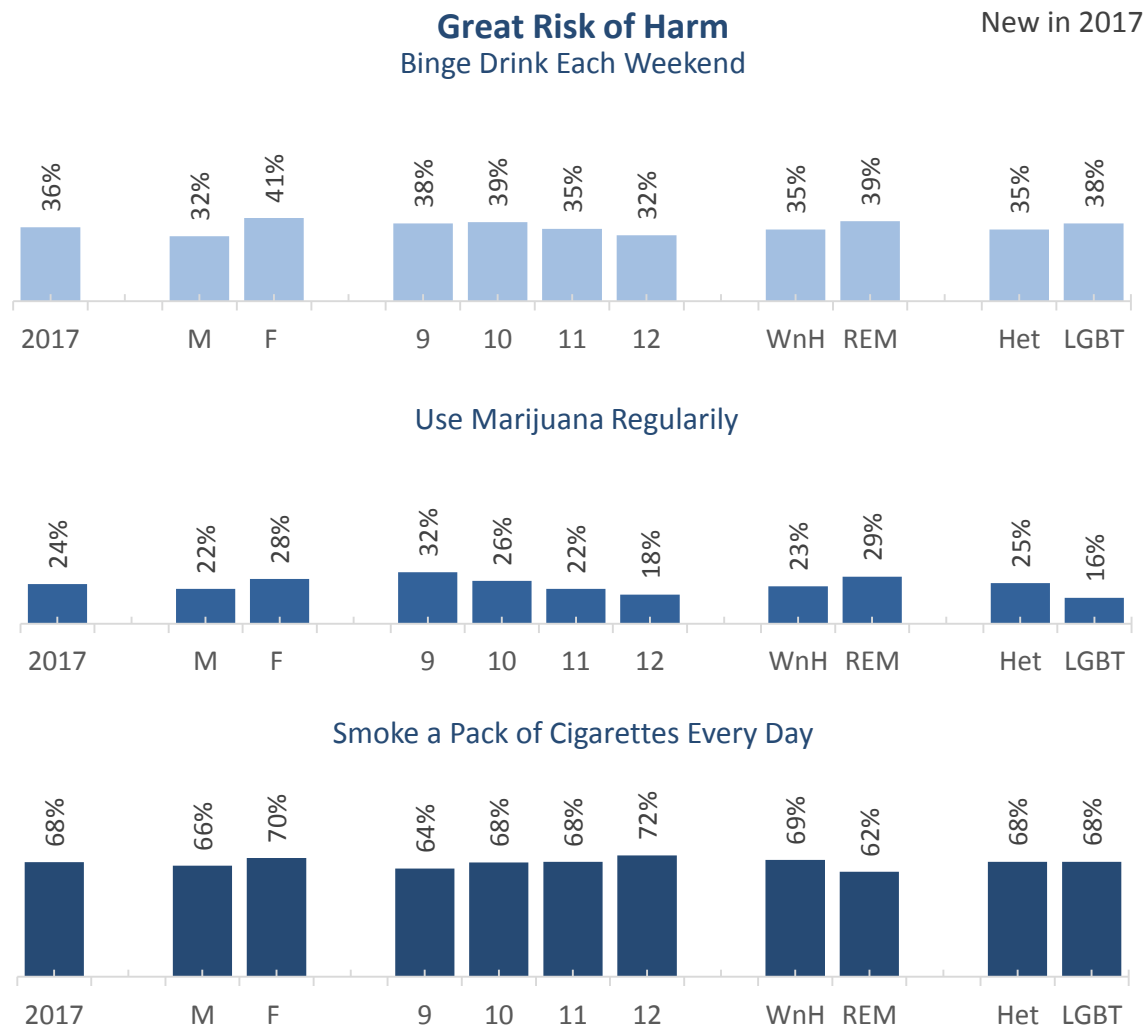
Smoke a Pack of Cigarettes Every Day



Perceived Risk of Harm

Overall, quarter a of students believe people who use marijuana regularly have a great risk of harm, significantly fewer than people who binge drink or smoke cigarettes.

- Male students are significantly less likely to perceive people have a great risk of harm from using all three substances compared to females.
- Believing regular marijuana use leads to a great risk of harm significantly decreases with each grade level. Compared to other students, 12th graders are less likely to perceive great risk of harm from alcohol use; 9th graders are significantly less to believe smoking cigarettes greatly increases ones risk of harm.
- Students of color are more likely to believe people greatly risk harming themselves from using alcohol and marijuana but are less likely to believe smoking cigarettes causes a great risk of harm, compared to white, non-Hispanic students.
- Perceptions of harm differ among LGBT and heterosexual/cisgender students for alcohol and marijuana use.



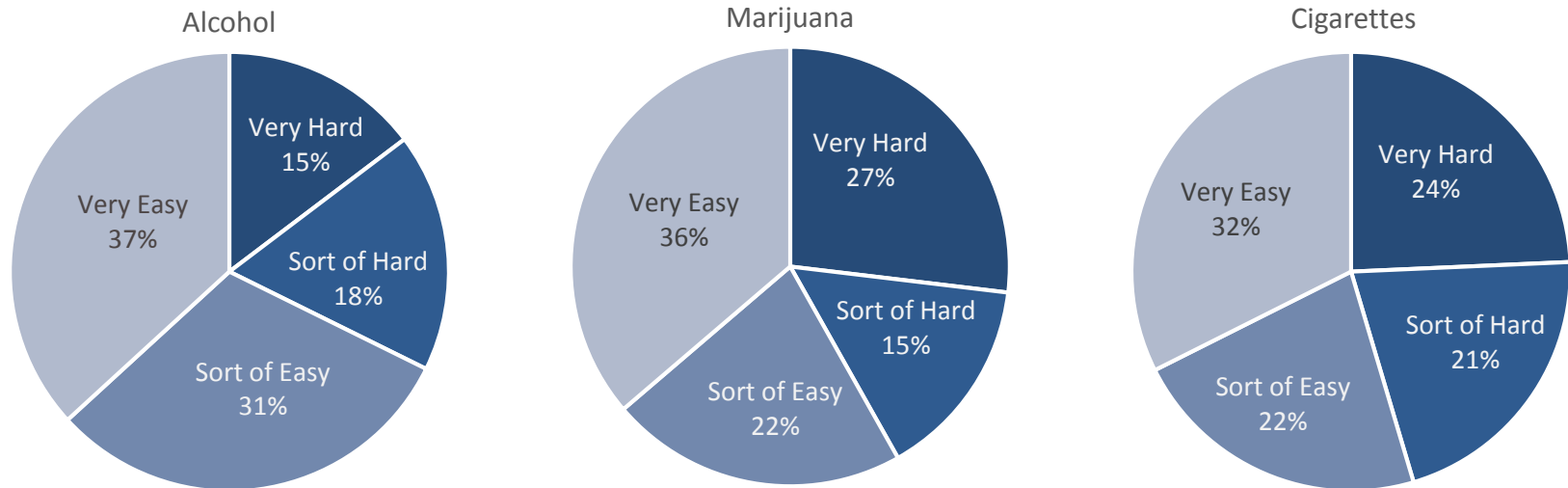
NOTE: In 2017 this question was modified to examine students beliefs about how harmful regularly smoking a pack or more of cigarettes every day, binge drinking or consuming 5 or more drinks in a row every weekend, and using marijuana regularly for anyone regardless of age.

Perceived Availability

Overall, about seven out of ten (68%) believed it would be sort of easy or very easy to access alcohol; six out of ten (58%) students believed it would be sort of easy or very easy to access marijuana. Just over half (55%) believed it would be sort of easy or very easy to access cigarettes.

Over the past decade and since 2015 the percent of students who believed it would be easy or very easy to access these substances has significantly decreased (alcohol (73%-2007; 69%-2015), marijuana (60%-2007; 62%-2015) and cigarettes (73%-2007; 61%-2015)).

Perceived Ease of Access

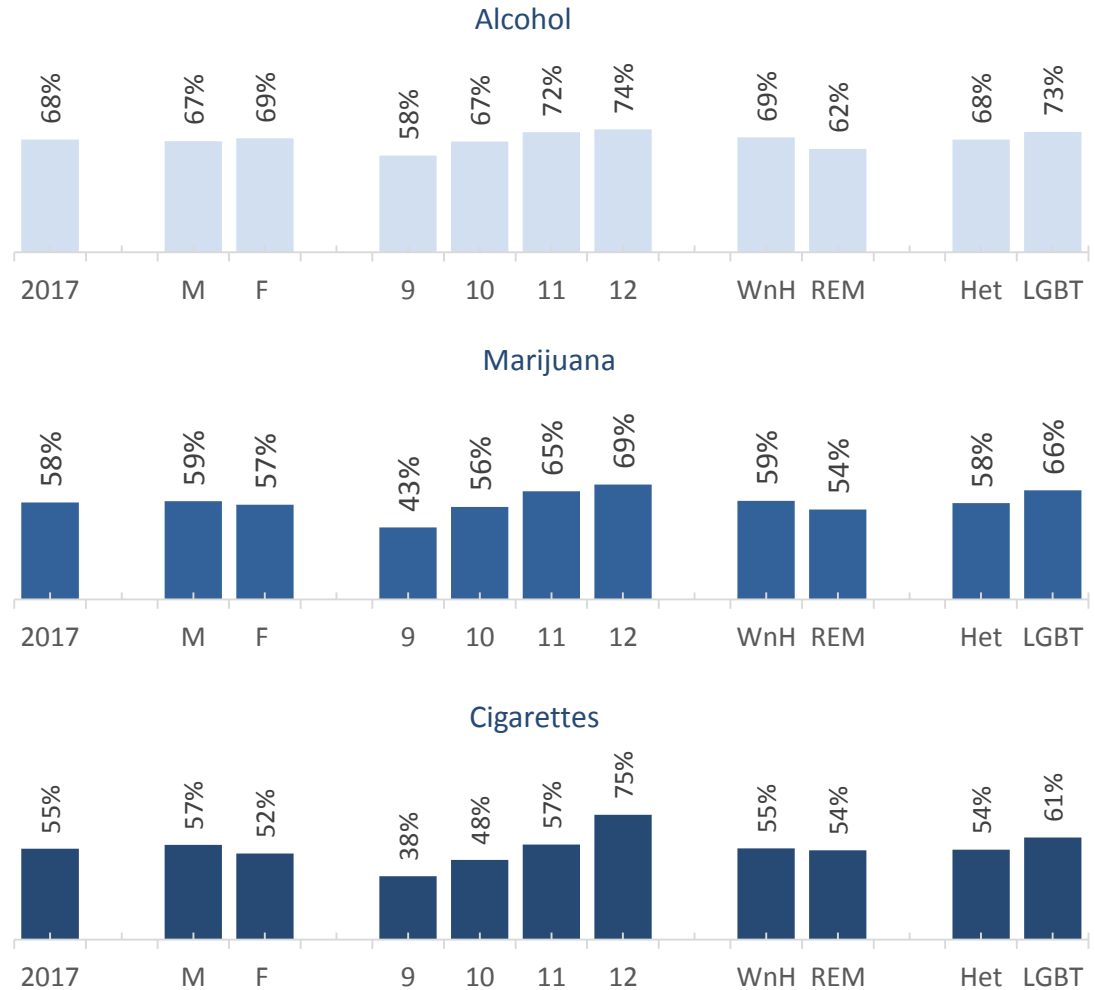


Perceived Availability

In 2017 about six in ten students believe it would be sort of easy or very easy to access marijuana (58%) or cigarettes (55%). About two-thirds believe it would be easy or very easy to access alcohol.

- Male students are significantly more likely than female students to believe it would be easy to access cigarettes but do not differ with regard to alcohol or marijuana use.
- Believing it would be easy to access marijuana and cigarettes increases with each grade level; perception of access to alcohol increases significantly with each grade through 11th grade.
- Students of color are significantly less likely than white, non-Hispanic students to believe it would be easy to get alcohol or marijuana but equally likely to believe accessing cigarettes would be easy.
- LGBT students are more likely than heterosexual/cisgender students to believe it would be easy to access alcohol, marijuana, or cigarettes.

“Sort of Easy” or “Very Easy” to Access



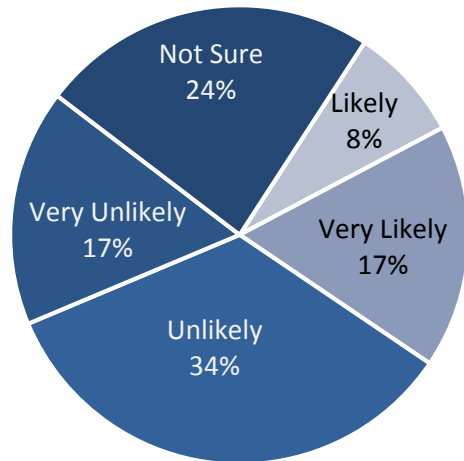
Perceived Police Intervention

Overall about half of all students thought it was unlikely or very unlikely that police would break up a party where high school students were drinking alcohol. A quarter thought police would likely or very likely break up a party; 24% were not sure.

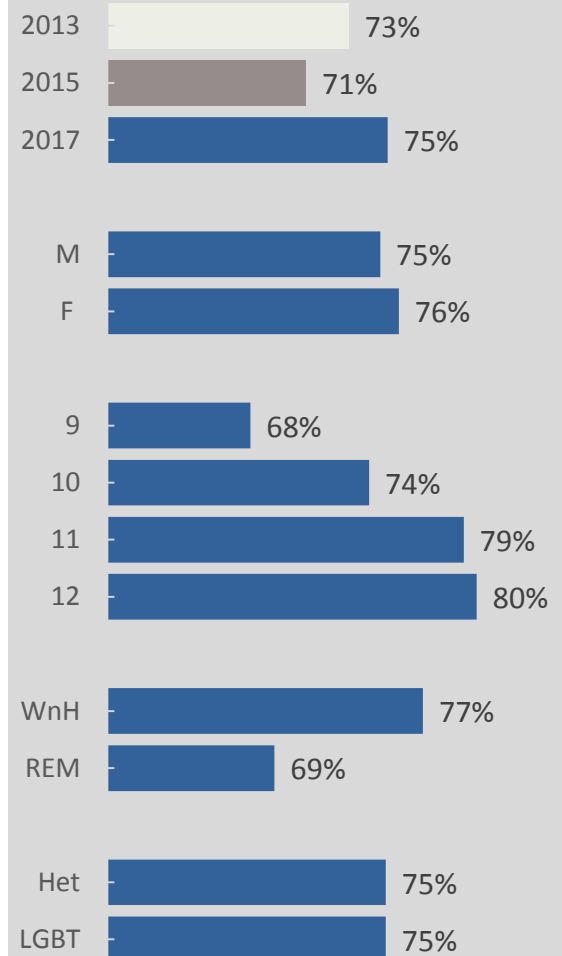
In 2017, significantly more students, compared with both 2013 and 2015, believed police were not likely to break up a party attended by high school students or were not sure.

- Thinking that police were unlikely to break up a party or were not sure does not differ by sex or sexual orientation.
- Believing police would not likely to break up a party significantly increases with each grade level through 11th grade.
- Students of color are less likely to believe police would not break up a party compared to white, non-Hispanic students.

Likelihood Police Would Break Up a Party Attended by High School Students



Are Not Sure or Believe Police Are Unlikely or Very Unlikely to Break Up a High School Party



Sexual Behaviors



Sexual Behaviors

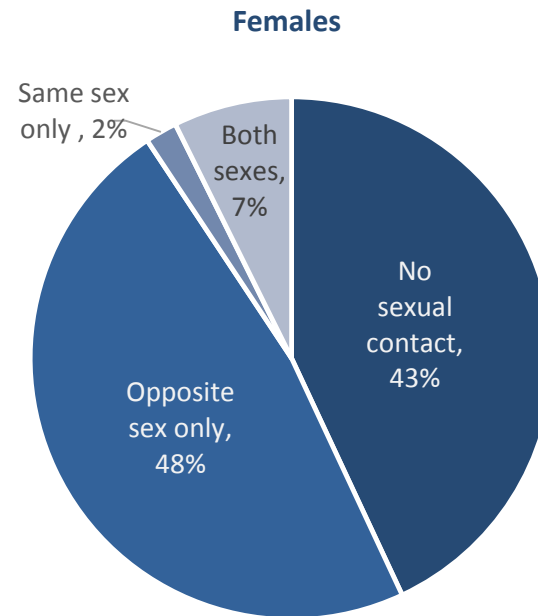
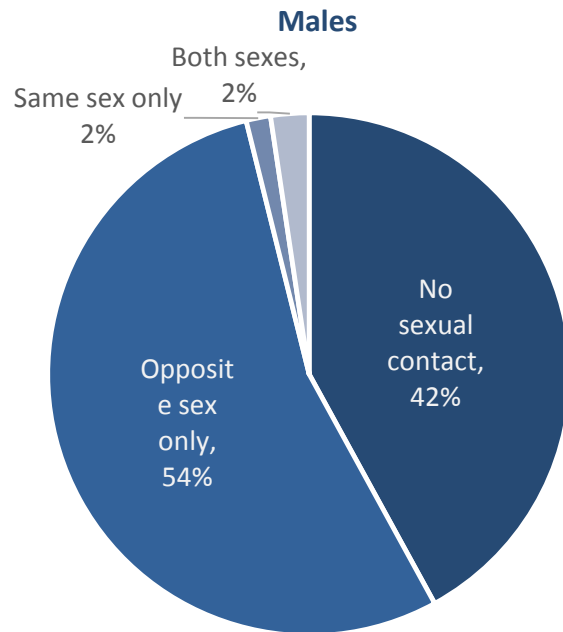
Lifetime

Lifetime Sexual Contacts

Overall, 42% of students have never had sexual contact.

About half of high school students have had sexual contact with someone of the opposite sex only; 5% have had sexual contact with both males and females, and 2% have had contact with someone of the same sex only.

Lifetime Sexual Contacts



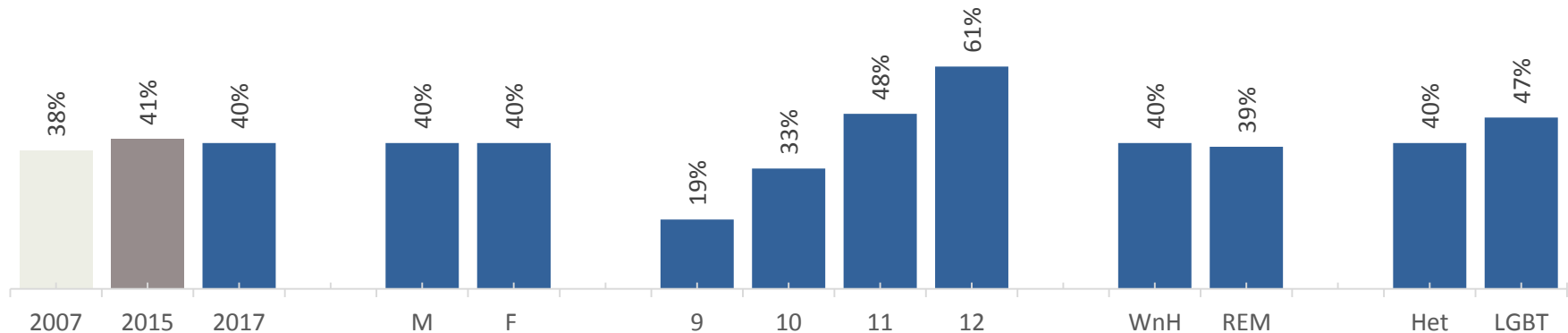
Lifetime Sexual Activity

Overall, 40% of all high school students have ever had sexual intercourse; three percent had sex before age 13.

Ever having sexual intercourse has not significantly changed over the past decade. The proportion having sex before age 13 significantly decreased from 6% in 2007 but has not changed more recently (3% in 2015).

- Ever having sexual intercourse does not significantly differ by sex or race.
- Before age 13, male students are twice as likely as female students to have sexual intercourse (2% vs 4%); students of color are three times as likely as white, non-Hispanic students to have had sex (2% vs 7%).
- The percent of students who report they ever had sex increases significantly with each grade; having sex before age 13 does not vary by grade level.
- LGBT students are significantly more likely than heterosexual/cisgender students to have ever had sexual intercourse and to have sex before age 13 (7% vs 2%).

Lifetime Sexual Activity



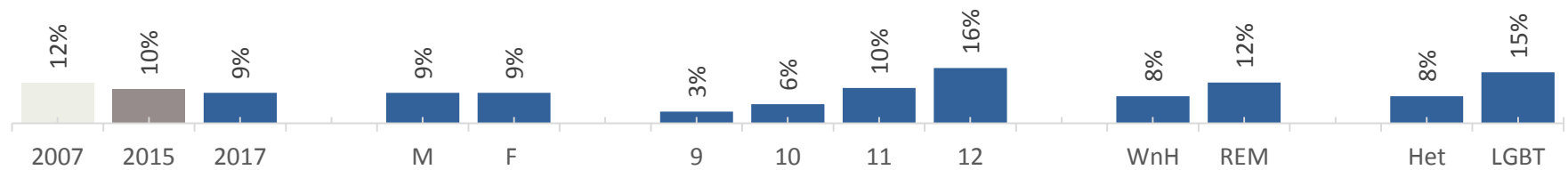
Lifetime Sexual Behaviors: Multiple Partners

Nearly one in ten students (9%) reported having had sexual intercourse with four or more people during their lifetime.

Since 2007 and since 2015, the percent of students who have had four or more sexual partners has significantly decreased.

- Having multiple sexual partners significantly increases with each grade level, but does not differ among male and female students.
- Students of color and LGBT students are significantly more likely than white, non-Hispanic and heterosexual/cisgender students to have had four or more sexual partners.

Four or More Lifetime Sexual Partners



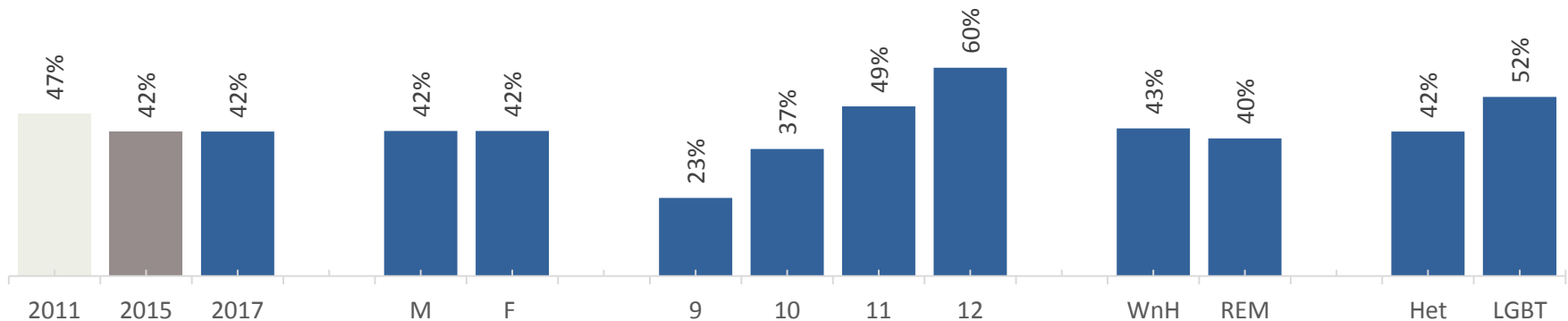
Oral Sex

About two in five (42%) students have had oral sex during their lifetime.

The percent of students ever having oral sex has decreased significantly since first asked in 2011 (47%).

- Ever having oral sex does not differ among male and female students.
- Oral sexual activity increases significantly with each grade level. High school seniors are nearly three times as likely to report ever having had oral sex compared to 9th grade students.
- Students of color are significantly more likely than white, non-Hispanic students to have ever had oral sex.
- Half of LGBT students have ever had oral sex, significantly more than heterosexual/cisgender students.

Ever Had Oral Sex

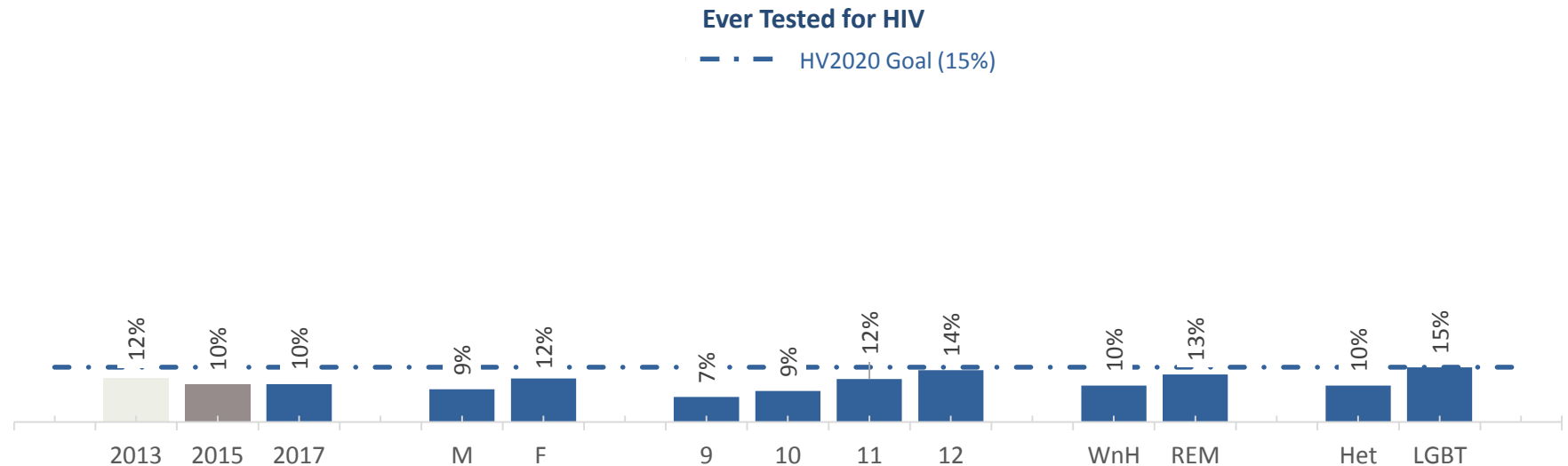


Ever Tested for HIV

Excluding testing done for blood donations, one in ten high school students have ever been tested for human immunodeficiency virus (HIV).

Since first asked in 2013, fewer students have ever been tested for HIV. Ever being tested for HIV did not change between 2015 and 2017 and remains below the Healthy Vermonters 2020 (HV2020) Goal of 15%.

- Male students are significantly less likely to have ever been tested for HIV compared to females.
- Ever being tested for HIV significantly increases with each grade level.
- Students of color are significantly more likely than white, non-Hispanic students to have ever been tested for HIV.
- LGBT students are significantly more likely to have ever been tested for HIV compared to heterosexual/cisgender students.



Sexual Behaviors

Current Sexual
Activity

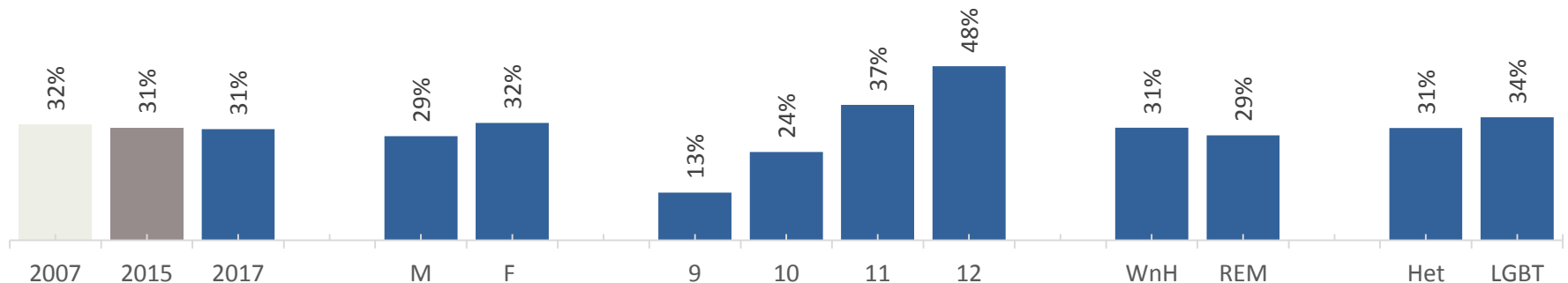
Current Sexual Activity

Nearly a third of students have had sexual intercourse with at least one person during the previous 3 months.

Current sexual activity has not changed over the past decade.

- Male students are significantly less likely than female students to report having sexual intercourse during the past three months.
- Current sexual activity significantly increases with each grade level, nearly doubling during the first two years of high school, and doubling again between 10th and 12th grade.
- Students of color are significantly less likely than white, non-Hispanic students to report having sexual intercourse during the past three months.
- LGBT students are significantly more likely than heterosexual/cisgender students to report having sexual intercourse during the past three months.

Sexual Activity, Past Three Months



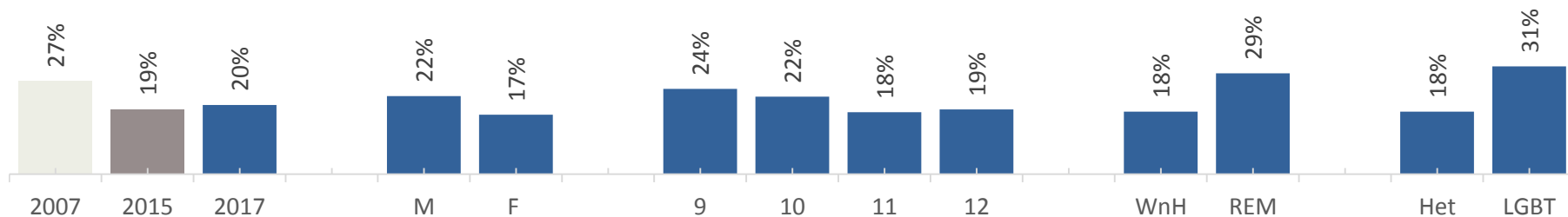
Drinking or Using Drugs Prior to Sex, Among Sexually Active Students

Among sexually active students, one in five (20%) drank alcohol or used drugs prior to sexual intercourse.

The percent of students who used alcohol or drugs prior to their last sexual experience has decreased significantly since 2007 but has not changed in recent years.

- Male students are significantly more likely than female students to drink alcohol or use drugs prior to the last time they had sexual intercourse.
- 11th grade students are significantly less likely 9th and 10th grade students to use alcohol or drugs prior to sexual intercourse. 12th grade students are significantly less likely than 9th grade students to use alcohol or drugs prior to sexual intercourse.
- Sexually active students of color are significantly more likely than white, non-Hispanic students to use drugs or alcohol before last sexual intercourse.
- LGBT students are nearly twice as likely as heterosexual/cisgender students to drink alcohol or use drugs prior to having sex.

**Used Alcohol or Drugs Prior to Sexual Intercourse
Among Those Who Were Currently Sexually Active**

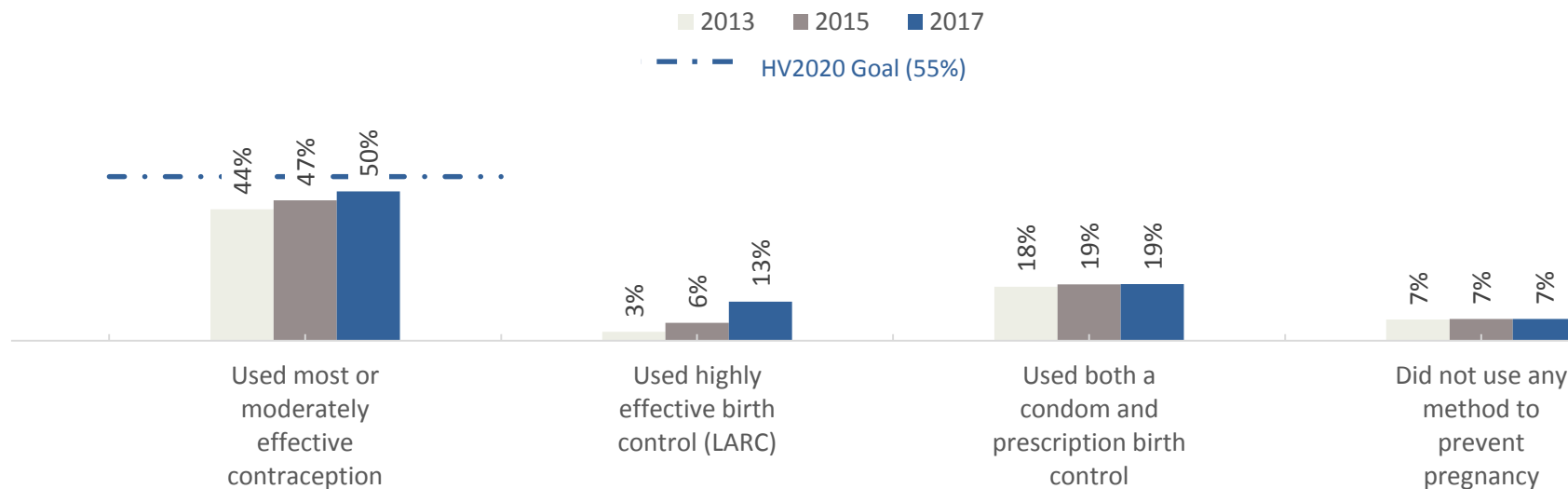


Pregnancy Prevention & Condom Use Among Sexually Active Students

Overall, half of sexually active students used the most effective (Long Acting, Reversible Contraceptives (LARC) (i.e., implants, intrauterine device (IUD)) or moderately effective (i.e., injectables, oral pills, patch, or ring) methods of contraception. Less than one in five used both a condom and prescription birth control the last time they had sexual intercourse.

Specific methods of birth control use are shown on the following pages.

**Pregnancy Prevention And Condom Use,
Among Those Who Were Currently Sexually Active**



Use of most or moderately effective contraception is a Healthy Vermonters 2020 (HV2020) Goal of 55%.

Due to changes in question wording, long term trend data is not available for use of “any prescription birth control” prior to 2013; trend data is available for some specific types of birth control such as the pill.

Pregnancy Prevention Among Sexually Active Students

Overall, half of sexually active students used prescription birth control such as oral pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before they had sexual intercourse.

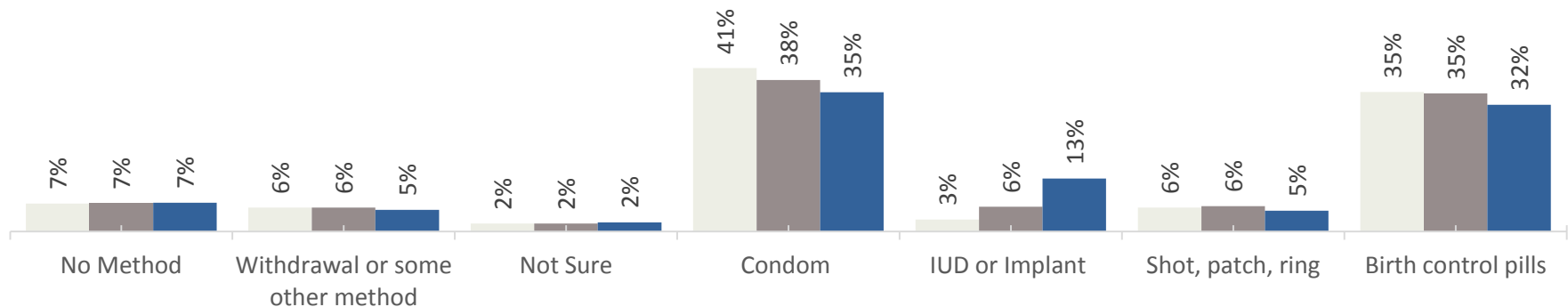
Due to changes in question wording, long term trend data is not available for use of any prescription birth control.

Since 2013, the use of prescription birth control, among sexually active students, significantly increased from 44% to 47% in 2015 to 50% in 2017. Most notably:

- Use of an IUD or implant has increased by 10% since 2013 (3% vs 6% vs 13%),
- Use of a shot, patch, or birth control ring significantly decreased since 2015 (6%),
- Use of birth control pills decreased since 2015 (35%).

**Primary Method Used to Prevent Pregnancy,
Among Those Who Were Currently Sexually Active**

■ 2013 ■ 2015 ■ 2017



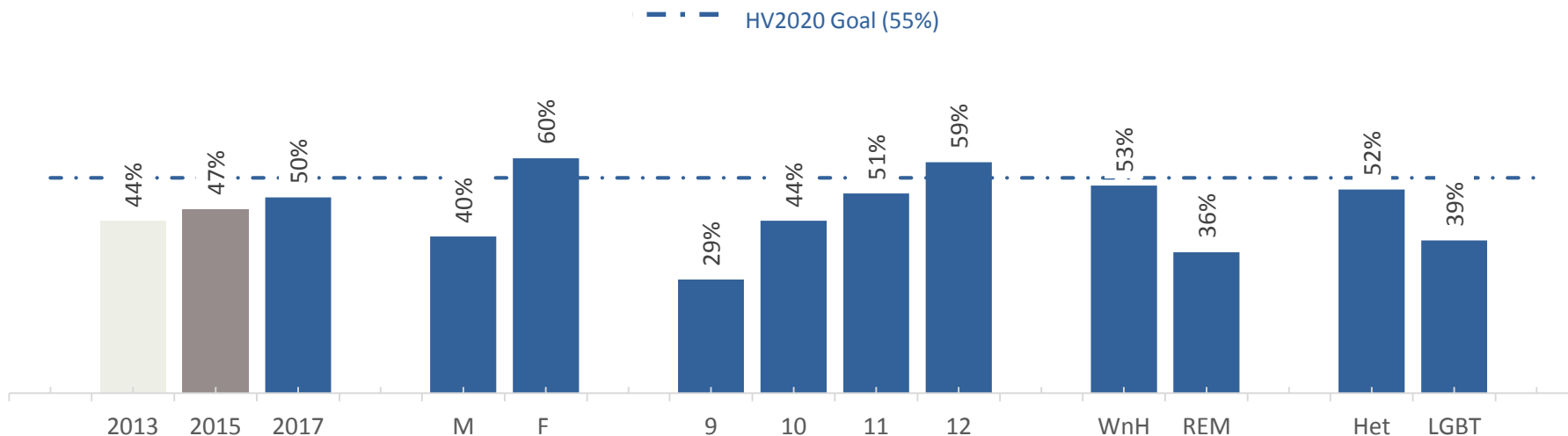
Pregnancy Prevention Among Sexually Active Students

There is a strong association between type of contraceptive method used and risk of unintended pregnancy. In 2017 half of all sexually active students reported using a most or moderately effective contraception to prevent pregnancy the last time they had sexual intercourse, below the HV2020 Goal of 55%.

Use of moderate or most effective forms of prescription birth control significantly increased since 2013 and between 2015 and 2017.

- Sexually active male students are significantly less likely than female students to report using a moderately or highly effective form of birth control.
- Use of a moderately or highly effective form of birth control among sexually active students increases with each grade level.
- Students of color are significantly less likely than white, non-Hispanic students to use a moderately or highly effective form of birth control.
- Sexually active LGBT students are significantly less likely than heterosexual/cisgender students to use a moderately or highly effective form of birth control.

Used Moderate or Highly Effective Birth Control to Prevent Pregnancy Prior to Last Sexual Intercourse, Among Those Who Were Currently Sexually Active



Due to changes in methods included, long term trend data is not available prior to 2013.

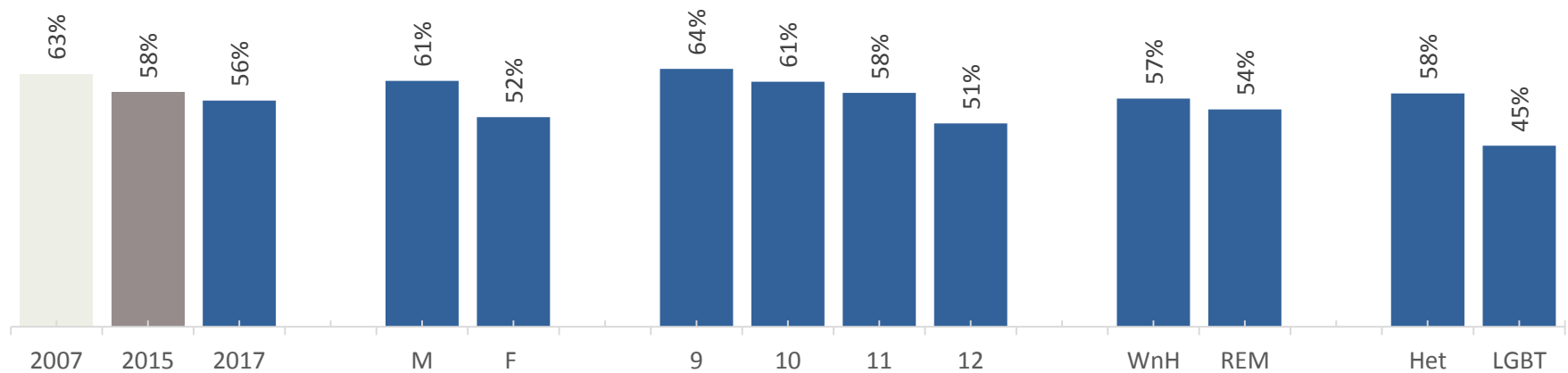
Condom Use Among Sexually Active Students

Among students who were currently sexually active, just over half (56%) used a condom the last time they had sex.

Condom use among sexually active students has significantly decreased over the past decade and continued to decrease between 2015 and 2017.

- Sexually active male students are significantly more likely than female students to report using a condom the last time they had sex.
- Sexually active 12th grade students are significantly less likely than other students to use a condom during last intercourse.
- Condom use among sexually active students does not differ by race.
- Sexually active LGBT students are significantly less likely than heterosexual/ cisgender students to use a condom the last time they had sex.

**Condom Use During Last Sexual Intercourse,
Among Those Who Were Currently Sexually Active**



Weight, Physical Activity & Nutrition



Weight, Physical Activity & Nutrition:

BMI and Perceptions
of Weight

Obesity and Overweight

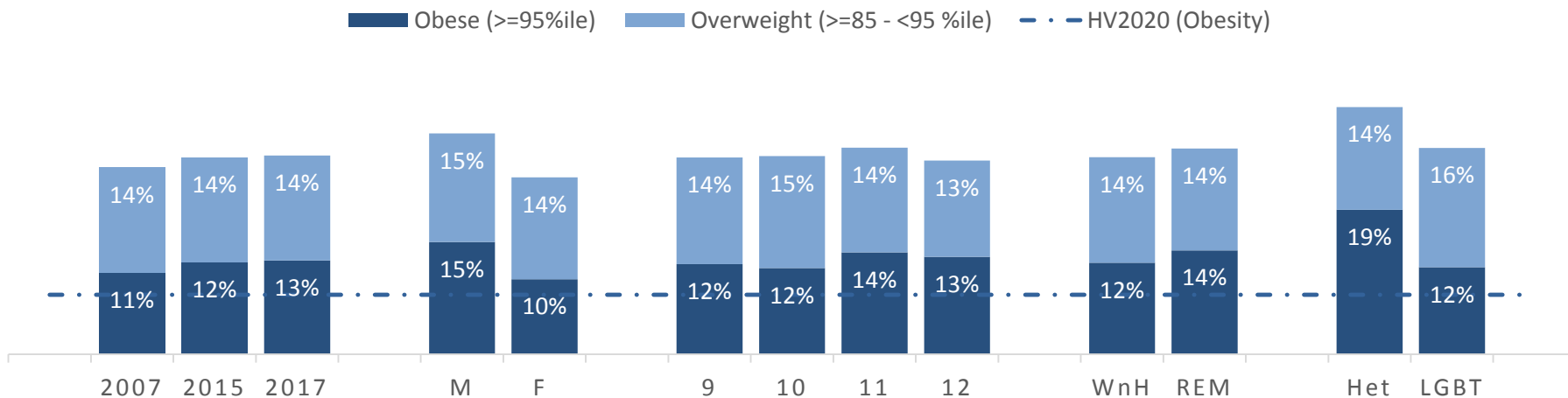
For youth, BMI, body mass index, is age- and sex- specific and is expressed as a percentile based on weight and height. Youth are considered overweight if their BMI percentile is 85 or above and obese if their BMI is above the 95th percentile.

Overall, a quarter of high school students have a weight-height ratio above the 85th percentile for their age and sex. Specifically, 14% of students are overweight and have a BMI ratio between the 85th and <95th percentile; 13% of students have a BMI ratio above the 95th percentile and are considered obese.

The prevalence of obese and overweight youth has remained stable over the past decade.

- Weight status does not differ by grade or race.
- Male students are significantly more likely to be obese compared to female students. However, they are equally likely to be overweight (14% vs 15%).
- LGBT students are significantly more likely to be overweight but less likely to be obese compared to heterosexual/cisgender students.

**Overweight and Obese
(BMI >=85th BMI >= 95th Percentile)**



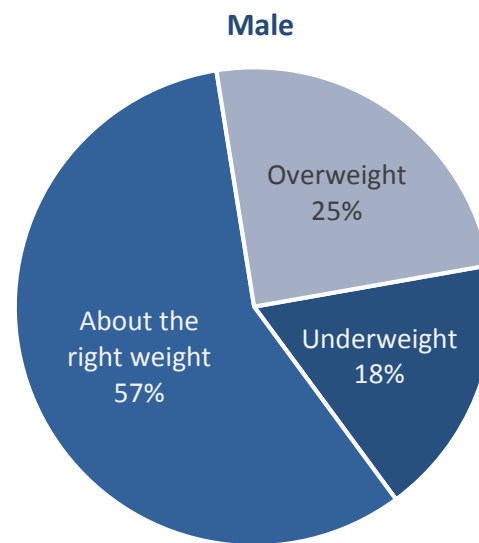
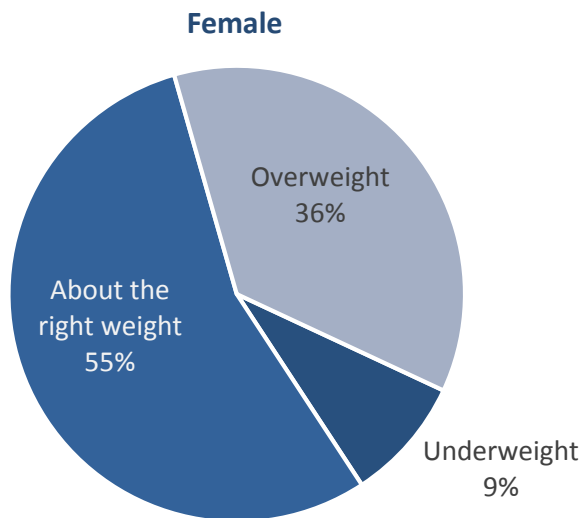
Perceptions of Weight

Most students (56%) believe they are about the right weight; 3 out of 10 (30%) believe they are slightly or very overweight; 14% believe they are slightly or very underweight.

- While female students are significantly less likely to be obese, they are significantly more likely to believe that they are slightly or very overweight, compared to male students.
- Male students are significantly more likely to believe they are underweight compared to female students.

- Seniors are significantly more likely to believe they are overweight compared to 9th grade students (44% vs. 41%).
- There are no differences by race in the percent of students who think they are overweight.
- LGBT students are also significantly more likely to believe they are overweight compared to heterosexual/cisgender students (46% vs 28%).

Perceptions of Weight, By Sex



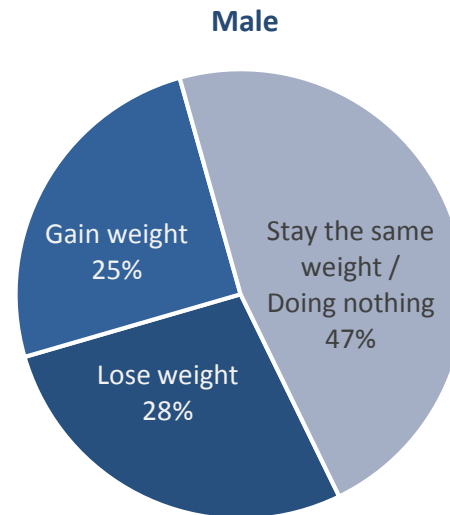
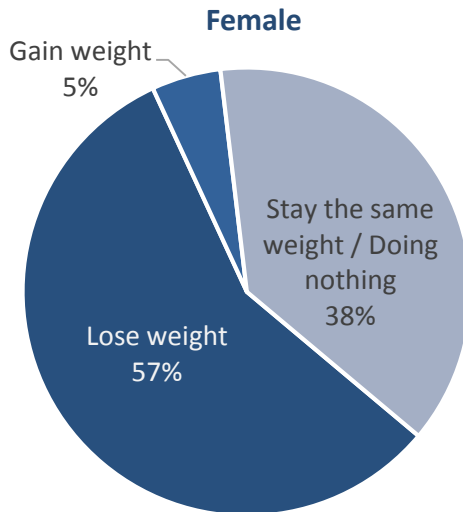
Weight Modifications

Overall, two out of five (42%) students are trying to lose weight; 15% are trying to gain weight.

- Female students are twice as likely as male student to be trying to lose weight.
- Male students are five times as likely as female students to be trying to gain weight and are significantly more likely to be doing nothing about their weight.

- Attempts to lose weight do not differ by grade level. However, older students are significantly more likely to be trying to gain weight compared to younger students.
- There are no differences in students attempting to lose weight by race.
- LGBT students are significantly more likely than heterosexual/cisgender students to be attempting to lose weight.

Attempts to Modify Weight, by Sex



Weight, Physical Activity & Nutrition:

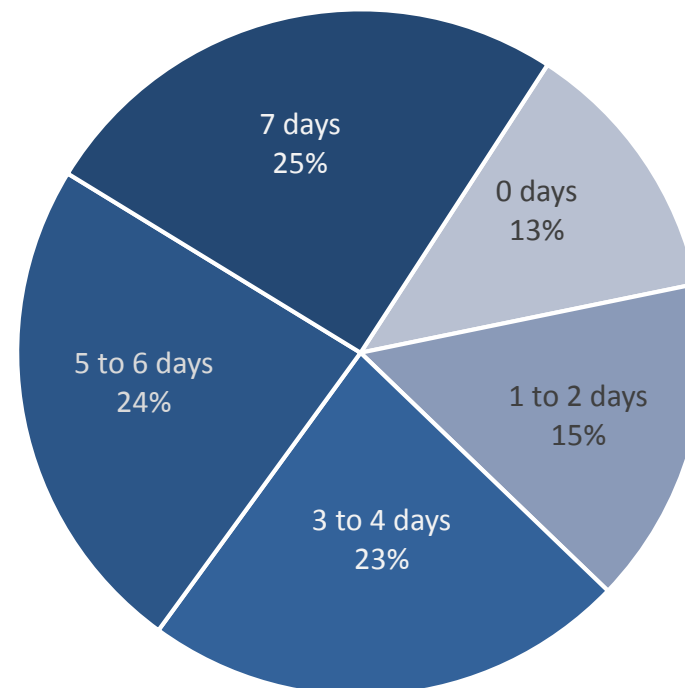
Physical Activity

Physical Activity

The U.S. Department of Health and Human Services Guidelines for Physical Activity recommend youth participate in 60 minutes of physical activity every day.

Overall, a quarter of students meet physical activity guidelines; about half participate on five or more days during the previous week.

Number of Physically Active Days During the Past Week
Among All Students



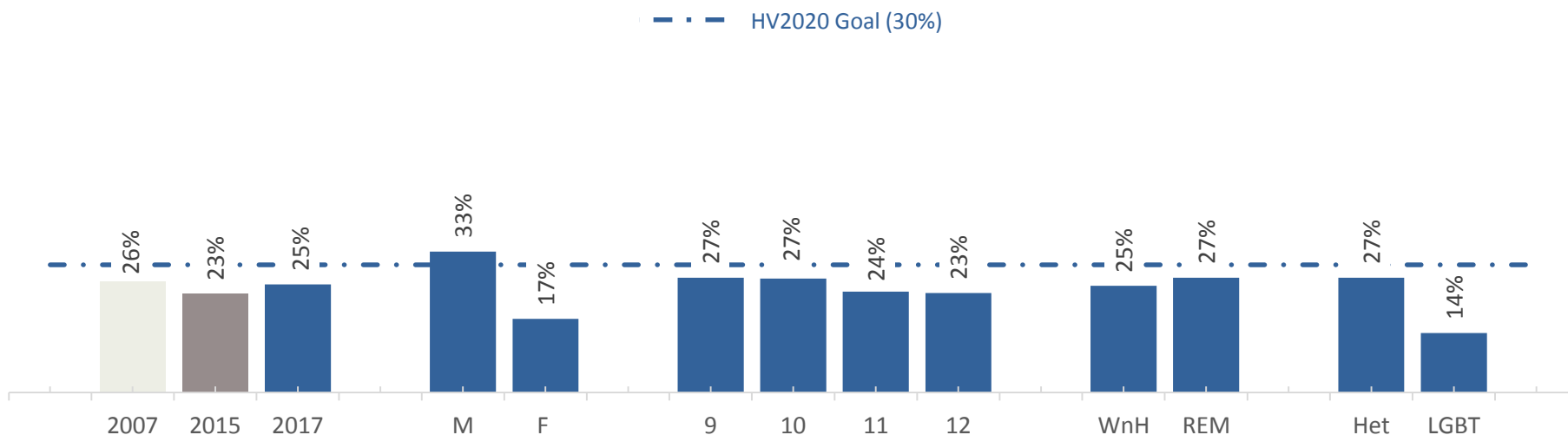
Physical Activity: Met Recommendations

Physically active for at least 60 minutes every day, past week

The percent of students meeting current physical activity guidelines remains below the HV2020 Goal of 30%. While it has not significantly changed over the past 10 years, the percent of students engaging in daily physical activity significantly increased between 2015 and 2017.

- Male students are nearly two times as likely as female students to engage in 60 minutes of physical activity every day.
- Younger students are significantly more likely than older students to engage in daily physical activity.
- Engaging in daily physical activity does not differ by race.
- LGBT students are significantly less likely than heterosexual/cisgender students to engage in daily physical activity.

Participated in at Least 60 Minutes of Physical Activity Every Day During the Previous Week



Physical Activity: Met or Approaching Recommendations

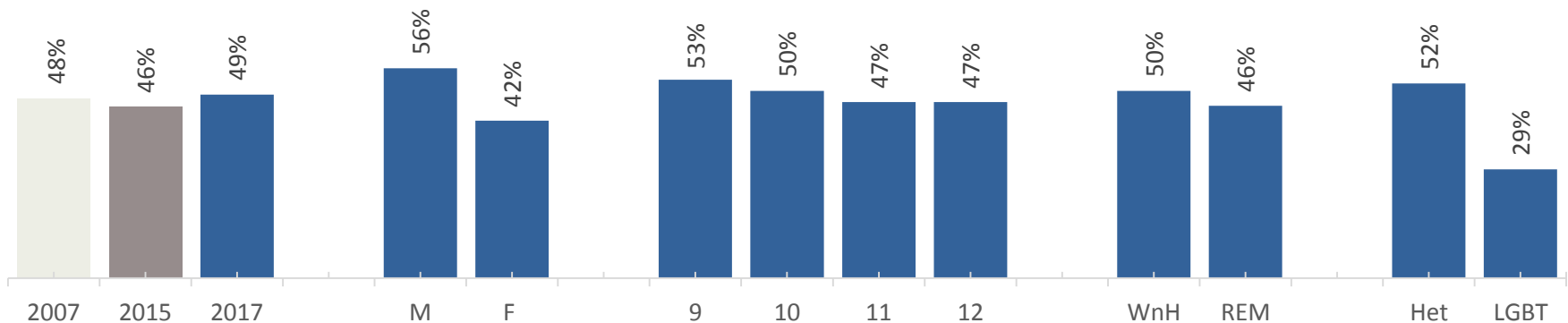
Physically active for at least 60 minutes on at least five days, past week

Overall, about half of high school students were physically active for at least 60 minutes on five or more days during the previous week.

Engaging in physical activity on five or more days in the past week has not significantly changed since 2007. However, more students in 2017 engaged in physical activity on five or more days compared to 2015.

- Male students are significantly more likely than female students to engage in 60 minutes of physical activity on at least five days.
- 9th grade students are significantly more likely than older students to engage physical activity on five or more days.
- Students of color are significantly less likely than white, non-Hispanic students to engage in physical activity on five or more days.
- LGBT students are significantly less likely than heterosexual/cisgender students to engage in 60 minutes of physical activity on at least five of the past seven days.

Participated in at Least 60 Minutes of Physical Activity on at Least Five Days During the Previous Week



Physical Activity: Needs Improvement, Health Risk

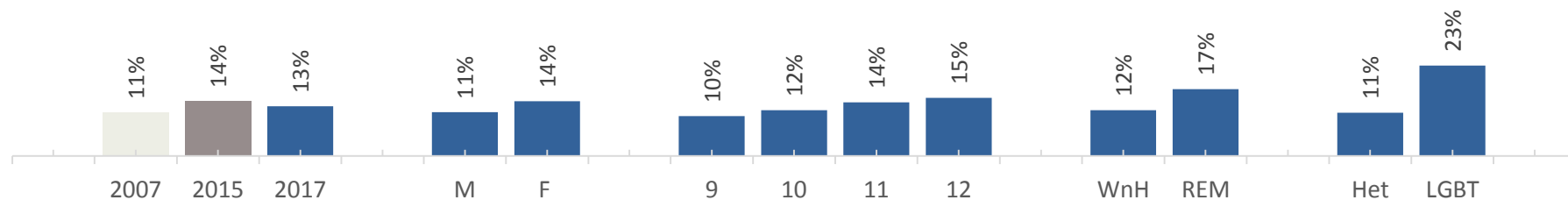
Physically active for at least 60 minutes on zero days, past week

The percent of students not participating in 60 minutes of physical activity on any day during the previous week has remained stable over the past decade. However, in 2017 fewer students reported not participating in any physical activity compared to 2015.

- Male students are significantly less likely than female students to report no physical activity during the previous week.
- Older students are significantly more likely to not engage in 60 minutes of physical activity on any day during the previous week.
- Students of color are significantly more likely than heterosexual/cisgender students to not engage in physical activity on any day during the previous week compared to white, non-Hispanic students.
- LGBT students are significantly more likely than heterosexual/cisgender students to not engage in physical activity on any day during the previous week.

Did NOT Participate in at Least 60 Minutes of Physical Activity on Any Day During the Previous Week

— HV2020 Goal (12%)



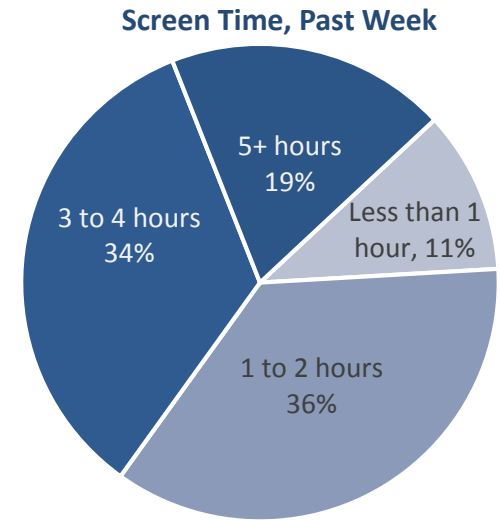
Physical Inactivity: Screen Time

Screen time includes things such as using an Xbox, PlayStation, iPad or other tablet, smartphone or texting, YouTube, Instagram, Facebook or other social media.

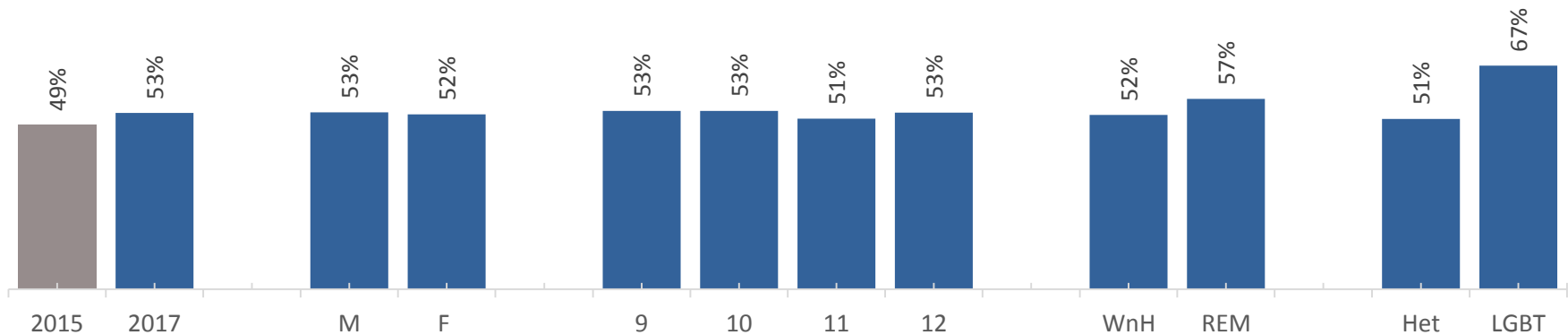
On the average school day more than half of students (53%) spend three or more hours watching TV, playing video games, or using a computer for something not related to school.

Spending three or more hours in front of a screen significantly increased since 2015.

- Spending three or more hours in front of a screen does not differ by sex or grade level.
- Students of color and LGBT students are significantly more likely than white, non-Hispanic and heterosexual/cisgender students to watch TV, use a computer, or play video games for three or more hours per day during the week.



Spent Three or More Hours in Front of a Screen, Average School Day

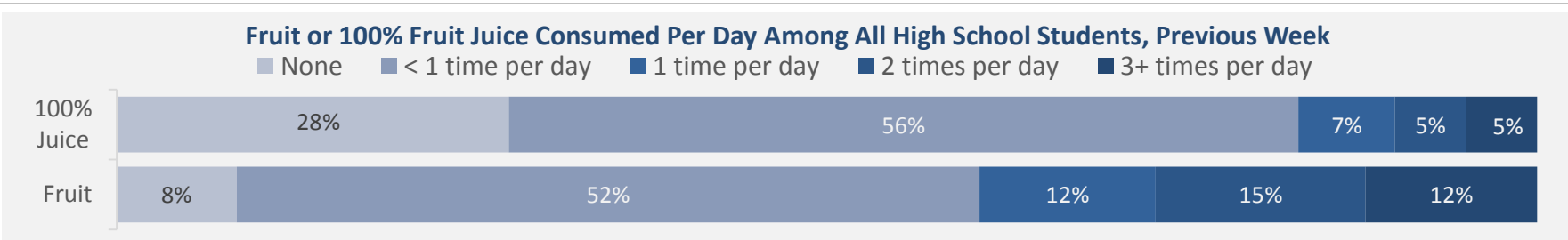


NOTE: Due to changes in how screen time can be defined, comparisons to prior years should be made with caution and are not shown above.

Weight, Physical Activity & Nutrition

Nutrition

Fruit Consumption

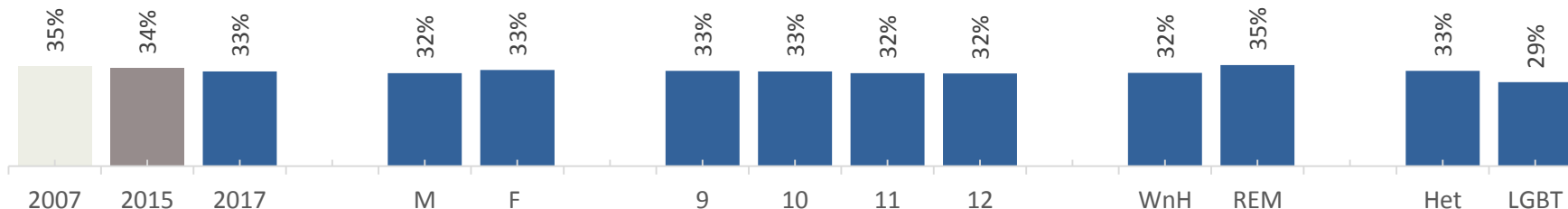


During the past week, a third of students ate fruit or drank 100% fruit juice at least two times per day; 5% did not have any fruit or fruit juice. Overall, students were more likely to report not drinking fruit juice (28%) compared to fruit (8%).

Since 2015 the percent of students who ate two or more fruits per day has significantly decreased.

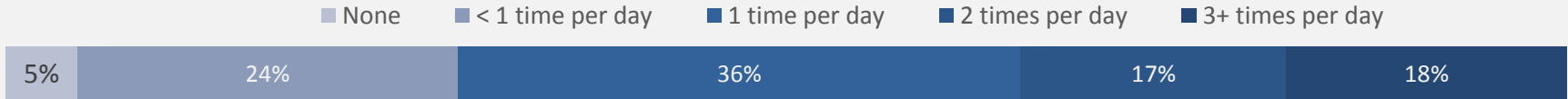
- Consuming fruit or 100% juice at least two times per day does not differ by sex or grade level.
- Students of color are significantly more likely than white, non-Hispanic students to eat two or more fruits or juice per day.
- LGBT students are significantly less likely than heterosexual/cisgender students to eat two or more fruits or fruit juice compared to heterosexual/cisgender students.

Ate Fruit or Drank 100% Fruit Juice Two or More Times Per Day, Past Week



Vegetable Consumption

Vegetables Consumed Per Day Among All High School Students, Previous Week

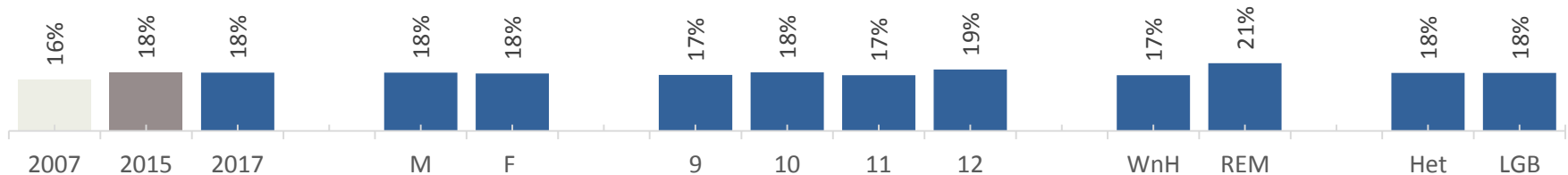


During the past week, seven out of ten students ate vegetables at least once per day; a quarter did not eat vegetables every day; 5% did not have any during the week.

Since 2007 consumption of three or more vegetables per day has significantly increased; however, there was no change in vegetable consumption between 2015 and 2017.

- Consumption of three or more vegetables per day does not differ by sex, grade level, or sexual orientation.
- Students of color are significantly more likely to eat three or more vegetables per day during the previous week.

Ate Vegetables Three or More Times Per Day, Past Week



Soda Consumption

Soda Consumption Among High School Students, Past Week

None <1 per day 1-2 per day 3+ per day

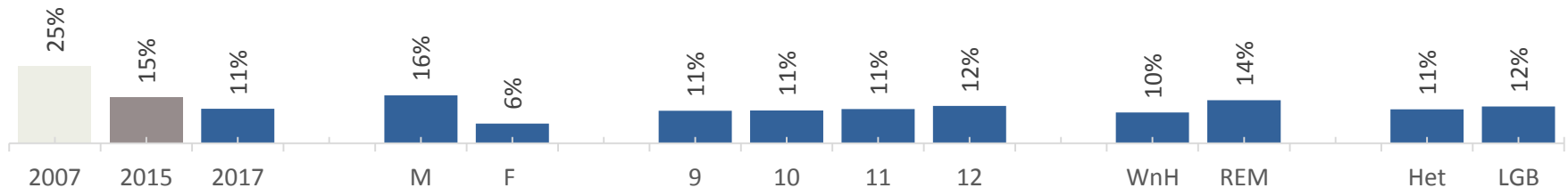


Most high school students consume soda or pop less than once per day. A third of students did not drink any soda or pop during the week (37%); about half (52%) drank less than one per day. One in ten (11%) students drank at least one soda every day during the past week; 4% had more than three every day.

- Male students are more than two times as likely as females to drink at least one soda every day during the past week.
- There are no differences by grade level or sexual orientation among students who drink soda daily.
- Students of color are significantly more likely to drink at least one soda every day during the past week compared to white, non-Hispanic students.

Drinking at least one soda per day has significantly decreased over the past decade and since 2015.

Drank at Least One Soda Per Day, Past Week



Sugar-Sweetened Beverage Consumption

Consumption of Sugar-Sweetened Beverages Among High School Students, Previous Week

None <1 per day 1 -2 per day 3+ per day

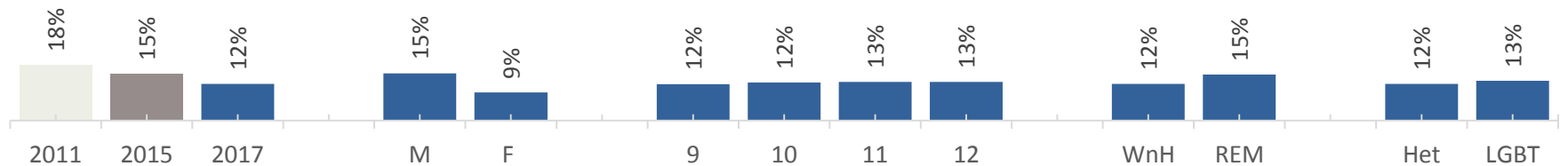


Overall, 12% of students drank at least one can, bottle, or glass of sugar-sweetened beverages (SSB) such as sport drinks, energy drinks, lemonade, sweetened tea or coffee drinks, flavored milk, Snapple or Sunny Delight every day during the previous week.

SSB consumption has significantly decreased since first asked in 2011 and since 2015.

- Daily SSB consumption does not differ by grade level or sexual orientation.
- Male students are significantly more likely than females to consume at least one SSB every day.
- Students of color are significantly more likely to drink at least one SSB every day during the past week compared to white, non-Hispanic student.

Drank at Least One SSB Per Day, Past Week



Water Consumption

Consumption of Plain Water Among High School Students, Previous Week

New in 2017

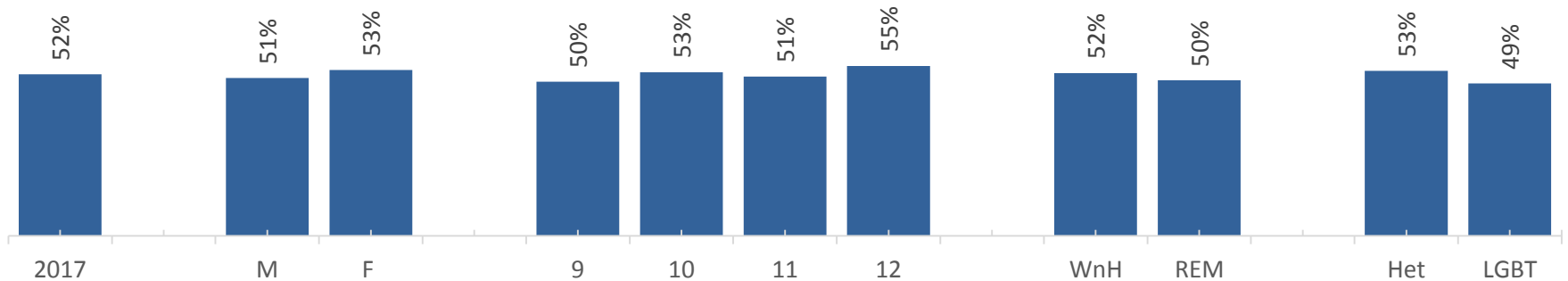


The majority of students drank three or more bottles or glasses of plain water per day during the previous week, with a third (33%) having four or more glasses every day.

One out of every five students drank less than one glass or bottle per day during the previous week; 4% did not have any water.

- Male students are significantly less likely to drink three or more glasses of water per day compared to female students.
- Drinking three or more glasses of water per day varies by grade level.
- Students of color are significantly less likely than white, non-Hispanic students to drink at least three glasses of water per day during the past week.
- LGBT students are significantly less likely than heterosexual/cisgender students to drink at least three glasses of water per day during the past week.

Drank Three or More Glasses of Water, Past Week



NOTE: Trend data is not available; question changes from glasses of water yesterday to amount of water during the past week.

Breakfast Consumption

Frequency High School Students Ate Breakfast, Previous Week

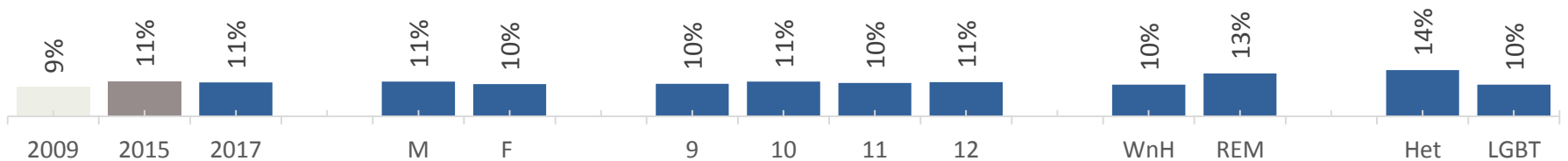
0 days 11%	1 to 2 days 15%	3 to 4 days 19%	5 to 6 days 16%	7 days 40%
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During the past week, two in five students (40%) ate breakfast every day; one in ten never ate breakfast during the past seven days (11%).

The percent of students who did not eat any breakfast during the previous week has not significantly changed.

- Not eating breakfast during the previous week does not differ by sex or grade level.
- Students of color are significantly more likely to not eat breakfast on any day during the previous week compared to white, non-Hispanic students.
- Compared to heterosexual/cisgender students, LGBT students are significantly more likely to not eat breakfast during the previous week.

Did Not Eat Breakfast During the Previous Week



Social Determinants of Health



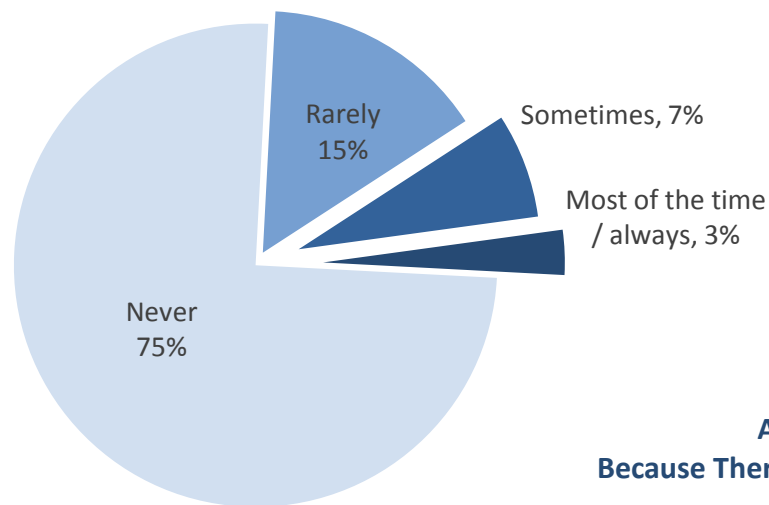
Food Insecurity

New in 2017

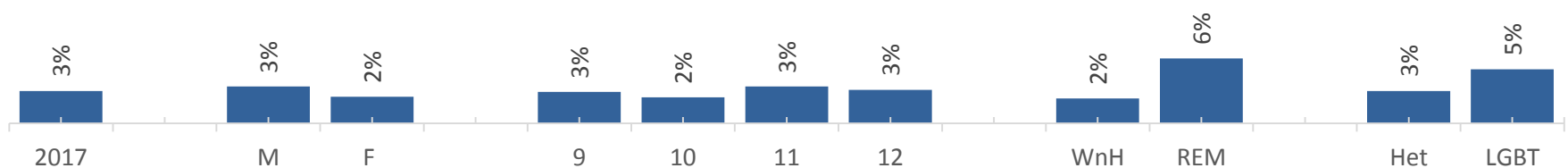
During the past month, a quarter of students went hungry because there was not enough food at home; about one in ten students sometimes (7%) or most of the time/always went hungry (3%) because there was not enough food in their home.

- Going hungry because there was not enough food at home does not differ by sex or grade level.
- Students of color are significantly more likely than white, non-Hispanic students to go hungry at least most of the time.
- LGBT students are significantly more likely than heterosexual/cisgender students to go hungry at least most of the time.

Food Security: Hunger at Home



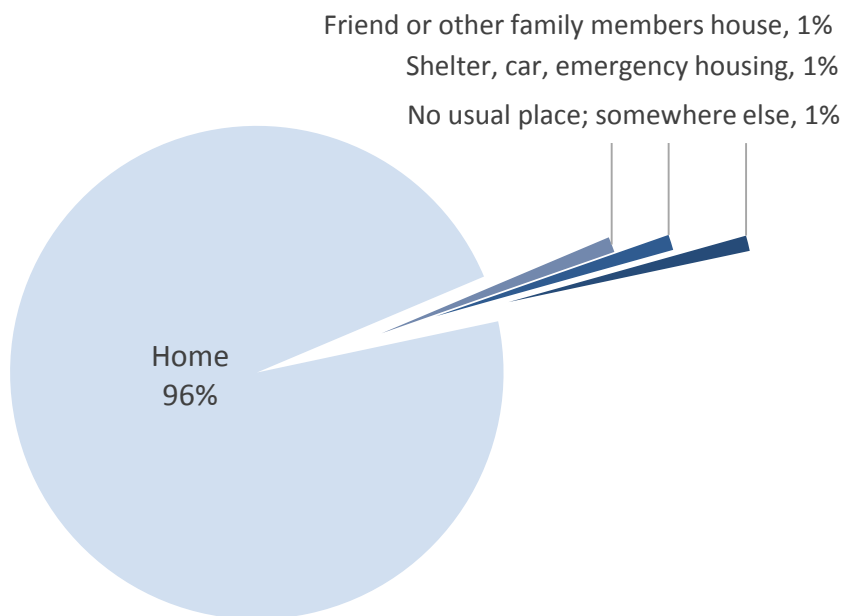
Always or Most of the Time Went Hungry Because There Was Not Enough Food in Their Home, Past 30 Days



Housing Insecurity

New in 2017

During the past 30 days, nearly all students (96%) usually slept at their parent’s home.



- LGBT students are significantly more likely than heterosexual/ cisgender students to sleep outside their parent’s home (3% vs 1%).
- There are no differences in sleeping at their parent’s home by sex, grade, or race.

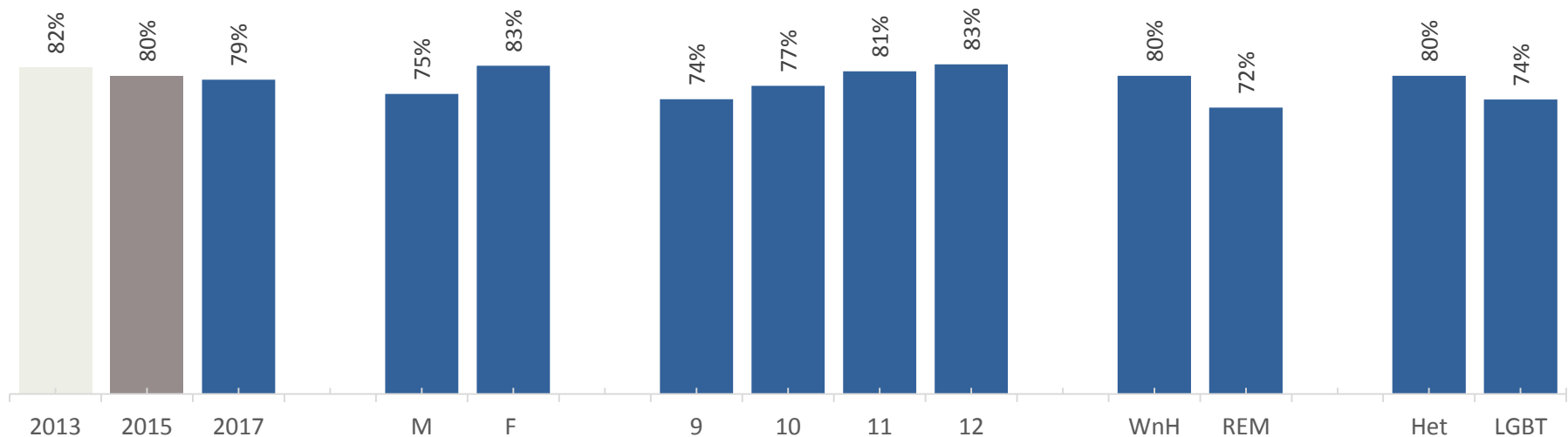
Post Graduation Plans

Nearly four out of five students (79%) believe they will probably or definitely complete a post high school program such as enrolling in a vocational training program, military service, or college; 12% were not sure.

Plans for post high school programs have significantly decreased since 2013 and 2015.

- Male students are significantly less likely to believe they would complete a post high school program upon graduation compared to female students.
- Younger students are less likely to believe they would complete a post high school program compared to older students.
- Students of color are significantly less likely than white, Non-Hispanic students to believe they will or probably will complete a post high-school program.
- LGBT students are significantly less likely than heterosexual/cisgender students to believe they will or probably will complete a post high-school program.

Will Probably or Definitely Complete a Post High School Program

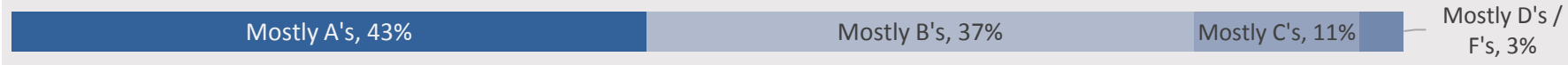


Youth Assets and Other Protective Factors



Grades Earned in School

Typical Grades Earned, Past 12 Months*

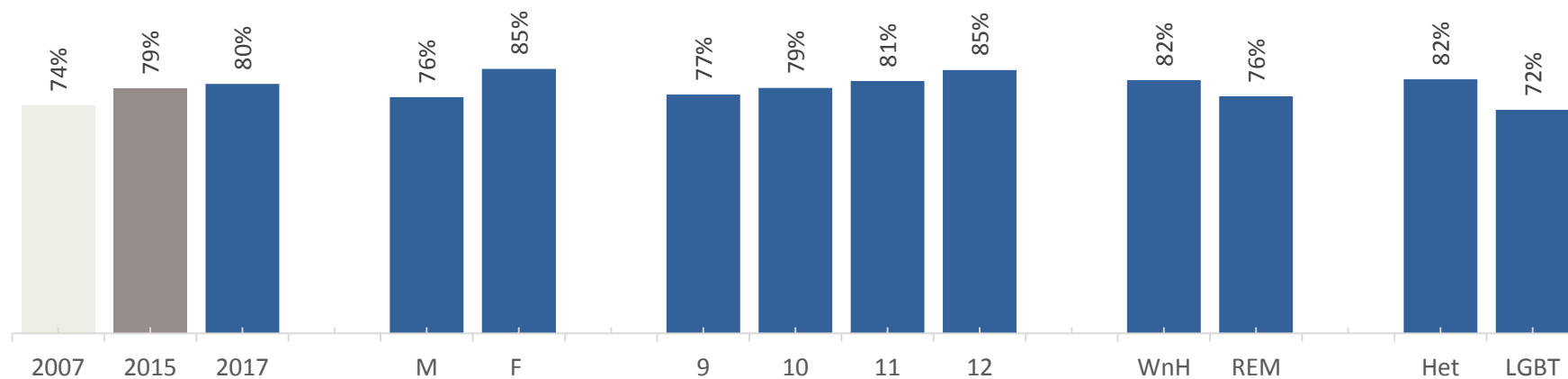


Four out of five students earned mostly A's (43%) or B's (37%) during the past year; 5% of students reported earning grades using some other grading scale or were not sure.

Since 2007 and 2015, the percent of students who typically earn mostly A's and B's has significantly increased.

- Male students are significantly less likely to report high grades (mostly A's and B's) compared to female students.
- Earning mostly A's and B's significantly increases with each grade level.
- Students of color are significantly less likely to earn higher grades compared to white, non-Hispanic students.
- LGBT students are significantly less likely to earn mostly A's and B's compared to heterosexual/cisgender students.

Typically Earned A's and B's in School



* Not shown students who responded "Not Sure" and those who do not use A-F grading scale.

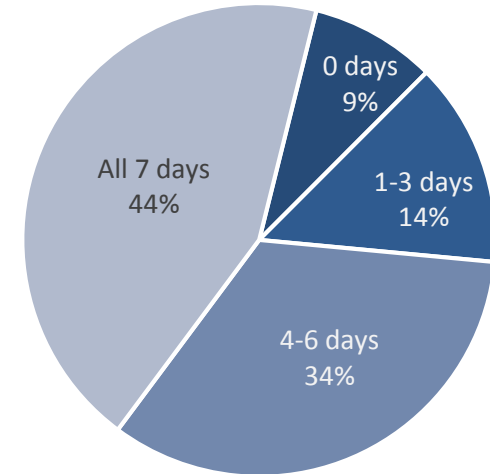
Family Connectedness

New in 2017

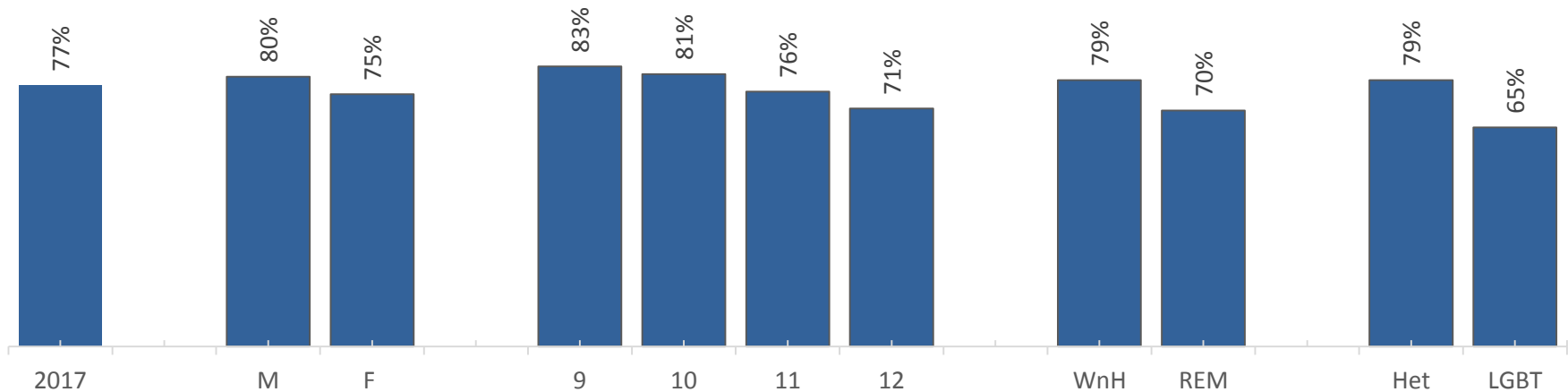
More than three quarters of all students (77%) ate dinner at home with at least one of their parents on at least four days during the previous week.

- Males are significantly more likely than females to have dinner at least four times during the past week with at least one parent.
- Eating dinner at least four times during the previous week significantly decreases as grade level increases.
- Students of color are significantly less likely than white, non-Hispanic students have dinner at least four times during the past week with at least one parent.
- LGBT students are significantly less likely than heterosexual/cisgender students to have dinner at least four times during the past week with at least one parent.

Number of Days Ate Dinner With Parents, Past Week



Ate Dinner With at Least One Parent on Four or More Days During the Previous Week



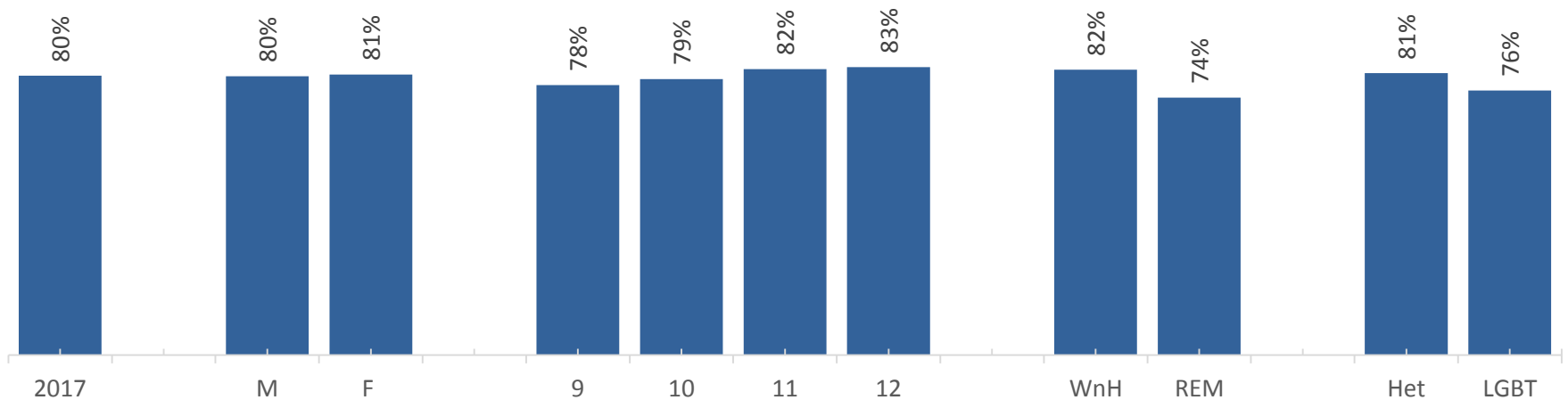
School Connectedness

New in 2017

Four out of five students (80%) had at least one teacher or adult in their school that they can talk to if they had a problem; 10% were not sure or did not have an adult at their school they could talk to if they had a problem.

- There are no differences by sex in having at least one adult in the school student could talk to if they had a problem.
- Younger students are less likely than students in 11th and 12th grade to have at least one adult or teacher in the school they could turn to if they had a problem.
- Students of color are significantly less likely to have an adult in their school they could talk to if they had a problem compared to white, non-Hispanic students.
- LGBT students are less likely than heterosexual/cisgender students to have at least one adult or teacher in the school they could turn to if they had a problem.

Have at Least One Teacher or Other Adult in Their School They Can Talk To



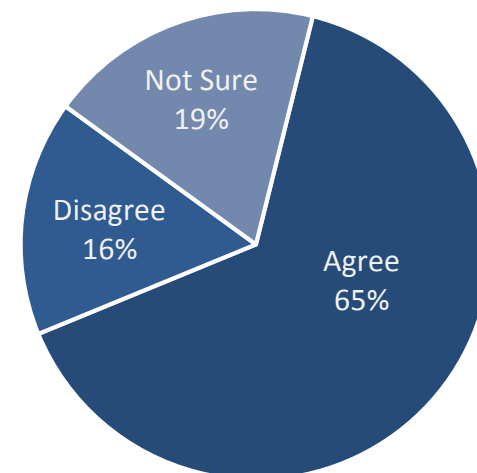
School Connectedness

New in 2017

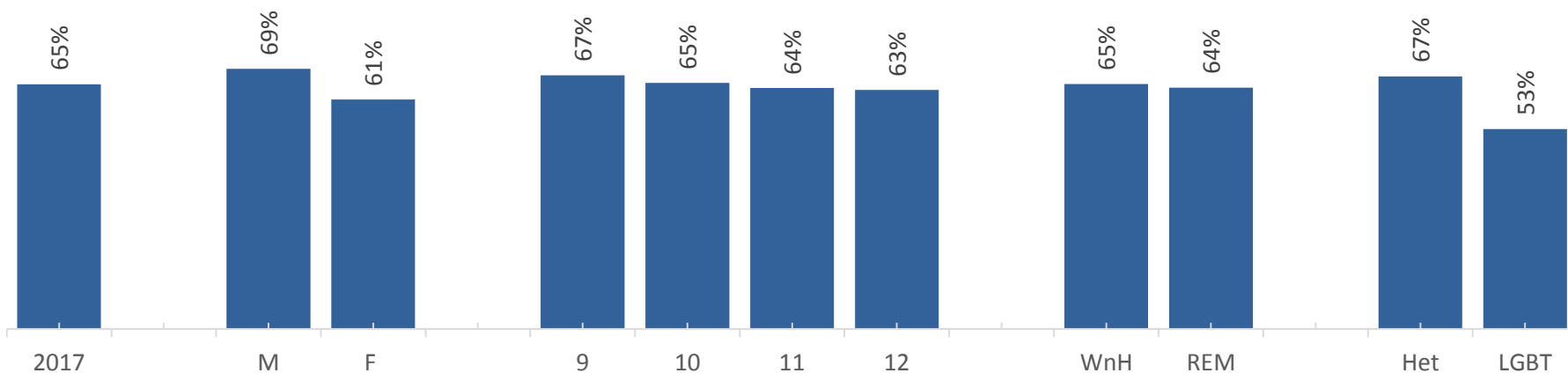
Two-thirds (65%) of students agree or strongly agree that their school has clear rules and consequences for behavior; one in five were not sure if their schools rules and consequences were clear.

- Male students (69%) are significantly more likely than females (61%) to believe their school has clear rules and consequences for all students.
- 9th grade students are significantly more likely than older students to believe their school has rules and consequences for behaviors.
- Believing their school has clear rules and consequences for behaviors did not differ by race.
- LGBT students are significantly less likely than heterosexual/cisgender students to believe their school has rules and consequences for behaviors.

School Has Clear Rules and Consequences for Behaviors



Agree or Strongly Agree That There Are Clear Rules and Consequences for Behaviors at School



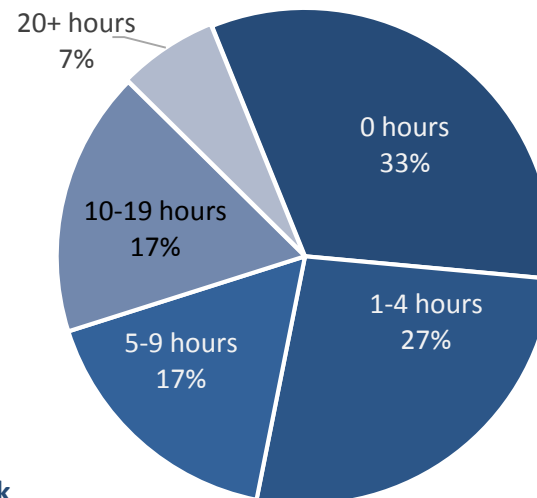
Participation in Extracurricular Activities

During a typical week, a quarter of students spent ten hours or more participating in extracurricular activities such as sports, band, drama, or clubs run by the school or the community. Three out of five students (59%) spent less than four hours per weekday doing extracurricular activities; a third did not participate in any activities.

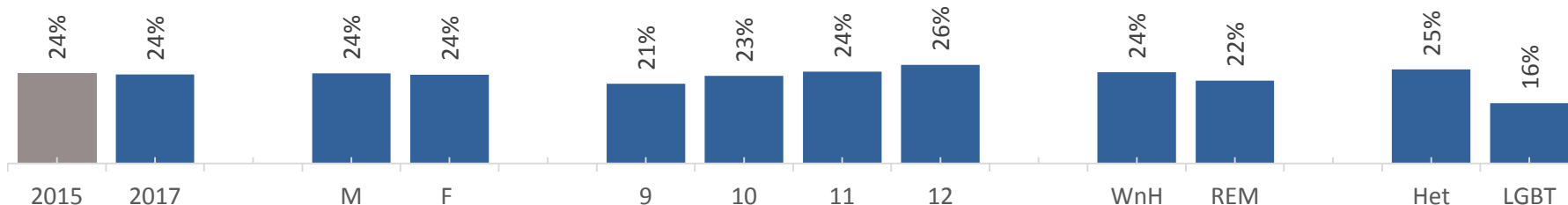
Similar to those in 2015, nearly a quarter of students spend 10 or more hours per week participating in afterschool activities.

- Participation in ten or more hours per week of extracurricular activities does not differ by sex.
- White, non-Hispanic students and heterosexual/cisgender students are significantly more likely than students of color and LGBT students to participate in 10 or more hours of extracurricular activities each week.
- Older students are significantly more likely than 9th grade students to participate in activities for 10 or more hours during a typical week; 12th grade students are also more likely than 10th graders to do so.

Participation in Extracurricular Activities



Participate in 10 or more Hours Per Week of Extracurricular Activities



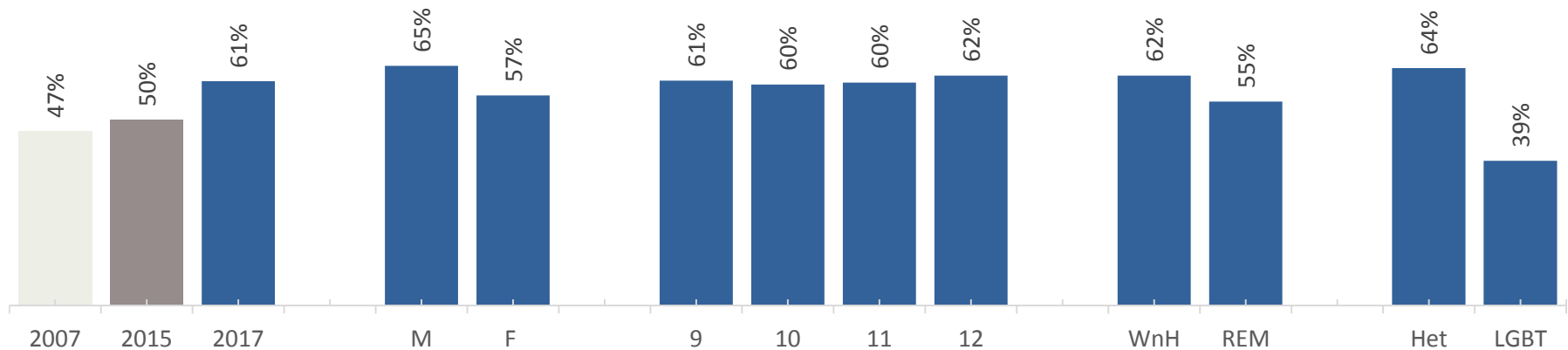
Community Connectedness

Three out of five students (61%) agree or strongly agree that in their community they matter to people; 14% do not believe they matter to the people in their community.

Feeling like one matters to the people in their community has significantly increased over the past decade and since 2015.

- Males are significantly more likely to feel like they matter to people in their community compared to females.
- Regardless of grade, students are equally likely to feel that in their community they matter to people.
- Students of color are significantly less likely compared to white, non-Hispanic students to feel like they matter to people in their community.
- Significantly fewer LGBT students feel as if they matter to people in their community compared to heterosexual/cisgender students.

Feel Valued in the Community



2017

Vermont Youth Risk Behavior Survey

The Vermont Youth Risk Behavior Survey is a collaborative project between the Vermont Department of Health and Agency of Education.

Report prepared by:
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