

## ✓ **Attitudes and Perceptions about Alcohol, Tobacco, and Marijuana Use**

The questions in this section ask students how easy it is to get alcohol, tobacco, and marijuana, whether they think it is wrong for someone their age to use alcohol, tobacco, and marijuana, their perception of how wrong their parents and other adults in their community think it is for someone their age to use alcohol, tobacco, and marijuana, how harmful they think it is to use alcohol, tobacco, and marijuana.

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- **Disapproval of alcohol, tobacco, and marijuana:** Peer disapproval of substance abuse is inversely related to adolescents' reports of use. For example, multi-year tracking of the results of the Monitoring the Future Survey indicates that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases; similarly, an increase in the prevalence of marijuana use among youth during the early 1990s coincided with an apparent decline in the percentage of parents and peer expressing strong disapproval.<sup>39</sup>
- **Perceived harmfulness of alcohol, tobacco, and marijuana:** The perception of risk in using alcohol and other drugs is an important factor in decreasing use. Previous data have shown that as perception of harmfulness decreases, there is a tendency for use to increase.<sup>39</sup> Therefore, it is very important for youth to be informed of the medical and psychological risks and hazards of using alcohol, tobacco, and other drugs.
- **Perceived availability of alcohol, tobacco, and marijuana:** The more available alcohol, tobacco, and other drugs are in a community, the higher the risk that young people will use them. Increased use is also associated with the perception that substances are readily available, regardless if the perception is accurate.<sup>40</sup>

## ■ Disapproval of Alcohol, Tobacco, and Other Drug Use

- **Younger students are more likely than older students to report parental disapproval of alcohol, cigarettes, or marijuana use.** For example, 96 percent of 8<sup>th</sup> graders report that their parents think it is wrong for them to smoke cigarettes, compared to only 87 percent of 12<sup>th</sup> graders.
- **Parental and student disapproval of smoking cigarettes is increasing.** In 2007, 92 percent of students reported that their parents think it was wrong for them to smoke cigarettes, compared to 83 percent in 1999. In addition, 75 percent of students thought it was wrong for kids their age to smoke cigarettes, compared to 57 percent in 1999.

DISAPPROVAL OF ATOD USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who think their parents think it is <i>wrong or very wrong</i> for them to:</b>									
<b>Smoke cigarettes</b>	96	94	93	90	87	93	91	92	90
<b>Drink alcohol</b>	88	88	81	75	65	82	77	79	75
<b>Use marijuana</b>	96	93	89	87	83	92	88	89	89
<b>Percent of students who think it is <i>wrong or very wrong</i> for kids their age to:</b>									
<b>Smoke cigarettes</b>	88	82	77	72	60	78	73	75	78
<b>Drink alcohol</b>	73	60	46	40	32	52	47	50	50
<b>Use marijuana</b>	87	75	65	61	51	70	65	67	66

## ■ Perceived Harmfulness of Alcohol, Tobacco, and Other Drug Use

- More students think there is great risk in smoking cigarettes than in using marijuana.** Overall, 72 percent of students think that there is great risk in people harming themselves from smoking one or two packs per day compared to only 51 percent of students who think that there is great risk in using marijuana regularly and 26 percent for alcohol.
- Perception of risk from smoking cigarettes and marijuana has increased since 1999.** In 2007, 72 percent of students reported great risk of harm from people smoking cigarettes, compared to only 61 percent in 1999. Similarly, the percentage of students who reported great risk of harm from people using marijuana regularly increased from 44 percent in 1999 to 51 percent in 2007.

PERCEIVED HARMFULNESS	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who think that there is <i>great risk</i> in people harming themselves from:</b>									
<b>Smoking one or more packs of cigarettes/day</b>	69	69	73	74	76	78	66	72	70
<b>Drinking one or two alcoholic beverages nearly every day</b>	32	27	26	23	24	32	21	26	25
<b>Using marijuana regularly</b>	68	56	47	44	40	58	44	51	47

## ■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

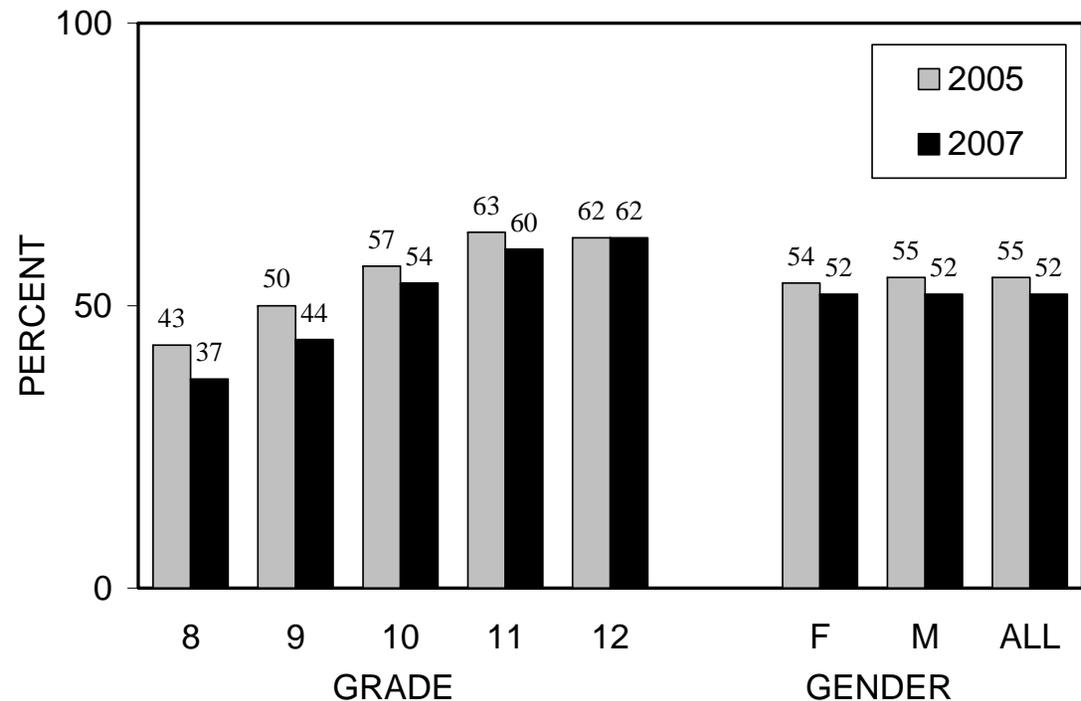
- **Alcohol and cigarettes are easy to get.** Approximately two-thirds of students report that alcohol (69%) and cigarettes (66%) are easy to get, compared to marijuana (55%).

PERCEIVED AVAILABILITY OF ATOD	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who report that it is easy or very easy to get:</b>									
<b>Cigarettes</b>	39	55	68	77	90	64	68	66	68
<b>Alcohol</b>	51	62	68	79	81	68	69	69	71
<b>Marijuana</b>	24	43	60	69	69	53	57	55	58

## ■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

- **Half of students know an adult who uses illegal drugs.** Overall, 52 percent of students reported knowing an adult who has used an illegal drug during the past year.
- **More older students than younger students know an adult who uses illegal drugs.** In 2007, 62 percent of 12<sup>th</sup> graders reported knowing an adult who has used an illegal drug during the past year, compared to 37 percent of 8<sup>th</sup> graders.

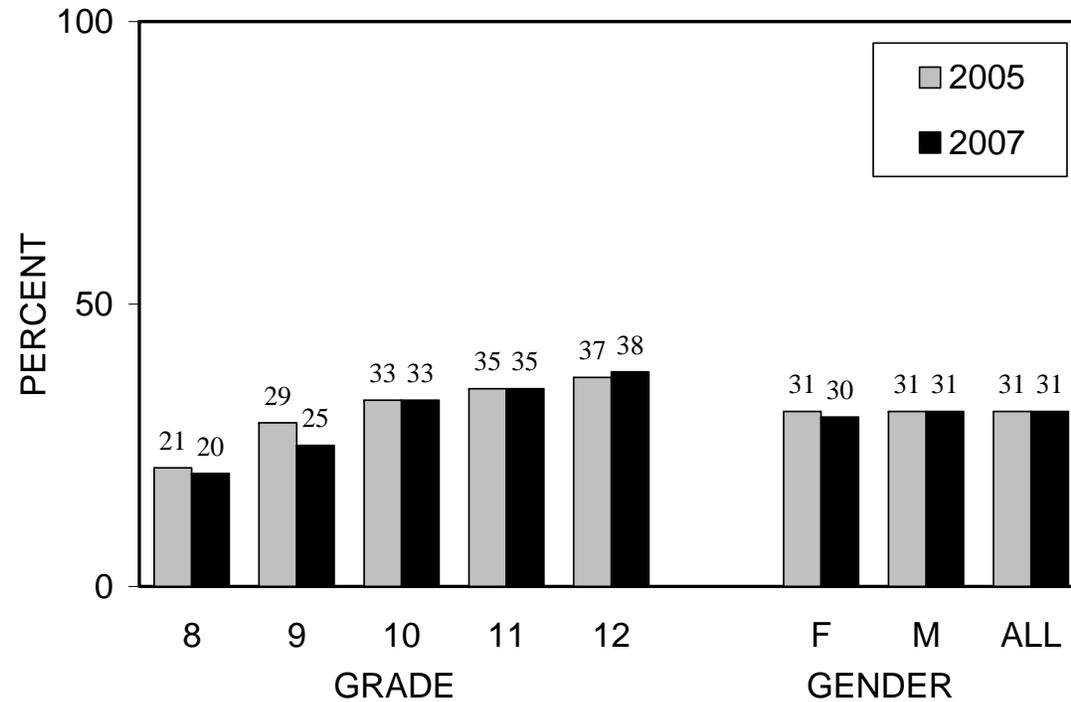
Percent of students who know an adult who has used marijuana, cocaine, or another illegal drug during the past year.



## ■ Perceived Availability of Alcohol, Tobacco, and Other Drugs

- **Almost one-third of students know an adult who sells drugs.** Overall, 31 percent of students reported knowing an adult who has sold drugs during the past year.

**Percent of students who know an adult who has sold drugs during the past year.**



## ✓ Sexual Behavior

The questions in this section ask students about sexual behaviors that contribute to HIV infection, and other sexually transmitted diseases. More specifically, the questions measure whether they have had sexual intercourse, the age at which they first had sex, the frequency with which they have sex, with whom they have sex, alcohol and drug use related to sexual intercourse and whether they use contraception.

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- **Early sexual activity** and multiple sexual partners are associated with an increased risk of unwanted pregnancy and sexually transmitted diseases (STD), including HIV infection,<sup>41</sup> and negative effects on social and psychological development.<sup>42</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.<sup>43</sup> Of the 12 million new cases of STDs per year in the United States, 25 percent are among teens.<sup>44</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>42</sup>
- **AIDS** is the eighth leading cause of death for youth aged 15 to 24 in the US.<sup>8</sup> It is estimated that 25 percent of all new cases of HIV each year occur in people aged 13 to 21.<sup>44</sup> While heterosexual transmission was once uncommon, recent trends indicate that growing numbers of individuals are at risk of contracting HIV in this way. Many people, especially adolescents, do not have the knowledge, awareness, and skills necessary to prevent their becoming infected. Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV.

In Vermont, 456 residents were diagnosed as having AIDS as of March 31, 2007.<sup>45</sup> Many more Vermonters are at risk of acquiring HIV infection through unprotected sex with multiple partners or intravenous drug use. No area of the state remains unaffected.

- **Gay and Lesbian Youth:** Although many lesbian, gay, and bisexual adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, and bisexual young people are at higher risk for depression, alcohol and other drug use, suicide, HIV infection, and other sexually transmitted diseases.<sup>46</sup>

## ✓ Sexual Behavior (cont'd)

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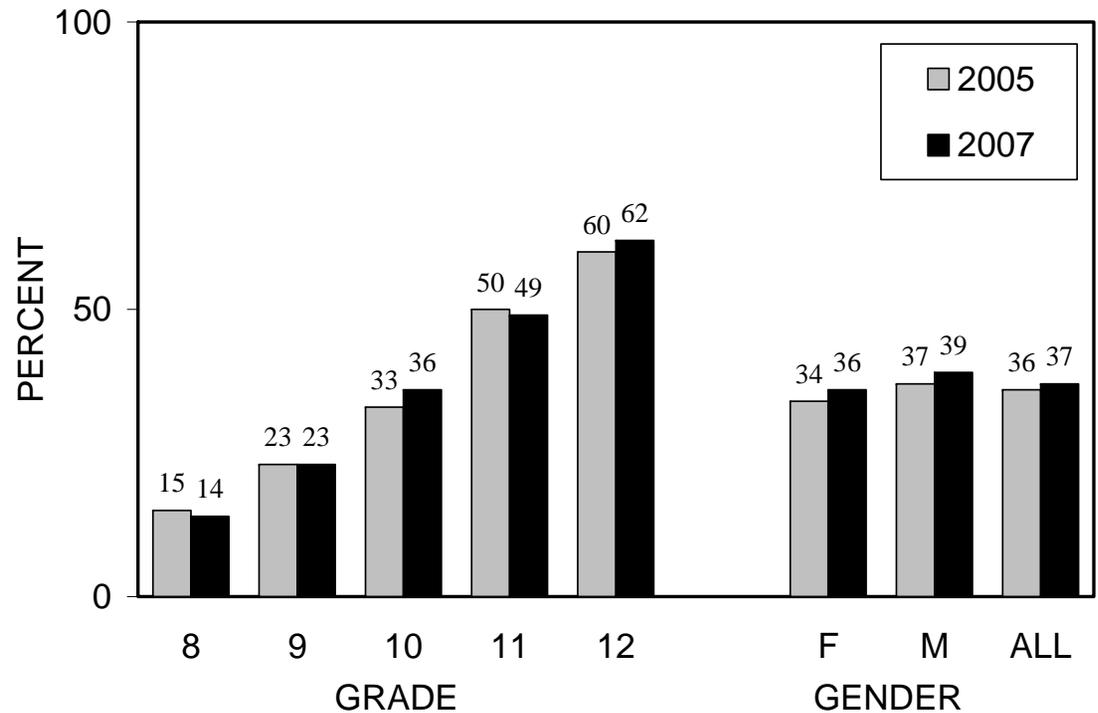
### **Related *Healthy Vermonters 2010* Goals:**

- Increase the percentage of adolescents who abstain from sexual intercourse or use condoms if currently sexually active.
- Reduce HIV infection among adolescents and adults.
- Further reduce the percentage of people ages 15-24 with Chlamydia trachomatis infection.

## ■ Sexual Behavior

- **Over one-third of students have had sex.** In 2007, 37 percent of students reported having had sexual intercourse.

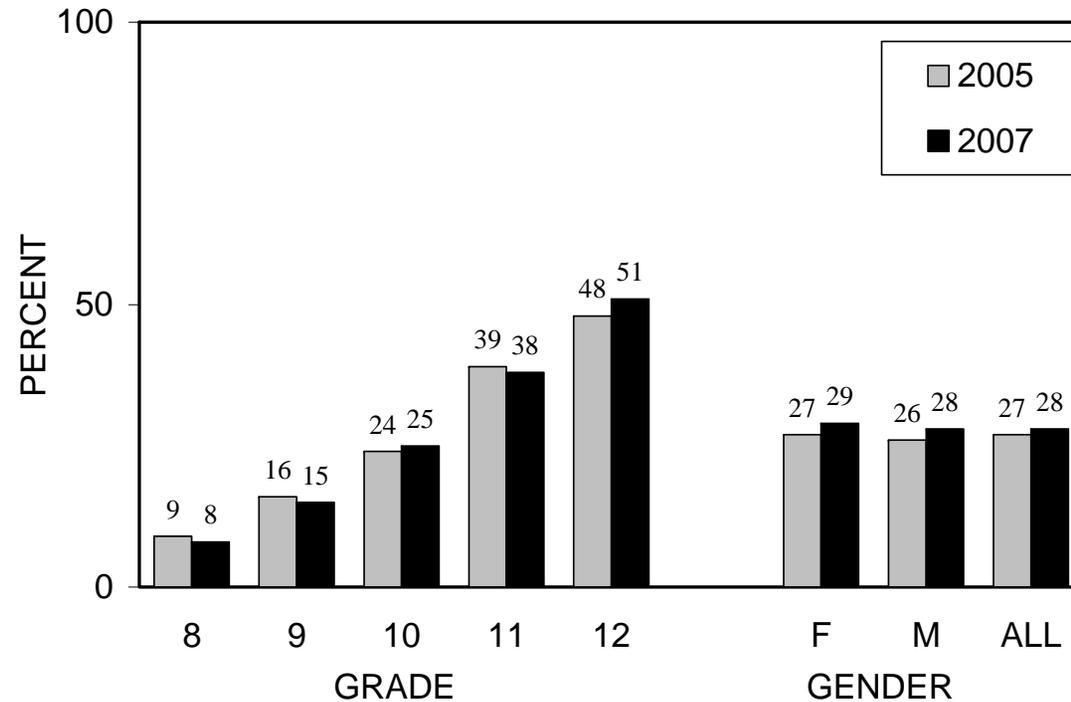
Percent of students who have ever had sexual intercourse



## ■ Sexual Behavior

- **More than one-quarter of Vermont students are sexually active.** Overall, 28 percent of students reported having had sex during the past three months.
- **More older students than younger students are sexually active.** In 2007, 51 percent of 12<sup>th</sup> graders had sex during the past three months, compared to 8 percent of 8<sup>th</sup> graders.

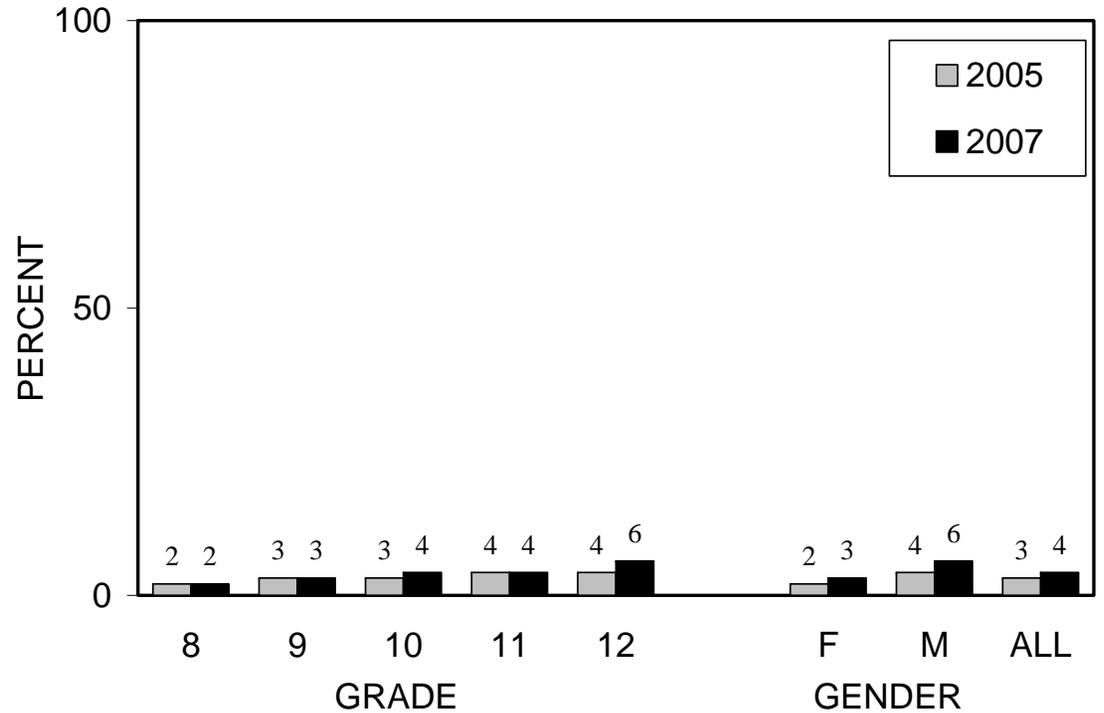
Percent of students who have had sexual intercourse during the past three months



## ■ Sexual Behavior

- Overall, 4 percent of Vermont students have had sexual intercourse with three or more people during the past three months.

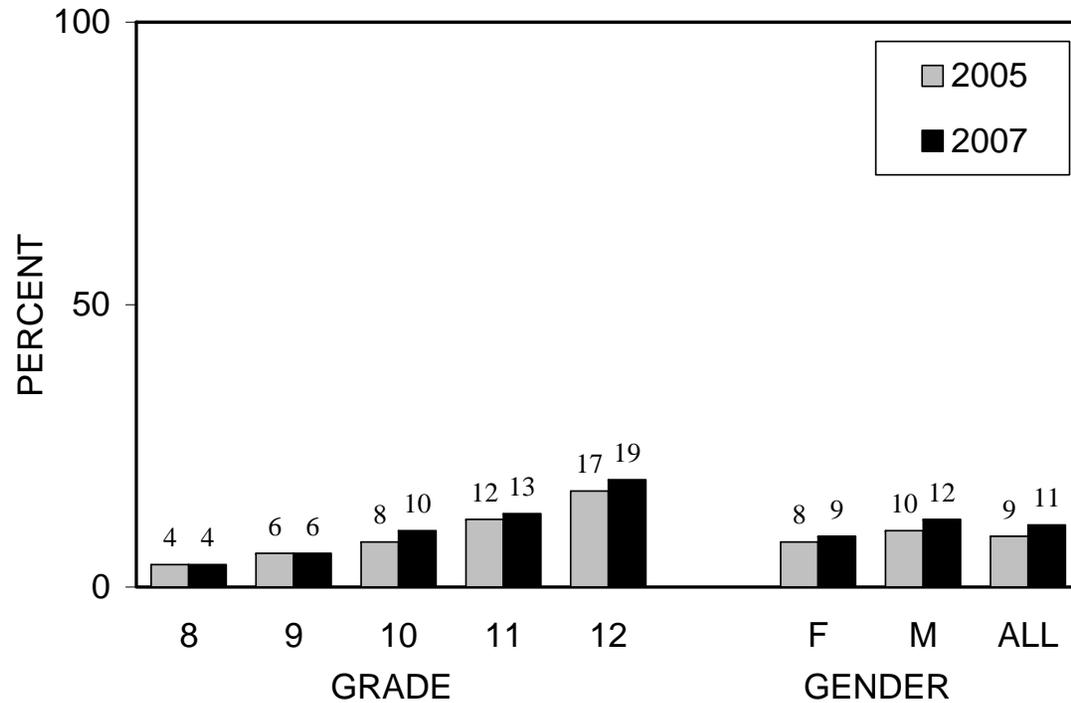
**Percent of students who have had sexual intercourse with three or more people during the past three months**



## ■ Sexual Behavior

- Approximately one in ten (11%) students have had sexual intercourse with four or more people in their lifetime.

**Percent of students who have had sexual intercourse with four or more people during their lifetime**



## ■ Sexual Behavior

- **Males have sex earlier than females.** Males are twice as likely as females to have had sex prior to age 13 (8% vs 4%).
- **More than one-quarter (24%) of sexually active students used alcohol or drugs prior to sex.**
- **Almost two-thirds of sexually active students use condoms.** Overall, 63 percent of sexually active students used a condom during their most recent sexual experience.

SEXUAL BEHAVIOR	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
First had sexual intercourse before age 13	6	6	6	4	5	4	8	6	6
Used drugs or alcohol before their most recent sexual experience*	37	26	29	25	27	23	33	28	24
Used a condom during their most recent sexual experience*	66	64	67	65	59	59	67	63	65

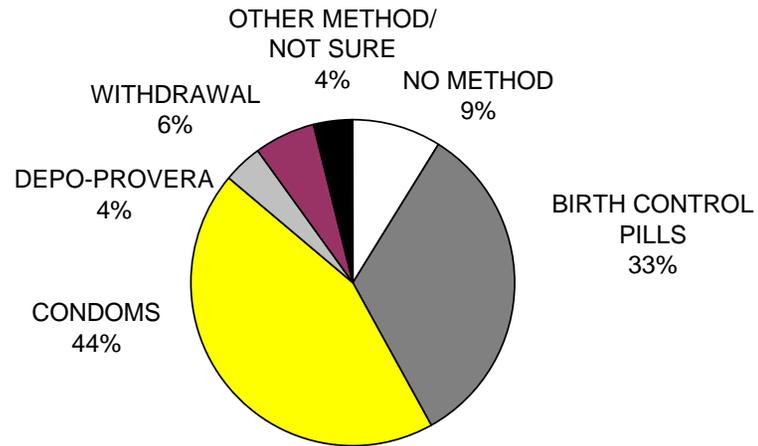
\*Includes only students who said that they have had sexual intercourse during past three months.

## Sexual Behavior

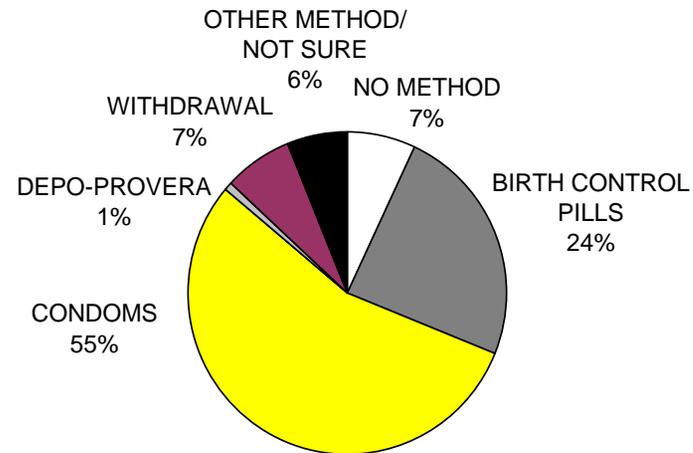
- **Condoms are the most commonly used contraceptive.** Overall, 50 percent of students used condoms to prevent pregnancy the last time they had sex.
- **Many students do not use any method to prevent pregnancy.** Overall, 8 percent of students did not use any method to prevent pregnancy the last time they had sex, and 3 percent were not sure what method was used.

**What method did you or your partner use to prevent pregnancy the last time you had sexual intercourse?  
(only among those students who have ever had sex)**

### FEMALES



### MALES

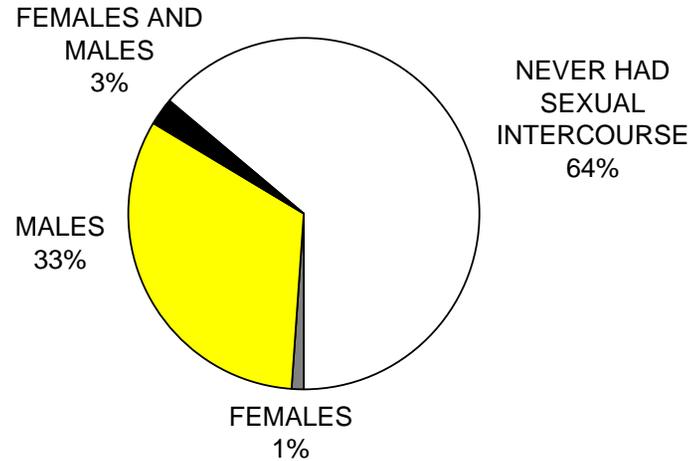


## ■ Sexual Behavior

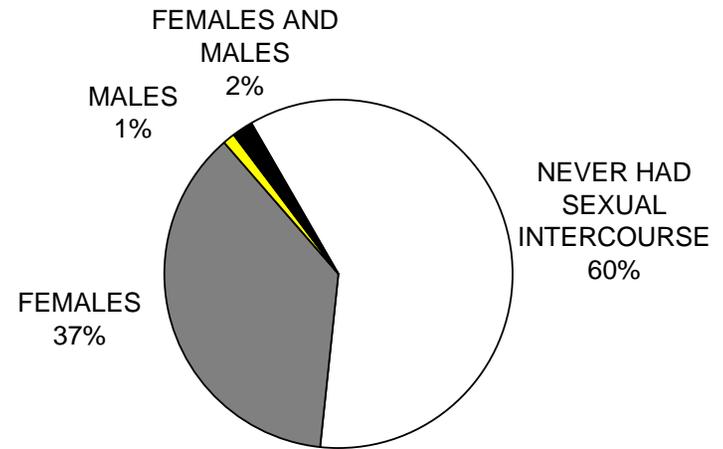
- Overall, 3 percent of students have engaged in same sex sexual intercourse.

The persons with whom you have had sexual intercourse are:

### FEMALES



### MALES



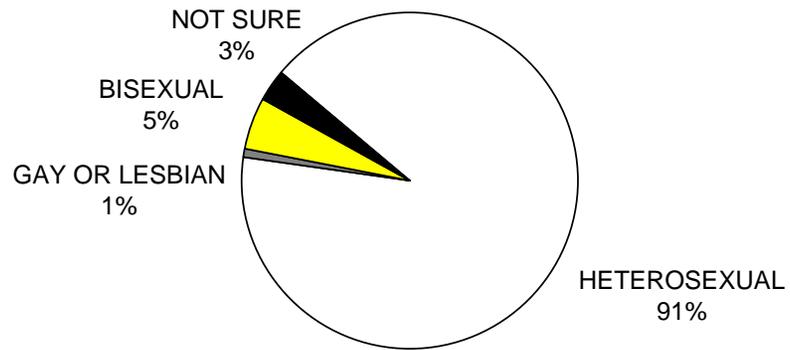
## ■ Sexual Orientation

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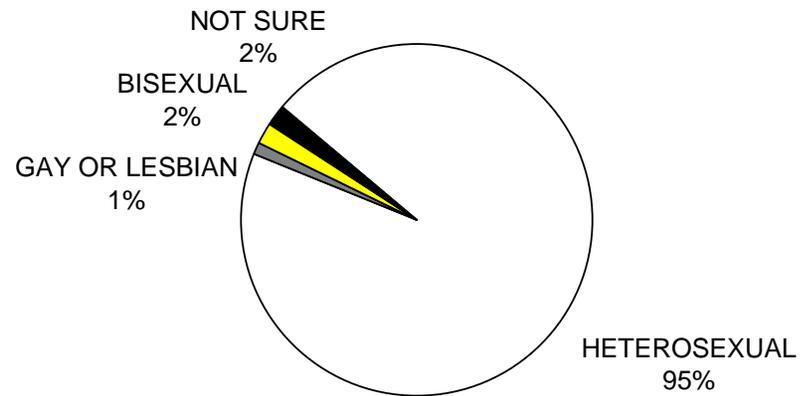
- Overall, 1 percent of students describe themselves as gay or lesbian. In addition, 3 percent describe themselves as bisexual and 3 percent are not sure.

Self-reported sexual orientation:

### FEMALES



### MALES



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## ✓ Body Weight and Nutrition

This section asks students their height and weight, how they feel about their weight and what, if anything, they are doing to control their weight. The questions also inquire about how often students eat breakfast, eat fruits and vegetables, drink milk, and drink soda.

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- In the United States, there are more than twice as many **overweight** children and more than three times as many overweight adolescents than there were in 1980.<sup>47</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>48</sup> Approximately 400,000 deaths a year in the US are currently associated with overweight and obesity and, left untreated, overweight and obesity may soon overtake tobacco as the leading cause of death.<sup>30</sup> Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>49</sup>

Overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.<sup>50,51</sup> Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.<sup>52,53</sup> It is estimated that as many as seven to eight percent of females in the US suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.<sup>54</sup>

- **Nutrition:** Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.<sup>55-60</sup> Milk is by far the largest single source of calcium for adolescents,<sup>61</sup> but it is estimated that about half of adolescent males and more than 80 percent of adolescent females do not meet dietary recommendations for calcium intake.<sup>62</sup> Calcium is essential for the formation and maintenance of bones and teeth; low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.<sup>59,63</sup> In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.<sup>64</sup>

## ✓ **Body Weight and Nutrition (cont'd)**

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### **Related *Healthy Vermonters 2010* Goals:**

- Reduce the percentage of youth who are obese or overweight.
- Increase the percentage of people who eat at least two daily servings of fruits.
- Increase the percentage of people who eat at least three daily servings of vegetables.

## ■ Body Weight

- **Overall, 15 percent of students are at risk for being overweight.** No difference was seen between males and females.
- **Overall, 12 percent of students are overweight.** Male students were more likely to be overweight than females (15% vs 8%).

BODY WEIGHT	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who are at risk for being overweight (85<sup>th</sup> Body Mass Index Percentile*)</b>	16	17	14	13	13	14	15	15	14
<b>Percent of students who are overweight (95<sup>th</sup> Body Mass Index Percentile*)</b>	12	12	12	10	11	8	15	12	10

\*Body mass index is calculated as weight in kilograms divided by the square of the height in meters.

## ■ Body Weight

- More females than males think they are overweight and are trying to lose weight.** In 2007, 34 percent of female students described themselves as overweight, compared to 25 percent of male students. The difference between females and males was similar in 2005 (34% vs 24%). In addition, 58 percent of female students are trying to lose weight, compared to 29 percent of male students. This difference was similar in 2005 (58% vs 27%).

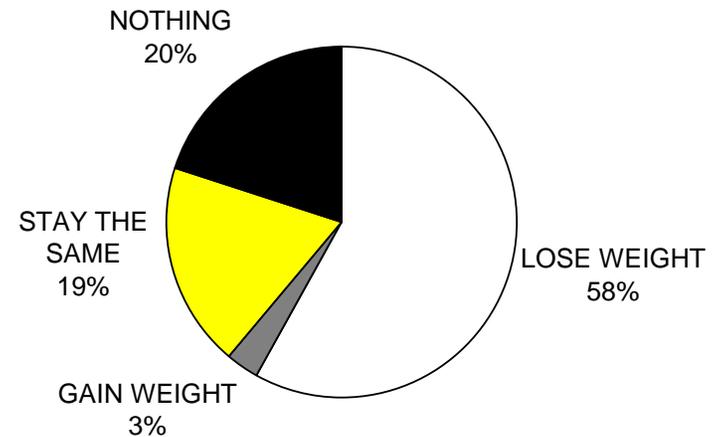
BODY WEIGHT PERCEPTION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who describe themselves as:</b>									
<b>Underweight</b>	14	14	12	13	10	9	15	12	13
<b>About the right weight</b>	59	57	59	59	59	56	60	58	58
<b>Overweight</b>	28	29	30	28	31	34	25	30	29
<b>Percent of students who are:</b>									
<b>Trying to lose weight</b>	43	43	43	42	42	58	29	43	42
<b>Trying to gain weight</b>	9	13	12	17	13	3	22	13	12
<b>Trying to stay the same</b>	21	19	20	17	20	19	20	19	20
<b>Doing nothing about their weight</b>	27	25	26	24	24	20	30	25	27

## ■ Body Weight

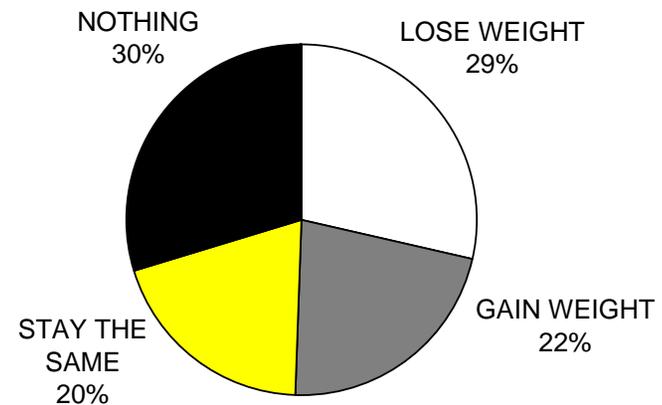
- **More males than females are trying to gain weight.** Male students were almost seven times more likely than female students to be trying to gain weight (22% vs 3%). Similarly, 19 percent of male students in 2005 were trying to gain weight, compared to 4 percent of female students.

### What are students trying to do about their weight?

#### FEMALES



#### MALES

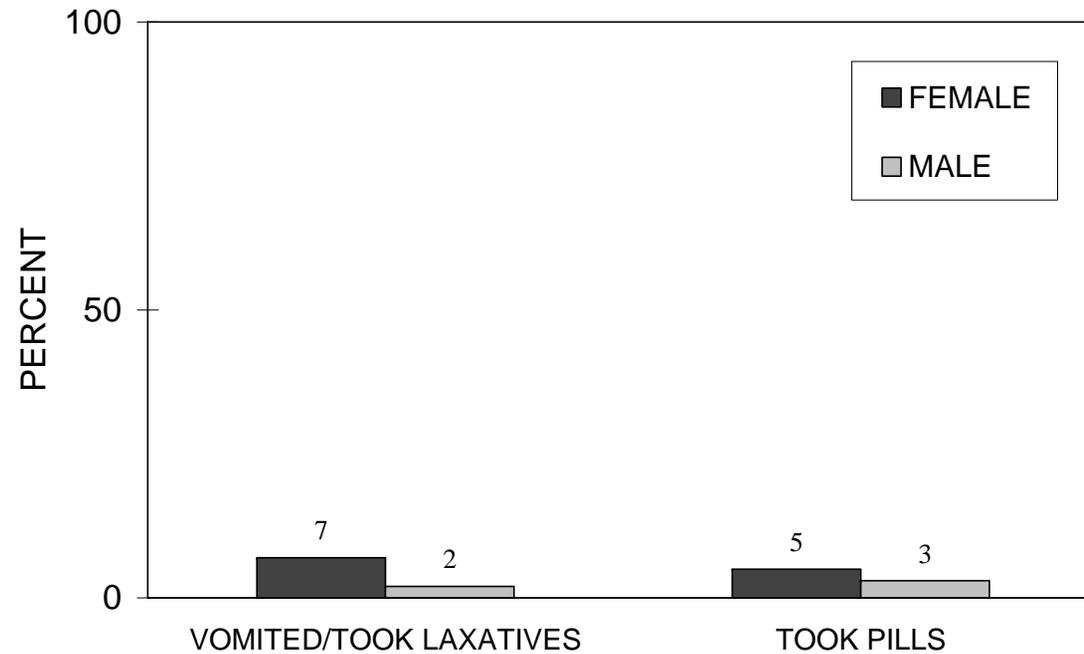


## ■ Body Weight

- **More females than males used unhealthy methods to try to control their weight.**

Female students were more likely than male students to have vomited or taken laxatives (7% vs 2%) and taken diet pills (5% vs 3%) to try and control their weight.

**What females and males did during the past 30 days to control their weight**



## ■ Nutrition

- **Three-quarter of students (74%) eat breakfast three or more days per week.** While younger students were slightly more likely than older students to report eating breakfast, no significant differences were observed by grade or gender.
- **Overall, 42 percent of students eat breakfast every day.** No significant differences were seen by grade or gender.

BREAKFAST	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who:</b>									
<b>Ate breakfast three or more days a week</b>	77	76	74	73	70	73	74	74	NA
<b>Ate breakfast every day</b>	46	44	42	40	39	39	44	42	NA

## ■ Nutrition

- **Overall, 35 percent of students eat two or more servings of fruit or fruit juice daily.** The percent of students who eat two or more fruits per day has decreased since 1999 (35% vs 45%).
- **Overall, 16 percent of students eat three or more servings of vegetables daily.**
- **Overall, 24 percent of students eat five or more servings of fruits and vegetables daily.** The percent of students who ate five or more servings of fruits and vegetables per day has decreased since 1999 (24% vs 33%).

FRUITS & VEGETABLES	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who:</b>									
<b>Eat two or more servings of fruit or fruit juice per day</b>	36	35	34	34	35	35	35	35	37
<b>Eat three or more servings of vegetables per day</b>	17	17	16	15	15	16	16	16	14
<b>Eat five or more servings of fruits and vegetables per day</b>	25	25	25	22	23	24	24	24	24

## ■ Nutrition

- Overall, 59 percent of students drink a glass of milk daily.
- More than one-fifth (23%) of students drink three or more glasses of milk daily. In 2007, 30 percent of male students drank three or more glasses of milk per day, compared to 17 percent of female students.
- About one-fourth (24%) of students drink soda daily.
- Males drink more soda than females. In 2007, 31 percent of male students drank one or more sodas daily, compared to 17 percent of female students. In addition, 13 percent of males drank three or more sodas per day compared to 6 percent of females.

MILK & SOFT DRINK CONSUMPTION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Drink one or more glasses of milk per day	61	59	60	59	57	52	65	59	59
Drink three or more glasses of milk per day	27	25	24	23	20	17	30	23	24
Drink one or more glasses of sodas per day	22	24	24	25	26	17	31	24	NA
Drink three or more glasses of sodas per day	9	10	11	9	11	6	13	10	NA



## ✓ Physical Activity

This section asks students how often they engage in physical activity and physical education classes. Students are also asked how often they watch television and play on the computer for fun or play video games.

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- **Regular physical activity** helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being.<sup>65</sup> In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>65</sup>
  - **School physical education classes:** Major decreases in vigorous physical activity occur during grades 9 through 12, particularly for girls; by 12<sup>th</sup> grade, more than half of female students in the US are not participating regularly in vigorous physical activity.<sup>66</sup> School physical education classes can increase adolescent participation in physical activity<sup>67-69</sup> and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.<sup>70</sup>
  - **Television viewing** is the principal sedentary leisure time behavior in the US. Studies have shown that television viewing in young people is related to obesity<sup>71,72</sup> and violent or aggressive behavior.<sup>73,74</sup> Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.
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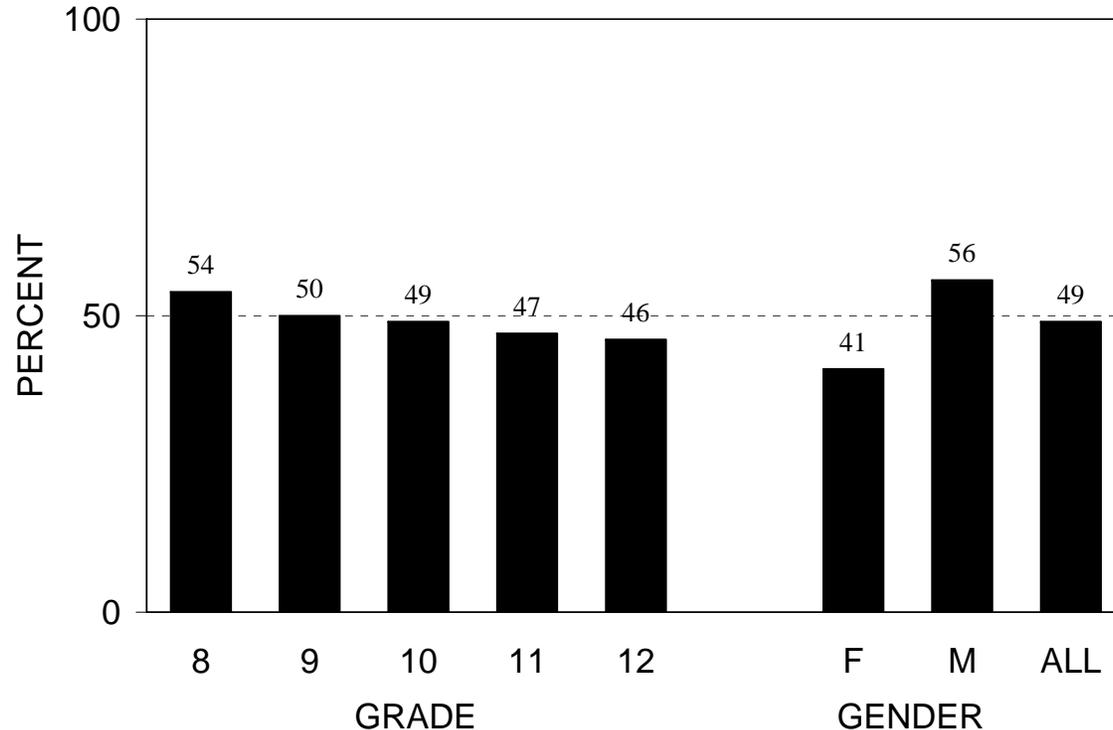
### **Related *Healthy Vermonters 2010* Goals:**

- Increase the percentage of middle and junior high schools that require daily physical education for all students.

## ■ Physical Activity

- **Almost half (49%) of students participate in 60 minutes of physical activity per day five or more days per week.**
- **Fewer females participate in daily physical activity than males.** In 2007, 41 percent of female students got 60 minutes of physical activity per day on five or more days per week, compared to 56 percent of male students.

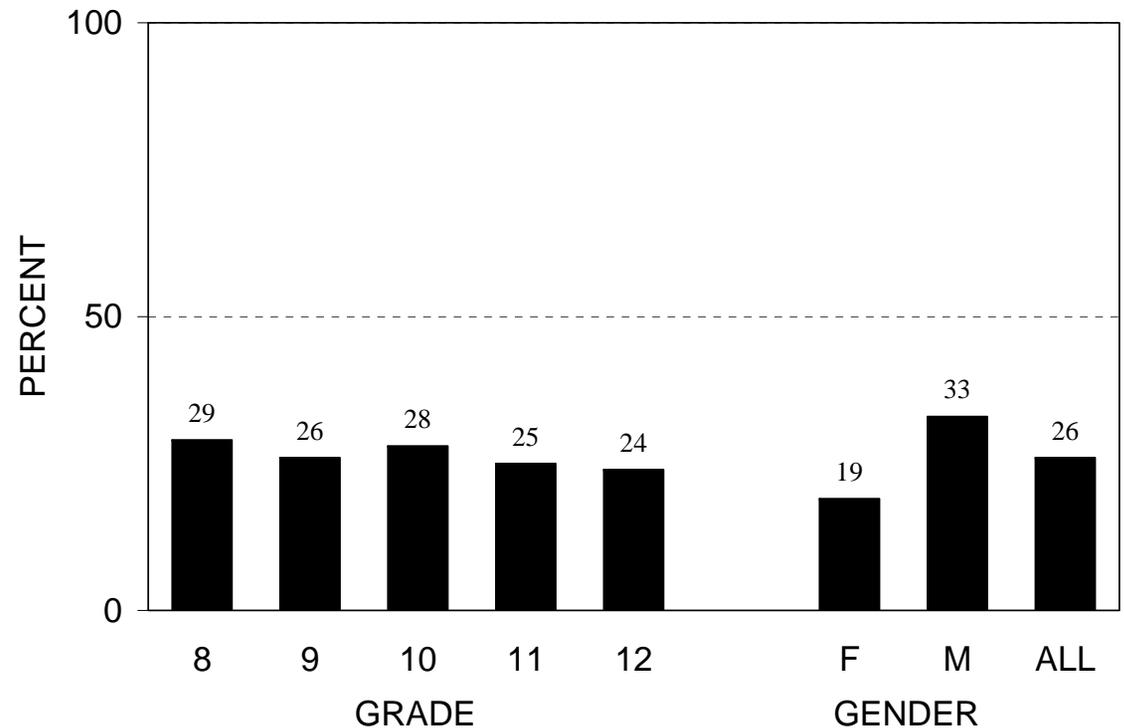
**Percent of students who participated in at least 60 minutes of physical activity five or more days during the past seven days**



## ■ Physical Activity

- Overall, 26 percent of students participated in 60 minutes of physical activity per day every day.
- Fewer females participate in daily physical activity than males. In 2007, 19 percent of female students got 60 minutes of physical activity per every day, compared to 33 percent of male students.

Percent of students who participated in at least 60 minutes of physical activity every day during the past seven days



## ■ Physical Activity

- **Approximately half (49%) of students participate in weekly physical education classes.** Eighty-seven percent of 8<sup>th</sup> graders, compared to only 25 percent of 12<sup>th</sup> graders, participated in at least one physical education class per week. The difference between 8<sup>th</sup> and 12<sup>th</sup> graders was similar in 2005 (92% vs 24%).
- **Overall, 18 percent of students participate in physical education class every day.**

PHYSICAL EDUCATION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who participated in:</b>									
<b>Physical education classes at least once during the past seven days</b>	87	63	47	26	25	45	53	49	56
<b>Physical education classes five days during the past seven days</b>	17	29	21	13	12	16	21	18	14

## ■ Physical Activity

- Over one-third (36%) of students spend three or more hours a school day watching TV, playing video games, or playing on the computer for fun.
- Overall, 10 percent of students spend five or more hours per school day watching TV or playing video games/computer.

TV AND COMPUTER GAMES	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Spend three or more hours per school day watching TV or playing on the computer	36	37	37	35	37	31	41	36	36
Spend five or more hours per school day watching TV or playing on the computer	10	10	8	9	10	7	12	10	10



## ✓ Measures of Youth Assets

Healthy development depends not only on avoiding harmful behavior, but on strengthening the sources of positive influence in our lives. This section asks students about the grades they receive in school, how often their parents talk to them about school, how often they eat meals with their family, how often they are involved in clubs or organizations, how often they volunteer their time helping their community, their perception of students' role in deciding what happens in school, and their perception of how they are valued by their communities.

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- **Grades in School:** Above-average school performance is viewed as one of many developmental assets (i.e., factors promoting positive development) for youth. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.<sup>75</sup> In 2005, 73 percent of 8-12<sup>th</sup> graders in Vermont reported that their school performance was above average.<sup>76</sup>
- **Parents Involvement in School:** One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork—asking about academic progress, attending teacher conferences, and so on. In addition, a national study of adolescent health found that youth who reported a “connectedness” to their parents/family and school were the least likely to engage in risky behaviors. Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>75</sup> Only 27 percent of 6<sup>th</sup> to 12<sup>th</sup> grade students surveyed across the United States reported that their parents are involved in helping them succeed in school.<sup>77</sup>
- **Family meals:** Mealtimes can be important opportunities for family members to connect with one another and strengthen relationships.<sup>78</sup> Teens who regularly eat meals with their family are more likely to get better grades in school, and to initiate sexual activity later, than teens who do not. They are also less likely to get into fights, contemplate suicide, smoke cigarettes, drink, and use drugs.<sup>78,79</sup> Even after controlling for other kinds of family connectedness, more frequently sharing meals with family is associated with teens' lower substance use, fewer depression symptoms, and better grades.<sup>80</sup> Parents' presence at family meals is also associated with adolescents' higher consumption of fruits, vegetables, and dairy foods.<sup>81</sup>

## ✓ Measures of Youth Assets (cont'd)

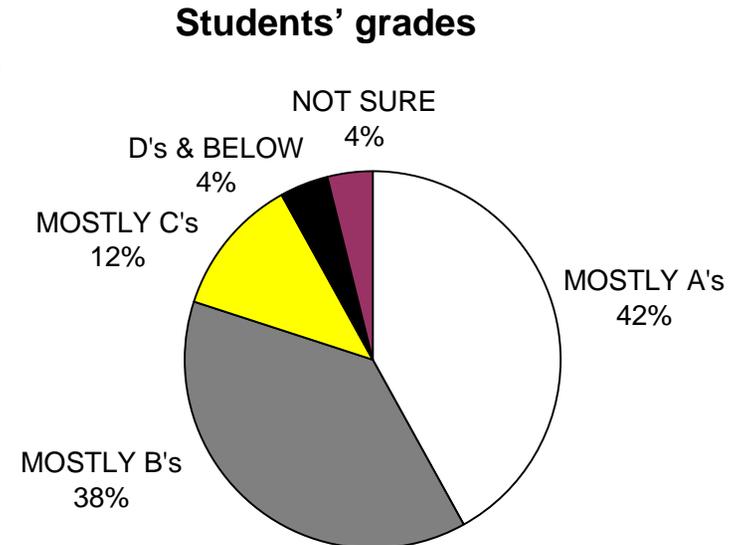
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- **Participation in youth programs and service to community:** Research shows that involvement in constructive, supervised extra-curricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and crime.<sup>82</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other “thriving” behaviors.<sup>83</sup>
- **Youth as resources:** Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.
- **Youth valued by their community:** It stands to reason that young people respond positively when they perceive they are valued by others in their community. In 2005, 45 percent of 8-12<sup>th</sup> graders in Vermont reported feeling valued in their community.<sup>76</sup>

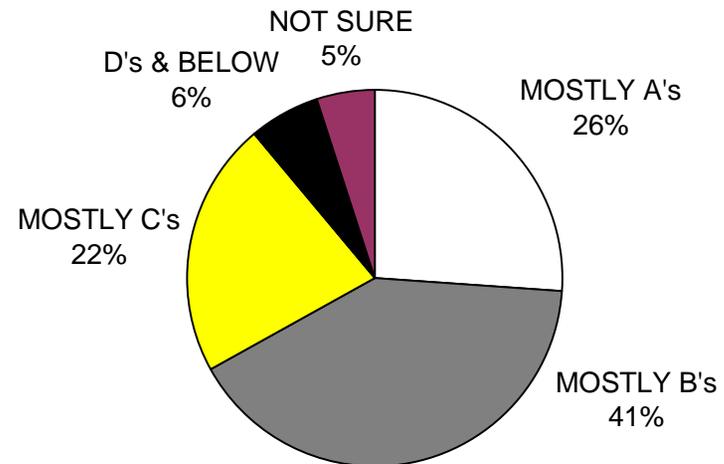
## ■ Measures of Youth Assets

- **The majority of students receive above average grades.** Overall, 73 percent of students reported receiving B's and above.
- **Females report higher grades than males.** Forty-two percent of female students reported receiving mostly A's, compared to 26 percent of male students.

### FEMALES



### MALES

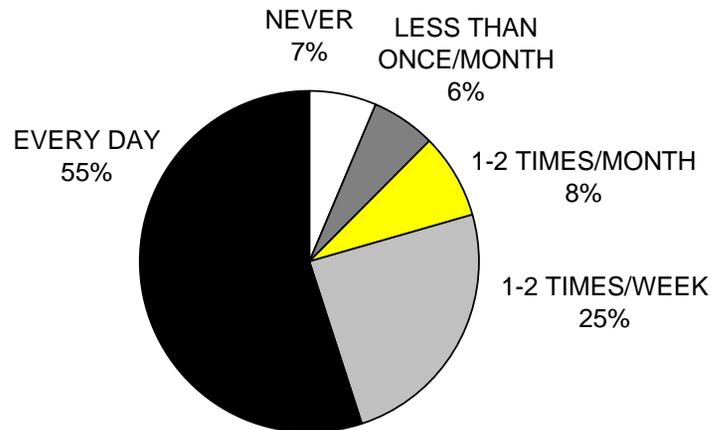


## Measures of Youth Assets

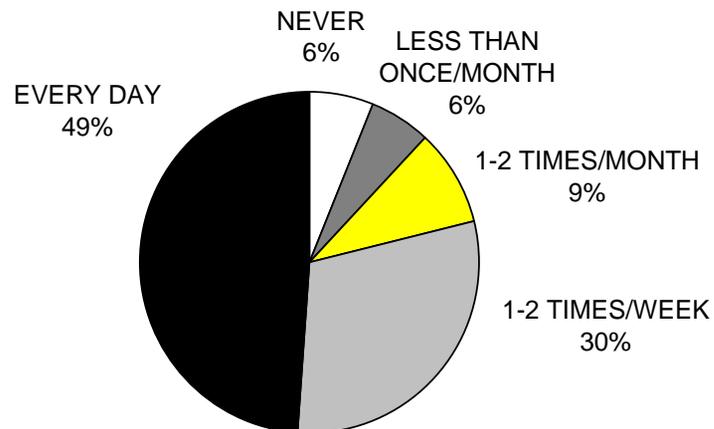
- **Over three-fourths (77%) of students' parents talk with them about school weekly or more often.** Overall, 52 percent of students reported that their parents talked with them daily about school and 27 percent talked with them once or twice a week.
- **Few parents rarely or never talk with their children about school.** Overall, 6 percent of students reported that their parents never talk with them about school and 6 percent reported that their parents talk with them about school less than once a month.

How often does one of your parents talk with you about what you are doing in school?

### FEMALES



### MALES



## ■ Measures of Youth Assets

- **Almost three-quarters (73%) of students eat meals with their family three or more times per week and one-quarter (26%) eat a meal every day with their family.**
- **Younger students were more likely than older students to eat a meal with their family.** For instance, 77 percent of eighth graders, compared to 68 percent of twelfth graders, ate a meal with their family at least three times during the past week. Similarly, 35 percent of eighth graders ate a meal with their family every day during the past week, compared to 18 percent of twelfth graders.
- **Overall, 13 percent of students did not eat a meal with their family during the past seven days.**

FAMILY MEALS	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
<b>Ate a meal with all or most of their family members three or more times during the past seven days.</b>	77	75	75	70	68	71	75	73	NA
<b>Ate a meal with all or most of their family members every day.</b>	35	30	27	20	18	24	27	26	NA
<b>Did not eat a meal with their family during the past seven days</b>	11	13	12	14	15	13	12	13	NA

## ■ Measures of Youth Assets

- **Three out of ten (30%) students participate in clubs outside of school.** No difference was seen between grades, but more females than males participated in clubs or organizations outside of school (35% vs 25%).

PARTICIPATION IN YOUTH PROGRAMS	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
<b>Percent of students who:</b>									
<b>Spend one or more hours per week in clubs/organizations outside of school (not including sports)</b>	28	30	31	30	31	35	25	30	31
<b>Spend three or more hours per week in clubs/organizations outside of school (not including sports)</b>	12	13	14	13	13	16	11	14	8

## ■ Measures of Youth Assets

- **Almost half (45%) of Vermont students volunteer their time.** No difference was seen across grades, but slightly more females than males participated in clubs or organizations outside of school (48% vs 41%).

<b>SERVICE TO COMMUNITY</b>	<b>GRADE</b>					<b>GENDER</b>		<b>ALL</b>	
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>F</b>	<b>M</b>	<b>2007</b>	<b>2005</b>
<b>Percent of students who:</b>									
<b>Spend one or more hours per week volunteering their time to make their community a better place to live</b>	44	43	43	43	50	48	41	45	46
<b>Spend three or more hours per week volunteering their time to help others make their community a better place to live</b>	11	13	13	13	15	14	12	13	9

## ■ Measures of Youth Assets

- **Almost half (46%) of students report that students help decide what goes on at their school.** No significant difference was seen across grades or gender.
- **Less than half (45%) of students feel valued by their community.** No significant difference was seen across grades or gender.
- **Almost nine out of ten (88%) students have an adult in their life they can turn to for help and advice.** No significant difference was seen across grades or gender.

YOUTH VALUED BY THEIR SCHOOL AND COMMUNITY	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who agree with the following statements:									
Students help decide what goes on in my school	52	51	49	50	51	52	49	51	46
In my community, I feel like I matter to people	49	46	46	45	52	45	50	47	45

MENTOR	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who have an adult in their life they can usually turn to for help and advice	88	89	89	90	92	90	89	89	88

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