

# **2013 Vermont Youth Risk Behavior Survey Report**

## **Report for Southwest Vermont Supervisory Union**

### **Survey Format in 2013**

In 2013, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

All results in the 2013 high school report are for grades 9 through 12 only, and the middle school report are for grades 6 through 8 only. The participation rate for Southwest Vermont Supervisory Union was 85%.

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

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx>

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

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## Table of Contents

How to Use the YRBS_____	3
How to Read this YRBS Report_____	4
A Word of Caution_____	5
Background_____	6
References_____	12

### High School

Participation Rates_____	15
Chapter 1: Personal Safety_____	16
Chapter 2: Alcohol, Tobacco and Other Drugs_____	24
Chapter 3: Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use_____	35
Chapter 4: Sexual Behavior and Orientation_____	40
Chapter 5: Body Image_____	45
Chapter 6: Nutrition and Physical Activity_____	47
Chapter 7: Youth Assets_____	52

### Middle School

Participation Rates_____	57
Chapter 1: Personal Safety_____	58
Chapter 2: Alcohol, Tobacco and Other Drugs_____	64
Chapter 3: Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use_____	72
Chapter 4: Body Image_____	75
Chapter 5: Nutrition and Physical Activity_____	76
Chapter 6: Youth Assets_____	80

## How to Use the YRBS

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

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

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.
- **Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

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

## **How to Read this YRBS Report**

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

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

In 2013, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between supervisory union estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years (trend lines can be found at the end of the 2011 local-level reports). In the 2013 statewide report you will find updated 2011 numbers (so they might look different from previous 2011 reports you have seen). These results are generalizable to the Vermont public high school and middle school populations.

**Statistical Comparisons:** We note significant differences in the far right column on each table labeled “Notes.” For the 2013 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each supervisory union were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this supervisory union is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

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

## **A Word of Caution**

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

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

## Personal Safety

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

- Physical fighting is a marker for problem behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.<sup>4,5,6</sup>
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.<sup>14</sup>

## Alcohol, Tobacco and Other Drugs

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

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

## **Sexual Behavior and Orientation**

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</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>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.<sup>30</sup>



## **Body Image**

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

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.<sup>31</sup> Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>
- Overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.<sup>34,35</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 that can lead to abnormal physical and psychological development.<sup>36,37</sup>

## Nutrition and Physical Activity

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

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.<sup>39-43</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>44-45</sup>
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>46</sup> The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.<sup>46</sup>
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.<sup>47-50</sup>
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

## Measures of Youth Assets

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

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

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*Demographics***Number of Students by Grade and Sex**

Grade					Sex			Total
Missing Grade	9th	10th	11th	12th	Missing Sex	Female	Male	
12	233	215	190	172	12	417	393	822

**Percent of Students by Age**

	2013
14 years or younger	13%
15 years	26%
16 years	25%
17 years	23%
18 years or older	12%

**Percent of Students by Race and Ethnicity**

	2013
White non-Hispanic	87%
Racial or ethnic minority	10%

**Percent of Students by Mother's Education**

	2013
High school or less	35%
Some college	16%
College graduate	26%
Graduate or professional degree after college	13%
Not sure	9%

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

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

		Southwest	Vermont	Notes
Grade	9th	24%	26%	
	10th	17%	21%	
	11th	17%	17%	
	12th	11%	16%	
Sex	Female	14%	13%	
	Male	21%	27%	SU statistically lower
Total		18%	20%	

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

		Southwest	Vermont	Notes
Grade	9th	3%	6%	
	10th	4%	5%	
	11th	3%	5%	
	12th	3%	5%	
Sex	Female	4%	6%	
	Male	3%	5%	
Total		4%	5%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	4%	7%	
	10th	6%	8%	
	11th	4%	10%	SU statistically lower
	12th	13%	10%	
Sex	Female	4%	3%	
	Male	10%	13%	
Total		7%	9%	



*1 Personal Safety***1.04 Percent of students who were in a physical fight on school property, past 12 months**

		Southwest	Vermont	Notes
Grade	9th	7%	11%	SU statistically lower
	10th	7%	8%	
	11th	6%	7%	
	12th	4%	5%	
Sex	Female	6%	4%	SU statistically lower
	Male	6%	12%	
Total		6%	8%	

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

		Southwest	Vermont	Notes
Grade	9th	5%	6%	Too few students
	10th	.	6%	
	11th	6%	5%	
	12th	3%	4%	
Sex	Female	4%	4%	SU statistically lower
	Male	4%	7%	
Total		4%	5%	

**1.06 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

		Southwest	Vermont	Notes
Grade	9th	51%	52%	SU statistically lower
	10th	57%	56%	
	11th	56%	57%	
	12th	43%	57%	
Sex	Female	46%	51%	
	Male	56%	59%	
Total		52%	56%	

*1 Personal Safety***1.07 Percent of students who never or rarely wore a seatbelt when riding in a car**

		Southwest	Vermont	Notes
Grade	9th	6%	7%	
	10th	8%	6%	
	11th	8%	7%	
	12th	3%	8%	SU statistically lower
Sex	Female	6%	5%	
	Male	7%	9%	
Total		6%	7%	

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

		Southwest	Vermont	Notes
Grade	9th	16%	12%	
	10th	22%	16%	
	11th	45%	42%	
	12th	50%	56%	
Sex	Female	38%	35%	
	Male	34%	36%	
Total		36%	35%	

**1.09 Percent of students who rode with a drinking driver, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	16%	20%	
	10th	14%	20%	SU statistically lower
	11th	18%	20%	
	12th	12%	22%	SU statistically lower
Sex	Female	16%	20%	
	Male	14%	21%	SU statistically lower
Total		15%	21%	SU statistically lower

*1 Personal Safety***1.10 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	6%	6%	
	10th	.	5%	Too few students
	11th	6%	8%	
	12th	6%	13%	SU statistically lower
Sex	Female	6%	6%	
	Male	5%	11%	SU statistically lower
Total		5%	8%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	16%	14%	
	10th	21%	21%	
	11th	29%	26%	
	12th	27%	32%	
Sex	Female	25%	22%	
	Male	22%	25%	
Total		23%	23%	

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

		Southwest	Vermont	Notes
Grade	9th	8%	10%	
	10th	10%	10%	
	11th	14%	16%	
	12th	12%	23%	SU statistically lower
Sex	Female	7%	11%	SU statistically lower
	Male	16%	20%	
Total		11%	16%	SU statistically lower

*1 Personal Safety***1.13 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

		Southwest	Vermont	Notes
Grade	9th	11%	9%	
	10th	9%	8%	
	11th	8%	9%	
	12th	4%	9%	SU statistically lower
Sex	Female	10%	10%	
	Male	6%	8%	
Total		8%	9%	

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

		Southwest	Vermont	Notes
Grade	9th	7%	4%	
	10th	5%	6%	
	11th	7%	7%	
	12th	4%	7%	
Sex	Female	11%	9%	
	Male	1%	3%	SU statistically lower
Total		6%	6%	

NOTE: This question changed in 2013, previously it read: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? Response options: Yes ; No. In 2013 it was changed to: During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.) Response options: I did not date or go out with anyone during the past 12 months; 0 times; 1 time; 2 or 3 times; 4 or 5 times; 6 or more times

*1 Personal Safety***1.15 Percent of students who reported being bullied, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	22%	23%	
	10th	17%	20%	
	11th	20%	17%	
	12th	13%	12%	
Sex	Female	25%	23%	
	Male	11%	13%	
Total		18%	18%	

**1.16 Percent of students who bullied someone else, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	18%	16%	
	10th	14%	14%	
	11th	15%	13%	
	12th	14%	12%	
Sex	Female	16%	12%	SU statistically higher
	Male	15%	16%	
Total		15%	14%	

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

*1 Personal Safety***1.17 Percent of students who reported being electronically bullied, past 12 months**

		Southwest	Vermont	Notes
Grade	9th	22%	18%	
	10th	15%	17%	
	11th	19%	15%	
	12th	15%	13%	
Sex	Female	29%	23%	SU statistically higher
	Male	7%	9%	
Total		18%	16%	

NOTE: See definition of bullying on previous page. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

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

		Southwest	Vermont	Notes
Grade	9th	20%	18%	
	10th	16%	18%	
	11th	15%	16%	
	12th	15%	13%	
Sex	Female	26%	24%	
	Male	7%	9%	
Total		16%	16%	

*1 Personal Safety***1.19 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months**

		Southwest	Vermont	Notes
Grade	9th	22%	21%	
	10th	26%	22%	
	11th	23%	22%	
	12th	27%	21%	
Sex	Female	34%	29%	
	Male	15%	14%	
Total		25%	21%	

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

		Southwest	Vermont	Notes
Grade	9th	12%	11%	
	10th	10%	11%	
	11th	14%	10%	
	12th	11%	9%	
Sex	Female	14%	14%	
	Male	8%	8%	
Total		12%	11%	

**1.21 Percent of students who attempted suicide, past 12 months**

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

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

		Southwest	Vermont	Notes
Grade	9th	38%	41%	
	10th	54%	55%	
	11th	65%	66%	
	12th	71%	74%	
Sex	Female	55%	59%	
	Male	58%	59%	
Total		56%	59%	

**2.02 Percent of students who drank alcohol, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	14%	20%	SU statistically lower
	10th	26%	28%	
	11th	33%	37%	
	12th	38%	47%	
Sex	Female	27%	32%	
	Male	28%	34%	SU statistically lower
Total		27%	33%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	11%	16%	SU statistically lower
	10th	13%	14%	
	11th	10%	13%	
	12th	6%	11%	SU statistically lower
Sex	Female	8%	11%	
	Male	12%	17%	SU statistically lower
Total		10%	14%	SU statistically lower



2 Alcohol, Tobacco and other Drug Use

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

		Southwest	Vermont	Notes
Grade	9th	6%	10%	
	10th	13%	15%	
	11th	20%	22%	
	12th	24%	30%	
Sex	Female	15%	17%	
	Male	16%	22%	SU statistically lower
Total		15%	19%	SU statistically lower

**2.05 Percent of students who drank 10+ drinks in a row, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	2%	2%	
	10th	4%	4%	
	11th	.	5%	Too few students
	12th	5%	8%	
Sex	Female	2%	2%	
	Male	5%	7%	
Total		4%	5%	

**2.06 Percent of students who drank liquor (out of those who drank), past 30 days**

		Southwest	Vermont	Notes
Grade	9th	.	44%	Too few students
	10th	52%	46%	
	11th	62%	48%	
	12th	56%	45%	
Sex	Female	51%	47%	
	Male	59%	45%	SU statistically higher
Total		54%	46%	SU statistically higher

*2 Alcohol, Tobacco and other Drug Use***2.07 Of students who drank in the past 30 days, the percent who bought their own alcohol (including a bar, store, public event)**

		Southwest	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	3%	Too few students
	11th	.	4%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	2%	Too few students
	Male	5%	6%	
Total		2%	5%	

**2.08 Of students who drank in the past 30 days, the percent who got their alcohol from someone else (either were given, or gave someone money to purchase)**

		Southwest	Vermont	Notes
Grade	9th	.	51%	Too few students
	10th	61%	61%	
	11th	63%	67%	
	12th	73%	73%	
Sex	Female	73%	70%	
	Male	54%	60%	
Total		64%	65%	

NOTE: Students were asked that if they drank in the past 30 days, where they usually got their alcohol. Response options included: Bought it at a store, supermarket or gas station; bought it at a restaurant, bar or club; bought it at a public event such as a concert; gave someone money to buy it for them; someone else gave it to them; took it from a store or family member; and got it some other way.

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

		Southwest	Vermont	Notes
Grade	9th	14%	15%	
	10th	18%	20%	
	11th	27%	27%	
	12th	29%	32%	
Sex	Female	22%	21%	
	Male	22%	26%	
Total		22%	24%	

**2.10 Percent of students who smoked cigarettes, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	7%	8%	
	10th	7%	11%	
	11th	11%	16%	
	12th	12%	18%	
Sex	Female	11%	11%	
	Male	8%	15%	SU statistically lower
Total		10%	13%	SU statistically lower

**2.11 Percent of students who smoked a whole cigarette before age 13**

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

*2 Alcohol, Tobacco and other Drug Use***2.12 Percent of students who smoked on all 30 days of the past month**

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

**2.13 Percent of students who smoked 11 or more cigarettes on days they smoked**

		Southwest	Vermont	Notes
Grade	9th	.	1%	Too few students
	10th	.	1%	Too few students
	11th	.	2%	Too few students
	12th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	2%	2%	
Total		1%	2%	

**2.14 Percent of smokers who tried to quit smoking, past 12 months**

		Southwest	Vermont	Notes
Grade	9th	.	47%	Too few students
	10th	.	44%	Too few students
	11th	.	45%	Too few students
	12th	.	43%	Too few students
Sex	Female	58%	49%	
	Male	53%	41%	
Total		55%	44%	SU statistically higher

*2 Alcohol, Tobacco and other Drug Use***2.15 Percent of students who smoked in the past 30 days who bought their own cigarettes**

		Southwest	Vermont	Notes
Grade	9th	.	4%	Too few students
	10th	.	6%	Too few students
	11th	.	13%	Too few students
	12th	.	47%	Too few students
Sex	Female	.	15%	Too few students
	Male	.	25%	Too few students
Total		19%	21%	

**2.16 Percent of students who smoked in the past 30 days who were given or bummed their cigarettes from someone else, or gave someone money to buy cigarettes for them**

		Southwest	Vermont	Notes
Grade	9th	.	66%	Too few students
	10th	.	70%	Too few students
	11th	.	72%	Too few students
	12th	.	45%	Too few students
Sex	Female	.	70%	Too few students
	Male	.	56%	Too few students
Total		59%	61%	

NOTE: Students were asked if they smoked in the past 30 days, where they usually got their own cigarettes. Answer options included: Bought them in a store, bought them at a vending machine, gave someone money to buy them, borrowed or bummed them, someone 18 years old or older gave them to me, took them from a friend or family member, got them some other way.

*2 Alcohol, Tobacco and other Drug Use***2.17 Percent of students who used snuff or dip, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	5%	6%	
	10th	7%	8%	
	11th	8%	8%	
	12th	7%	9%	
Sex	Female	3%	2%	
	Male	11%	13%	
Total		7%	8%	

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

		Southwest	Vermont	Notes
Grade	9th	4%	6%	
	10th	8%	10%	
	11th	15%	15%	
	12th	12%	22%	SU statistically lower
Sex	Female	5%	7%	
	Male	15%	19%	
Total		10%	13%	SU statistically lower

**2.19 Percent of students who used snus, ever**

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

*2 Alcohol, Tobacco and other Drug Use***2.20 Percent of students who think that at least 56 out of 100 high school students smoke cigarettes**

		Southwest	Vermont	Notes
Grade	9th	19%	15%	
	10th	11%	14%	
	11th	16%	15%	
	12th	15%	13%	
Sex	Female	18%	15%	
	Male	13%	14%	
Total		15%	15%	

**2.21 Percent of students who heard or saw an ad about the dangers of smoking, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	85%	80%	
	10th	82%	80%	
	11th	81%	79%	
	12th	83%	80%	
Sex	Female	84%	82%	
	Male	82%	77%	
Total		83%	80%	

**2.22 Percent of students who ever heard about Our Voices Exposed - OVX**

		Southwest	Vermont	Notes
Grade	9th	12%	14%	
	10th	10%	16%	SU statistically lower
	11th	20%	25%	
	12th	21%	26%	
Sex	Female	15%	21%	SU statistically lower
	Male	17%	20%	
Total		16%	20%	SU statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.23 Percent of students who were in the same room as someone smoking, past 7 days**

		Southwest	Vermont	Notes
Grade	9th	48%	38%	SU statistically higher
	10th	46%	39%	
	11th	44%	42%	
	12th	46%	44%	
Sex	Female	48%	40%	SU statistically higher
	Male	45%	42%	
Total		46%	41%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	40%	29%	SU statistically higher
	10th	37%	31%	
	11th	35%	32%	
	12th	40%	34%	
Sex	Female	41%	31%	SU statistically higher
	Male	35%	32%	
Total		38%	31%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	56%	50%	
	10th	52%	52%	
	11th	65%	57%	
	12th	58%	59%	
Sex	Female	63%	59%	
	Male	53%	50%	
Total		57%	54%	



*2 Alcohol, Tobacco and other Drug Use***2.26 Percent of students who have ever tried marijuana**

		Southwest	Vermont	Notes
Grade	9th	25%	23%	
	10th	42%	35%	
	11th	56%	45%	SU statistically higher
	12th	57%	52%	
Sex	Female	45%	36%	SU statistically higher
	Male	44%	41%	
Total		44%	39%	SU statistically higher

**2.27 Percent of students who used marijuana, past 30 days**

		Southwest	Vermont	Notes
Grade	9th	18%	15%	
	10th	19%	21%	
	11th	30%	27%	
	12th	26%	32%	
Sex	Female	22%	20%	
	Male	24%	27%	
Total		23%	24%	

**2.28 Percent of students who used marijuana before age 13**

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

2 Alcohol, Tobacco and other Drug Use

**2.29 Percent of students who ever misused a stimulant or prescription pain reliever**

		Southwest	Vermont	Notes
Grade	9th	10%	9%	
	10th	8%	12%	
	11th	19%	15%	
	12th	16%	18%	
Sex	Female	12%	12%	
	Male	14%	14%	
Total		13%	13%	

**2.30 Percent of students who misused a stimulant or prescription pain reliever, past 30 days**

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

**2.31 Percent of students who ever used cocaine**

		Southwest	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	2%	4%	
	11th	6%	6%	
	12th	6%	8%	
Sex	Female	3%	4%	
	Male	5%	7%	
Total		4%	5%	

*2 Alcohol, Tobacco and other Drug Use***2.32 Percent of students who ever used hallucinogens**

		Southwest	Vermont	Notes
Grade	9th	5%	5%	
	10th	5%	7%	
	11th	8%	10%	
	12th	8%	13%	SU statistically lower
Sex	Female	5%	6%	
	Male	8%	11%	SU statistically lower
Total		6%	9%	SU statistically lower

NOTE: Hallucinogens include LSD, acid, PCP, angel dust, mescaline or mushrooms.

**2.33 Percent of students who ever used methamphetamines**

		Southwest	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	2%	3%	
	12th	2%	4%	
Sex	Female	1%	2%	
	Male	2%	4%	SU statistically lower
Total		1%	3%	SU statistically lower

2 Alcohol, Tobacco and other Drug Use

**2.34 Percent of students who ever used inhalants**

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

**2.35 Percent of students who ever used heroin**

		Southwest	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	3%	Too few students
	12th	3%	3%	
Sex	Female	.	1%	Too few students
	Male	2%	3%	SU statistically lower
Total		1%	2%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	13%	16%	
	10th	17%	19%	
	11th	17%	20%	
	12th	24%	18%	
Sex	Female	12%	15%	
	Male	24%	22%	
Total		18%	18%	

*3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use***3.01 Percent of students who think their parents think it is wrong for them to smoke cigarettes**

		Southwest	Vermont	Notes
Grade	9th	96%	95%	
	10th	95%	92%	
	11th	91%	90%	
	12th	87%	85%	
Sex	Female	94%	93%	
	Male	91%	88%	
Total		92%	90%	

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

		Southwest	Vermont	Notes
Grade	9th	91%	84%	SU statistically higher
	10th	85%	79%	SU statistically higher
	11th	78%	72%	
	12th	72%	60%	SU statistically higher
Sex	Female	86%	77%	SU statistically higher
	Male	78%	71%	SU statistically higher
Total		82%	74%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	90%	89%	
	10th	85%	84%	
	11th	80%	81%	
	12th	75%	76%	
Sex	Female	86%	86%	
	Male	80%	79%	
Total		83%	82%	

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

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

		Southwest	Vermont	Notes
Grade	9th	84%	85%	
	10th	87%	80%	SU statistically higher
	11th	78%	73%	
	12th	64%	62%	
Sex	Female	82%	79%	
	Male	75%	72%	
Total		78%	75%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	72%	66%	
	10th	61%	54%	
	11th	46%	42%	
	12th	48%	34%	SU statistically higher
Sex	Female	61%	51%	SU statistically higher
	Male	53%	48%	
Total		57%	49%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	69%	71%	
	10th	60%	60%	
	11th	46%	51%	
	12th	50%	45%	
Sex	Female	62%	61%	
	Male	52%	52%	
Total		57%	57%	

*3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use***3.07 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day**

		Southwest	Vermont	Notes
Grade	9th	69%	63%	
	10th	66%	63%	
	11th	72%	63%	SU statistically higher
	12th	66%	65%	
Sex	Female	70%	67%	
	Male	66%	60%	SU statistically higher
Total		68%	63%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	52%	44%	SU statistically higher
	10th	43%	40%	
	11th	42%	37%	
	12th	40%	33%	
Sex	Female	51%	44%	SU statistically higher
	Male	38%	33%	
Total		45%	38%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	9th	42%	42%	
	10th	27%	32%	
	11th	23%	26%	
	12th	23%	23%	
Sex	Female	34%	36%	
	Male	24%	26%	
Total		29%	31%	

*3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use***3.10 Percent of students who think it would be easy to get cigarettes**

		Southwest	Vermont	Notes
Grade	9th	49%	49%	
	10th	71%	61%	SU statistically higher
	11th	73%	70%	
	12th	87%	84%	
Sex	Female	67%	63%	
	Male	72%	69%	
Total		70%	66%	

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

		Southwest	Vermont	Notes
Grade	9th	56%	63%	
	10th	64%	71%	
	11th	73%	76%	
	12th	75%	78%	
Sex	Female	65%	73%	SU statistically lower
	Male	69%	71%	
Total		67%	72%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	48%	47%	
	10th	71%	61%	SU statistically higher
	11th	80%	70%	SU statistically higher
	12th	78%	74%	
Sex	Female	67%	60%	SU statistically higher
	Male	70%	66%	
Total		69%	63%	SU statistically higher



*3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use* \_\_\_\_\_**3.13 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police**

		Southwest	Vermont	Notes
Grade	9th	44%	33%	SU statistically higher
	10th	25%	27%	
	11th	21%	24%	
	12th	26%	23%	
Sex	Female	30%	27%	
	Male	28%	26%	
Total		29%	27%	

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

		Southwest	Vermont	Notes
Grade	9th	27%	21%	
	10th	39%	36%	
	11th	59%	51%	
	12th	67%	63%	
Sex	Female	49%	42%	SU statistically higher
	Male	47%	44%	
Total		47%	43%	SU statistically higher

**4.02 Percent of students who have ever had oral sex**

		Southwest	Vermont	Notes
Grade	9th	27%	23%	
	10th	41%	38%	
	11th	54%	51%	
	12th	63%	62%	
Sex	Female	48%	43%	
	Male	44%	45%	
Total		46%	44%	

**4.03 Percent of students who had sexual intercourse before age 13**

		Southwest	Vermont	Notes
Grade	9th	5%	4%	
	10th	4%	4%	
	11th	3%	4%	
	12th	.	4%	Too few students
Sex	Female	1%	2%	SU statistically lower
	Male	6%	5%	
Total		4%	4%	

*4 Sexual Behavior and Orientation***4.04 Percent of students who have had sexual intercourse with four or more people**

		Southwest	Vermont	Notes
Grade	9th	7%	5%	
	10th	7%	8%	
	11th	13%	14%	
	12th	17%	21%	
Sex	Female	11%	11%	
	Male	11%	13%	
Total		11%	12%	

**4.05 Percent of students who have ever been tested for HIV**

		Southwest	Vermont	Notes
Grade	9th	8%	7%	
	10th	11%	10%	
	11th	15%	13%	
	12th	25%	19%	
Sex	Female	19%	15%	
	Male	10%	10%	
Total		15%	12%	

*4 Sexual Behavior and Orientation***4.06 Percent of students who had sex at least once in the past 3 months (sexually active)**

		Southwest	Vermont	Notes
Grade	9th	21%	14%	SU statistically higher
	10th	26%	26%	
	11th	46%	40%	
	12th	59%	51%	
Sex	Female	42%	34%	SU statistically higher
	Male	34%	32%	
Total		37%	33%	SU statistically higher

**4.07 Of sexually active students, those who used alcohol or drugs the last time they had sex**

		Southwest	Vermont	Notes
Grade	9th	.	24%	Too few students
	10th	12%	21%	
	11th	9%	19%	SU statistically lower
	12th	12%	22%	SU statistically lower
Sex	Female	13%	18%	SU statistically lower
	Male	12%	25%	
Total		12%	22%	SU statistically lower

**4.08 Of sexually active students, those who used condoms the last time they had sex**

		Southwest	Vermont	Notes
Grade	9th	.	69%	Too few students
	10th	65%	67%	
	11th	54%	62%	
	12th	48%	57%	
Sex	Female	50%	58%	
	Male	62%	66%	
Total		55%	62%	SU statistically lower

4 Sexual Behavior and Orientation

**4.09 Of sexually active students, those who used prescription birth control the last time they had sex**

		Southwest	Vermont	Notes
Grade	9th	.	29%	Too few students
	10th	28%	40%	
	11th	55%	46%	
	12th	51%	50%	
Sex	Female	51%	53%	
	Male	38%	34%	
Total		45%	44%	

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

		Southwest	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	81%	84%	
	11th	87%	86%	
	12th	81%	86%	
Sex	Female	80%	88%	
	Male	85%	83%	
Total		82%	85%	

**4.11 Of sexually active students, the percent who used no method of birth control, withdrawal or some other method, or were not sure what method they used the last time they had sex**

		Southwest	Vermont	Notes
Grade	9th	.	20%	Too few students
	10th	19%	16%	
	11th	13%	14%	
	12th	19%	14%	
Sex	Female	20%	12%	
	Male	15%	17%	
Total		18%	15%	

*4 Sexual Behavior and Orientation***4.12 The percent of students who report same-sex sexual contact**

		Southwest	Vermont	Notes
Grade	9th	5%	4%	
	10th	3%	5%	
	11th	4%	6%	
	12th	6%	6%	
Sex	Female	6%	7%	
	Male	3%	3%	
Total		4%	5%	

**4.13 The percent of students who identify as lesbian, gay, bisexual or unsure**

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

## 5 Body Image

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

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

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

		Southwest	Vermont	Notes
Grade	9th	16%	13%	
	10th	18%	13%	
	11th	16%	12%	
	12th	20%	12%	SU statistically higher
Sex	Female	16%	9%	SU statistically higher
	Male	19%	16%	
Total		18%	13%	SU statistically higher

NOTE: BMI = body mass index; weight in kilograms divided by height in meters squared.

## 5 Body Image

**5.03 The percent of students who describe themselves as slightly or very overweight**

		Southwest	Vermont	Notes
Grade	9th	33%	30%	
	10th	32%	30%	
	11th	34%	29%	
	12th	35%	29%	
Sex	Female	41%	35%	SU statistically higher
	Male	27%	25%	
Total		34%	30%	SU statistically higher

**5.04 The percent of students who are trying to lose weight**

		Southwest	Vermont	Notes
Grade	9th	45%	43%	
	10th	43%	42%	
	11th	47%	42%	
	12th	53%	44%	SU statistically higher
Sex	Female	63%	59%	
	Male	32%	27%	
Total		47%	43%	SU statistically higher

**5.05 The percent of students who wear SPF 15 or higher most of the time or always when outside in the sun for one or more hours**

		Southwest	Vermont	Notes
Grade	9th	16%	17%	
	10th	17%	17%	
	11th	15%	16%	
	12th	20%	16%	
Sex	Female	23%	23%	
	Male	12%	10%	
Total		17%	16%	



*6 Nutrition and Physical Activity***6.01 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days**

		Southwest	Vermont	Notes
Grade	9th	14%	22%	SU statistically lower
	10th	23%	24%	
	11th	17%	23%	SU statistically lower
	12th	20%	23%	
Sex	Female	16%	23%	SU statistically lower
	Male	21%	24%	
Total		18%	23%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	28%	33%	
	10th	29%	33%	
	11th	25%	33%	
	12th	32%	33%	
Sex	Female	28%	33%	
	Male	29%	33%	
Total		28%	33%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	9%	17%	SU statistically lower
	10th	15%	17%	
	11th	12%	17%	
	12th	17%	18%	
Sex	Female	11%	17%	SU statistically lower
	Male	16%	17%	
Total		13%	17%	SU statistically lower

*6 Nutrition and Physical Activity***6.04 The percent of students who ate breakfast on all of the past 7 days**

		Southwest	Vermont	Notes
Grade	9th	31%	43%	SU statistically lower
	10th	42%	44%	
	11th	34%	43%	SU statistically lower
	12th	45%	42%	
Sex	Female	37%	40%	SU statistically lower
	Male	39%	46%	
Total		38%	43%	SU statistically lower

**6.05 The percent of students who ate breakfast on at least 3 of the past 7 days**

		Southwest	Vermont	Notes
Grade	9th	70%	75%	
	10th	77%	77%	
	11th	61%	76%	
	12th	75%	77%	
Sex	Female	71%	75%	SU statistically lower
	Male	70%	77%	
Total		71%	76%	SU statistically lower

**6.06 The percent of students who ate breakfast on none of the past 7 days**

		Southwest	Vermont	Notes
Grade	9th	14%	11%	
	10th	8%	10%	
	11th	15%	10%	
	12th	7%	10%	
Sex	Female	10%	10%	
	Male	13%	10%	
Total		11%	10%	

*6 Nutrition and Physical Activity***6.07 The percent of students who drank at least 4 glasses or bottles of water yesterday**

		Southwest	Vermont	Notes
Grade	9th	25%	29%	
	10th	30%	31%	
	11th	25%	29%	
	12th	31%	32%	
Sex	Female	25%	28%	
	Male	30%	32%	
Total		28%	30%	

**6.08 The percent of students who drank at least 1 can, bottle or glass of soda every day, past 7 days**

		Southwest	Vermont	Notes
Grade	9th	20%	17%	
	10th	14%	16%	
	11th	16%	16%	
	12th	24%	17%	
Sex	Female	13%	10%	
	Male	24%	22%	
Total		18%	17%	

**6.09 The percent of students who drank at least 1 can, bottle or glass of sugar-sweetened beverage (not soda) every day, past 7 days**

		Southwest	Vermont	Notes
Grade	9th	19%	16%	
	10th	22%	16%	
	11th	21%	17%	
	12th	22%	16%	
Sex	Female	16%	12%	
	Male	26%	21%	
Total		21%	17%	SU statistically higher

*6 Nutrition and Physical Activity***6.10 The percent of students who participated in at least 60 minutes of physical activity every day, past 7 days**

		Southwest	Vermont	Notes
Grade	9th	38%	27%	SU statistically higher
	10th	32%	25%	
	11th	25%	24%	
	12th	25%	23%	
Sex	Female	22%	18%	SU statistically higher
	Male	39%	31%	
Total		30%	25%	SU statistically higher

NOTE: The question instructed students to: add up all of the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.

**6.11 The percent of students who attended physical education classes one or more days in an average school week**

		Southwest	Vermont	Notes
Grade	9th	58%	61%	SU statistically lower
	10th	41%	42%	
	11th	12%	29%	
	12th	12%	25%	
Sex	Female	30%	36%	SU statistically lower
	Male	33%	43%	
Total		32%	40%	SU statistically lower

*6 Nutrition and Physical Activity***6.12 The percent of students who attended physical education classes daily in an average school week**

		Southwest	Vermont	Notes
Grade	9th	56%	20%	SU statistically higher
	10th	39%	14%	SU statistically higher
	11th	10%	10%	
	12th	8%	10%	
Sex	Female	28%	12%	SU statistically higher
	Male	30%	16%	SU statistically higher
Total		29%	14%	SU statistically higher

**6.13 The percent of students who had 3 or more hours per school day of non-school screen time**

		Southwest	Vermont	Notes
Grade	9th	38%	40%	
	10th	36%	39%	
	11th	36%	40%	
	12th	43%	40%	
Sex	Female	34%	36%	
	Male	42%	43%	
Total		38%	40%	

**6.14 The percent of students who had 5 or more hours per school day of non-school screen time**

		Southwest	Vermont	Notes
Grade	9th	14%	13%	
	10th	11%	12%	
	11th	11%	12%	
	12th	14%	12%	
Sex	Female	11%	10%	
	Male	15%	14%	
Total		13%	12%	

*7 Youth Assets***7.01 The percent of students who report their grades are mostly As or Bs**

		Southwest	Vermont	Notes
Grade	9th	64%	75%	SU statistically lower
	10th	74%	78%	
	11th	78%	80%	
	12th	77%	84%	
Sex	Female	79%	85%	SU statistically lower
	Male	67%	74%	SU statistically lower
Total		73%	79%	SU statistically lower

**7.02 The percent of students who spoke with their parents at least weekly about school**

		Southwest	Vermont	Notes
Grade	9th	75%	79%	
	10th	79%	79%	
	11th	73%	77%	
	12th	68%	75%	
Sex	Female	73%	78%	
	Male	74%	77%	
Total		74%	77%	SU statistically lower

**7.03 The percent of students volunteer one or more hours on an average week**

		Southwest	Vermont	Notes
Grade	9th	53%	53%	
	10th	58%	55%	
	11th	54%	58%	
	12th	52%	61%	
Sex	Female	53%	58%	
	Male	54%	55%	
Total		54%	57%	

*7 Youth Assets***7.04 The percent of students who agree that: in your community you feel like you matter to people**

		Southwest	Vermont	Notes
Grade	9th	41%	49%	SU statistically lower
	10th	36%	48%	SU statistically lower
	11th	37%	50%	SU statistically lower
	12th	38%	53%	SU statistically lower
Sex	Female	35%	47%	SU statistically lower
	Male	41%	53%	SU statistically lower
Total		38%	50%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	9th	78%	77%	
	10th	84%	82%	
	11th	83%	84%	
	12th	82%	86%	
Sex	Female	83%	85%	
	Male	80%	79%	
Total		81%	82%	

*7 Youth Assets***7.06 The percent of students who agree that teachers really care about them and give them lots of encouragement**

		Southwest	Vermont	Notes
Grade	9th	55%	55%	
	10th	50%	56%	
	11th	48%	60%	SU statistically lower
	12th	60%	65%	
Sex	Female	49%	58%	SU statistically lower
	Male	57%	60%	
Total		53%	59%	SU statistically lower

**7.07 The percent of students who agree that students help decide what goes on in school**

		Southwest	Vermont	Notes
Grade	9th	42%	50%	
	10th	45%	47%	
	11th	32%	46%	SU statistically lower
	12th	32%	47%	SU statistically lower
Sex	Female	40%	48%	SU statistically lower
	Male	37%	47%	SU statistically lower
Total		38%	47%	SU statistically lower



*Demographics***Number of Students by Grade and Sex**

Grade				Sex			Total
Missing Grade	6th	7th	8th	Missing Sex	Female	Male	
2	131	188	198	3	254	262	519

**Percent of Students by Age**

	2013
<b>11 years or younger</b>	13%
<b>12 years</b>	28%
<b>13 years</b>	37%
<b>14 years or older</b>	22%

**Percent of Students by Race and Ethnicity**

	2013
<b>White non-Hispanic</b>	81%
<b>Racial or ethnic minority</b>	19%

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

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

		Southwest	Vermont	Notes
Grade	6th	45%	40%	
	7th	40%	43%	
	8th	55%	45%	SU statistically higher
Sex	Female	29%	28%	
	Male	63%	58%	
Total		47%	43%	

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

		Southwest	Vermont	Notes
Grade	6th	11%	8%	
	7th	8%	7%	
	8th	6%	6%	
Sex	Female	11%	9%	
	Male	5%	5%	
Total		8%	7%	

*1 Personal Safety***1.03 Percent of students who were ever bullied at school**

		Southwest	Vermont	Notes
Grade	6th	38%	47%	
	7th	48%	47%	
	8th	56%	48%	
Sex	Female	49%	53%	
	Male	47%	42%	
Total		48%	47%	

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

		Southwest	Vermont	Notes
Grade	6th	25%	28%	
	7th	29%	27%	
	8th	25%	25%	
Sex	Female	32%	32%	
	Male	21%	21%	
Total		27%	26%	

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

*1 Personal Safety***1.05 Percent of students who bullied someone at least once, past 30 days**

		Southwest	Vermont	Notes
Grade	6th	11%	9%	
	7th	12%	13%	
	8th	14%	16%	
Sex	Female	14%	13%	
	Male	11%	13%	
Total		12%	13%	

**1.06 Percent of students who reported they had ever been electronically bullied**

		Southwest	Vermont	Notes
Grade	6th	24%	20%	
	7th	34%	24%	SU statistically higher
	8th	34%	28%	
Sex	Female	46%	35%	SU statistically higher
	Male	18%	14%	
Total		31%	25%	SU statistically higher

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

NOTE: Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

1 Personal Safety

**1.07 Percent of students who never or rarely wore a bicycle helmet (out of those who rode a bicycle)**

		Southwest	Vermont	Notes
Grade	6th	39%	24%	SU statistically higher
	7th	30%	33%	
	8th	48%	43%	
Sex	Female	38%	33%	
	Male	39%	36%	
Total		39%	35%	

**1.08 Percent of students who never or rarely wore a helmet while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)**

		Southwest	Vermont	Notes
Grade	6th	.	25%	Too few students
	7th	38%	38%	
	8th	51%	50%	
Sex	Female	45%	39%	
	Male	41%	39%	
Total		43%	39%	

**1.09 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

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

*1 Personal Safety***1.10 Percent of students who ever rode in a car driven by someone who had been drinking**

		Southwest	Vermont	Notes
Grade	6th	12%	14%	
	7th	14%	20%	
	8th	25%	26%	
Sex	Female	18%	22%	
	Male	17%	20%	
Total		18%	21%	

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

		Southwest	Vermont	Notes
Grade	6th	15%	15%	
	7th	23%	17%	
	8th	25%	19%	
Sex	Female	28%	24%	
	Male	16%	12%	
Total		22%	18%	

*1 Personal Safety***1.12 Percent of students who ever seriously thought about suicide**

		Southwest	Vermont	Notes
Grade	6th	13%	12%	
	7th	20%	16%	
	8th	25%	20%	
Sex	Female	23%	22%	
	Male	17%	12%	
Total		20%	17%	

**1.13 Percent of students who ever seriously made a suicide plan**

		Southwest	Vermont	Notes
Grade	6th	8%	7%	
	7th	13%	10%	
	8th	19%	14%	
Sex	Female	16%	14%	
	Male	12%	8%	
Total		14%	11%	

**1.14 Percent of students who ever attempted suicide**

		Southwest	Vermont	Notes
Grade	6th	6%	3%	
	7th	7%	4%	
	8th	11%	6%	SU statistically higher
Sex	Female	10%	7%	
	Male	6%	3%	
Total		8%	5%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	6th	14%	10%	
	7th	12%	15%	
	8th	32%	26%	
Sex	Female	15%	16%	
	Male	25%	20%	
Total		20%	18%	

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

		Southwest	Vermont	Notes
Grade	6th	10%	6%	
	7th	4%	6%	
	8th	13%	8%	
Sex	Female	4%	5%	
	Male	13%	9%	
Total		9%	7%	

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

		Southwest	Vermont	Notes
Grade	6th	4%	3%	
	7th	6%	6%	
	8th	12%	11%	
Sex	Female	6%	6%	
	Male	10%	7%	
Total		8%	7%	



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

		Southwest	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	3%	2%	
	8th	5%	4%	
Sex	Female	.	2%	Too few students
	Male	4%	3%	
Total		3%	2%	

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

		Southwest	Vermont	Notes
Grade	6th	8%	4%	
	7th	11%	8%	
	8th	18%	12%	
Sex	Female	13%	9%	
	Male	13%	9%	
Total		13%	9%	SU statistically higher

**2.06 Percent of students who smoked a whole cigarette before age 11**

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

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked cigarettes, past 30 days**

		Southwest	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	8%	4%	
Sex	Female	5%	2%	
	Male	3%	2%	
Total		4%	2%	

**2.08 Percent of students who smoked 11 or more cigarettes per day on days they smoked, past 30 days**

		Southwest	Vermont	Notes
Grade	6th	.	0%	Too few students
	7th	.	0%	Too few students
	8th	.	0%	Too few students
Sex	Female	.	0%	Too few students
	Male	.	0%	Too few students
Total		.	0%	Too few students

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

		Southwest	Vermont	Notes
Grade	6th	2%	1%	
	7th	.	1%	Too few students
	8th	8%	3%	SU statistically higher
Sex	Female	.	1%	Too few students
	Male	8%	3%	SU statistically higher
Total		4%	2%	SU statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.10 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days**

		Southwest	Vermont	Notes
Grade	6th	.	0%	Too few students
	7th	.	1%	Too few students
	8th	4%	2%	
Sex	Female	.	1%	Too few students
	Male	3%	2%	
Total		2%	1%	

**2.11 Percent of students who ever used snus**

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

**2.12 Percent of students who think that, out of 100 Vermont high school students, 56 or more smoke cigarettes**

		Southwest	Vermont	Notes
Grade	6th	34%	17%	SU statistically higher
	7th	33%	18%	SU statistically higher
	8th	33%	17%	SU statistically higher
Sex	Female	33%	17%	SU statistically higher
	Male	33%	18%	SU statistically higher
Total		33%	17%	SU statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.13 Percent of smokers who got their cigarettes from someone else or gave someone money to purchase them cigarettes**

		Southwest	Vermont	Notes
Grade	6th	.	42%	Too few students
	7th	.	44%	Too few students
	8th	.	49%	Too few students
Sex	Female	.	45%	Too few students
	Male	.	47%	Too few students
Total		.	46%	Too few students

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

		Southwest	Vermont	Notes
Grade	6th	38%	26%	SU statistically higher
	7th	35%	29%	
	8th	47%	33%	SU statistically higher
Sex	Female	43%	31%	SU statistically higher
	Male	38%	29%	SU statistically higher
Total		40%	30%	SU statistically higher

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

		Southwest	Vermont	Notes
Grade	6th	33%	18%	SU statistically higher
	7th	27%	22%	
	8th	34%	25%	SU statistically higher
Sex	Female	34%	24%	SU statistically higher
	Male	29%	20%	SU statistically higher
Total		31%	22%	SU statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.16 Percent of students who, in the past 12 months, were asked they smoke by a health professional**

		Southwest	Vermont	Notes
Grade	6th	12%	12%	
	7th	20%	19%	
	8th	32%	28%	
Sex	Female	25%	22%	
	Male	21%	20%	
Total		23%	21%	

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

		Southwest	Vermont	Notes
Grade	6th	.	49%	Too few students
	7th	.	50%	Too few students
	8th	.	47%	Too few students
Sex	Female	.	47%	Too few students
	Male	.	49%	Too few students
Total		.	48%	Too few students

*2 Alcohol, Tobacco, and Other Drug Use***2.18 Percent of students who have ever used marijuana**

		Southwest	Vermont	Notes
Grade	6th	5%	2%	
	7th	6%	5%	
	8th	17%	10%	SU statistically higher
Sex	Female	7%	5%	
	Male	13%	7%	SU statistically higher
Total		10%	6%	SU statistically higher

**2.19 Percent of students who used marijuana before age 11**

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

**2.20 Percent of students who used marijuana, past 30 days**

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

*2 Alcohol, Tobacco, and Other Drug Use***2.21 Percent of students who have ever used inhalants**

		Southwest	Vermont	Notes
Grade	6th	11%	4%	SU statistically higher
	7th	5%	5%	
	8th	8%	6%	
Sex	Female	7%	6%	
	Male	8%	5%	
Total		8%	5%	

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

		Southwest	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	2%	Too few students
	8th	6%	3%	
Sex	Female	3%	3%	
	Male	3%	3%	
Total		3%	3%	

*3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use***3.01 Percent of students who think their parents would think it is wrong or very wrong for them to smoke cigarettes**

		Southwest	Vermont	Notes
Grade	6th	97%	97%	
	7th	93%	96%	
	8th	95%	96%	
Sex	Female	96%	97%	
	Male	94%	96%	
Total		95%	96%	

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

		Southwest	Vermont	Notes
Grade	6th	97%	93%	SU statistically higher
	7th	92%	91%	
	8th	89%	89%	
Sex	Female	93%	92%	
	Male	92%	89%	
Total		92%	91%	

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

		Southwest	Vermont	Notes
Grade	6th	94%	97%	
	7th	95%	96%	
	8th	92%	93%	
Sex	Female	93%	95%	
	Male	93%	95%	
Total		93%	95%	



*3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use***3.04 Percent of students who think it would be wrong or very wrong for someone their age to smoke cigarettes**

		Southwest	Vermont	Notes
Grade	6th	96%	98%	
	7th	97%	95%	
	8th	93%	92%	
Sex	Female	96%	95%	
	Male	94%	94%	
Total		95%	94%	

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

		Southwest	Vermont	Notes
Grade	6th	92%	95%	
	7th	93%	90%	
	8th	84%	83%	
Sex	Female	93%	90%	
	Male	86%	86%	
Total		89%	88%	

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

		Southwest	Vermont	Notes
Grade	6th	92%	97%	
	7th	96%	94%	
	8th	85%	86%	
Sex	Female	92%	93%	
	Male	89%	91%	
Total		90%	92%	

*3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use***3.07 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day**

		Southwest	Vermont	Notes
Grade	6th	58%	70%	SU statistically lower
	7th	74%	70%	
	8th	77%	72%	
Sex	Female	73%	71%	
	Male	69%	71%	
Total		71%	71%	

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

		Southwest	Vermont	Notes
Grade	6th	50%	52%	SU statistically higher
	7th	54%	51%	
	8th	59%	50%	
Sex	Female	57%	53%	
	Male	53%	49%	
Total		55%	51%	

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

		Southwest	Vermont	Notes
Grade	6th	64%	71%	SU statistically higher
	7th	75%	67%	
	8th	55%	58%	
Sex	Female	66%	66%	
	Male	63%	63%	
Total		64%	64%	

*3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use***3.10 Percent of students who report that it would be easy or very easy to get cigarettes**

		Southwest	Vermont	Notes
Grade	6th	23%	14%	
	7th	25%	24%	
	8th	41%	35%	
Sex	Female	25%	24%	
	Male	36%	28%	SU statistically higher
Total		31%	26%	

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

		Southwest	Vermont	Notes
Grade	6th	19%	24%	
	7th	27%	36%	SU statistically lower
	8th	45%	49%	
Sex	Female	29%	38%	SU statistically lower
	Male	34%	39%	
Total		32%	38%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	6th	17%	5%	SU statistically higher
	7th	12%	12%	
	8th	27%	23%	
Sex	Female	14%	13%	
	Male	23%	16%	SU statistically higher
Total		19%	14%	SU statistically higher

## 4 Body Image

**4.01 Percent of students who describe themselves as slightly or very overweight**

		Southwest	Vermont	Notes
Grade	6th	25%	24%	
	7th	29%	25%	
	8th	32%	28%	
Sex	Female	34%	28%	
	Male	24%	23%	
Total		29%	26%	

**4.02 Percent of students who are trying to lose weight**

		Southwest	Vermont	Notes
Grade	6th	43%	39%	
	7th	46%	39%	
	8th	57%	44%	SU statistically higher
Sex	Female	61%	50%	SU statistically higher
	Male	38%	32%	
Total		50%	41%	SU statistically higher

**4.03 Percent of students who most of the time or always use SPF 15 or higher when outside in the sun for more than an hour**

		Southwest	Vermont	Notes
Grade	6th	20%	37%	SU statistically lower
	7th	29%	26%	
	8th	22%	21%	
Sex	Female	29%	34%	
	Male	19%	21%	
Total		24%	27%	

*5 Nutrition and Physical Activity***5.01 Percent of students who ate breakfast on all of the past 7 days**

		Southwest	Vermont	Notes
Grade	6th	49%	62%	SU statistically lower
	7th	45%	51%	
	8th	39%	46%	
Sex	Female	40%	44%	SU statistically lower
	Male	48%	59%	
Total		44%	52%	SU statistically lower

**5.02 Percent of students who ate breakfast on at least three of the past 7 days**

		Southwest	Vermont	Notes
Grade	6th	75%	87%	SU statistically lower
	7th	74%	82%	
	8th	75%	79%	
Sex	Female	72%	77%	SU statistically lower
	Male	77%	87%	
Total		74%	82%	SU statistically lower

**5.03 Percent of students who ate breakfast on none of the past 7 days**

		Southwest	Vermont	Notes
Grade	6th	10%	5%	SU statistically higher
	7th	13%	7%	
	8th	10%	8%	
Sex	Female	9%	9%	SU statistically higher
	Male	13%	5%	
Total		11%	7%	SU statistically higher

*5 Nutrition and Physical Activity***5.04 Percent of students who reported drinking at least four bottles or glasses of water a day**

		Southwest	Vermont	Notes
Grade	6th	37%	42%	
	7th	29%	39%	SU statistically lower
	8th	29%	38%	SU statistically lower
Sex	Female	28%	36%	SU statistically lower
	Male	34%	43%	SU statistically lower
Total		31%	39%	SU statistically lower

**5.05 Percent of students who participated in at least 60 minutes of physical activity every day, past 7 days**

		Southwest	Vermont	Notes
Grade	6th	45%	60%	SU statistically lower
	7th	48%	57%	SU statistically lower
	8th	49%	55%	
Sex	Female	42%	52%	SU statistically lower
	Male	54%	61%	SU statistically lower
Total		48%	57%	SU statistically lower

**5.06 Percent of students who attended physical education classes one or more days in an average school week**

		Southwest	Vermont	Notes
Grade	6th	99%	93%	SU statistically higher
	7th	100%	91%	SU statistically higher
	8th	99%	89%	SU statistically higher
Sex	Female	100%	91%	SU statistically higher
	Male	99%	91%	SU statistically higher
Total		99%	91%	SU statistically higher

*5 Nutrition and Physical Activity***5.07 Percent of students who attended physical education classes daily in an average school week**

		Southwest	Vermont	Notes
Grade	6th	4%	15%	SU statistically lower
	7th	.	12%	Too few students
	8th	5%	11%	SU statistically lower
Sex	Female	.	12%	Too few students
	Male	5%	13%	SU statistically lower
Total		4%	13%	SU statistically lower

**5.08 Percent of students who watched three or more hours of TV per day on an average school day**

		Southwest	Vermont	Notes
Grade	6th	34%	21%	SU statistically higher
	7th	26%	23%	
	8th	29%	24%	
Sex	Female	28%	22%	
	Male	31%	24%	
Total		30%	23%	SU statistically higher

**5.09 Percent of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day**

		Southwest	Vermont	Notes
Grade	6th	36%	22%	SU statistically higher
	7th	34%	29%	
	8th	37%	34%	
Sex	Female	31%	27%	
	Male	41%	32%	SU statistically higher
Total		36%	29%	SU statistically higher

*5 Nutrition and Physical Activity***5.10 Percent of students who went online 6 or 7 days a week for something that was not school-related**

		Southwest	Vermont	Notes
Grade	6th	28%	29%	
	7th	33%	43%	SU statistically lower
	8th	50%	57%	
Sex	Female	39%	46%	SU statistically lower
	Male	37%	45%	
Total		38%	45%	SU statistically lower



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

		Southwest	Vermont	Notes
Grade	6th	70%	82%	SU statistically lower
	7th	74%	80%	
	8th	74%	78%	
Sex	Female	75%	80%	SU statistically lower
	Male	71%	79%	
Total		73%	79%	SU statistically lower

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

		Southwest	Vermont	Notes
Grade	6th	57%	59%	
	7th	54%	54%	
	8th	45%	51%	
Sex	Female	48%	51%	
	Male	55%	57%	
Total		51%	54%	

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

		Southwest	Vermont	Notes
Grade	6th	63%	69%	
	7th	65%	61%	
	8th	61%	58%	
Sex	Female	61%	62%	
	Male	65%	62%	
Total		63%	62%	

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

		Southwest	Vermont	Notes
Grade	6th	37%	45%	
	7th	36%	43%	
	8th	30%	40%	SU statistically lower
Sex	Female	31%	42%	SU statistically lower
	Male	37%	43%	
Total		34%	42%	SU statistically lower