2013 Vermont Youth Risk Behavior Survey Report

Report for Orleans Southwest 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 Orleans Southwest Supervisory Union was 79%.

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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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 labled "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[1] and is associated with serious injury.[2,3] Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.[4,5,6]

- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,[7,8] poor academic achievement,[8] and violent behavior.[9]

- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.[10] Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.[11]

- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.[12] Despite this, less than one quarter of bicyclists wear helmets. [12]

- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.[13] Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.[14]

Alcohol, Tobacco and Other Drugs

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

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,[15] and about one-third of all motor vehicle crash fatalities.[16] Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.[17,18]

- Tobacco use is the single most preventable cause of death in the United States,[19] contributing to more than one in five deaths.[20] Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.[19]

- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.[21] Other reactions include feelings of distrust, anxiety, or depression.[21] In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.[22]

- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.[23]

- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.[24] As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.[24] Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.[24]

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. 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,[25] and negative effects on social and psychological development.[26] Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.[27]

- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.[28] STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.[26] Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.[29]

- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.[30]

Body Image

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

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.[31] Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.[32] Overweight and obesity acquired during childhood or adolescence may persist into adulthood.[33] Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.[20]

- Overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.[34,35] 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.[36,37]

Nutrition and Physical Activity

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

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.[39-43]

- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.[44-45]

- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.[46] The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.[46]

- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.[47-50]

- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity[51] and violent or aggressive behavior.[52-54] Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

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

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.[55]

- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.[56] A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.[57] Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.[57]

- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.[58] In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.[59]

- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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Number of Students by Grade and Sex

Grade					Sex			
Missing Grade	**9th**	**10th**	**11th**	**12th**	**Missing Sex**	**Female**	**Male**	**Total**
4	68	68	50	43	5	115	113	233

Percent of Students by Age

	2013
14 years or younger	17%
15 years	28%
16 years	24%
17 years	21%
18 years or older	9%

Percent of Students by Race and Ethnicity

	2013
White non-Hispanic	88%
Racial or ethnic minority	9%

Percent of Students by Mother's Education

	2013
High school or less	43%
Some college	17%
College graduate	21%
Graduate or professional degree after college	9%
Not sure	9%

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

		OrleansSW	Vermont	Notes
Grade	9th	27%	26%	
	10th	19%	21%	
	11th	28%	17%	
	12th	.	16%	Too few students
Sex	Female	16%	13%	
	Male	30%	27%	
Total		23%	20%	

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

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

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

		OrleansSW	Vermont	Notes
Grade	9th	23%	7%	SU statistically higher
	10th	.	8%	Too few students
	11th	16%	10%	
	12th	.	10%	Too few students
Sex	Female	4%	3%	
	Male	29%	13%	SU statistically higher
Total		17%	9%	SU statistically higher

1 Personal Safety

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

		OrleansSW	Vermont	Notes
Grade	9th	14%	11%	
	10th	6%	8%	
	11th	11%	7%	
	12th	.	5%	Too few students
Sex	Female	6%	4%	
	Male	13%	12%	
Total		10%	8%	

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

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

		OrleansSW	Vermont	Notes
Grade	9th	57%	52%	
	10th	.	56%	Too few students
	11th	.	57%	Too few students
	12th	.	57%	Too few students
Sex	Female	60%	51%	
	Male	67%	59%	
Total		63%	56%	

1 Personal Safety

1.07 Percent of students who never or rarely wore a seatbelt when riding in a car

		OrleansSW	Vermont	Notes
Grade	9th	12%	7%	
	10th	10%	6%	
	11th	9%	7%	
	12th	.	8%	Too few students
Sex	Female	6%	5%	
	Male	15%	9%	
Total		10%	7%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	12%	Too few students
	10th	11%	16%	
	11th	.	42%	Too few students
	12th	.	56%	Too few students
Sex	Female	22%	35%	SU statistically lower
	Male	36%	36%	
Total		28%	35%	

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

		OrleansSW	Vermont	Notes
Grade	9th	18%	20%	
	10th	25%	20%	
	11th	22%	20%	
	12th	.	22%	Too few students
Sex	Female	18%	20%	
	Male	26%	21%	
Total		22%	21%	

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

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

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

		OrleansSW	Vermont	Notes
Grade	9th	21%	14%	
	10th	18%	21%	
	11th	29%	26%	
	12th	.	32%	Too few students
Sex	Female	21%	22%	
	Male	33%	25%	
Total		26%	23%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	14%	10%	
	11th	.	16%	Too few students
	12th	.	23%	Too few students
Sex	Female	13%	11%	
	Male	22%	20%	
Total		17%	16%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	9%	Too few students
	10th	.	8%	Too few students
	11th	.	9%	Too few students
	12th	.	9%	Too few students
Sex	Female	6%	10%	
	Male	6%	8%	
Total		6%	9%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	4%	Too few students
	10th	.	6%	Too few students
	11th	9%	7%	
	12th	.	7%	Too few students
Sex	Female	10%	9%	
	Male	.	3%	Too few students
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

1.15 Percent of students who reported being bullied, past 30 days

		OrleansSW	Vermont	Notes
Grade	9th	23%	23%	
	10th	25%	20%	
	11th	21%	17%	
	12th	.	12%	Too few students
Sex	Female	28%	23%	
	Male	14%	13%	
Total		21%	18%	

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

		OrleansSW	Vermont	Notes
Grade	9th	16%	16%	
	10th	16%	14%	
	11th	17%	13%	
	12th	.	12%	Too few students
Sex	Female	9%	12%	
	Male	21%	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.

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

		OrleansSW	Vermont	Notes
Grade	9th	16%	18%	
	10th	14%	17%	
	11th	.	15%	Too few students
	12th	.	13%	Too few students
Sex	Female	26%	23%	
	Male	11%	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

		OrleansSW	Vermont	Notes
Grade	9th	17%	18%	
	10th	22%	18%	
	11th	18%	16%	
	12th	.	13%	Too few students
Sex	Female	29%	24%	
	Male	8%	9%	
Total		18%	16%	

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

		OrleansSW	Vermont	Notes
Grade	9th	16%	21%	
	10th	19%	22%	
	11th	29%	22%	
	12th	.	21%	Too few students
Sex	Female	29%	29%	
	Male	16%	14%	
Total		22%	21%	

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

		OrleansSW	Vermont	Notes
Grade	9th	6%	11%	
	10th	9%	11%	
	11th	15%	10%	
	12th	.	9%	Too few students
Sex	Female	12%	14%	
	Male	10%	8%	
Total		11%	11%	

1.21 Percent of students who attempted suicide, past 12 months

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

2 Alcohol, Tobacco and other Drug Use

2.01 Percent of students who ever drank alcohol other than a few sips

		OrleansSW	Vermont	Notes
Grade	9th	54%	41%	
	10th	59%	55%	
	11th	.	66%	Too few students
	12th	.	74%	Too few students
Sex	Female	62%	59%	
	Male	70%	59%	SU statistically higher
Total		65%	59%	

2.02 Percent of students who drank alcohol, past 30 days

		OrleansSW	Vermont	Notes
Grade	9th	32%	20%	
	10th	29%	28%	
	11th	.	37%	Too few students
	12th	.	47%	Too few students
Sex	Female	34%	32%	
	Male	42%	34%	
Total		38%	33%	

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

		OrleansSW	Vermont	Notes
Grade	9th	32%	16%	SU statistically higher
	10th	10%	14%	
	11th	.	13%	Too few students
	12th	.	11%	Too few students
Sex	Female	15%	11%	
	Male	23%	17%	
Total		19%	14%	

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

		OrleansSW	Vermont	Notes
Grade	9th	15%	10%	
	10th	14%	15%	
	11th	.	22%	Too few students
	12th	.	30%	Too few students
Sex	Female	15%	17%	
	Male	24%	22%	
Total		19%	19%	

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

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

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

		OrleansSW	Vermont	Notes
Grade	9th	.	44%	Too few students
	10th	.	46%	Too few students
	11th	.	48%	Too few students
	12th	.	45%	Too few students
Sex	Female	.	47%	Too few students
	Male	.	45%	Too few students
Total		31%	46%	SU statistically lower

2.07 Of students who drank in the past 30 days, the percent who bought their own alcohol (including a bar, store, public event)

		OrleansSW	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	.	6%	Too few students
Total		.	5%	Too few students

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)

		OrleansSW	Vermont	Notes
Grade	9th	.	51%	Too few students
	10th	.	61%	Too few students
	11th	.	67%	Too few students
	12th	.	73%	Too few students
Sex	Female	.	70%	Too few students
	Male	72%	60%	
Total		74%	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.

2.09 Percent of students who have ever smoked a whole cigarette

		OrleansSW	Vermont	Notes
Grade	9th	25%	15%	
	10th	33%	20%	SU statistically higher
	11th	42%	27%	
	12th	.	32%	Too few students
Sex	Female	35%	21%	SU statistically higher
	Male	39%	26%	SU statistically higher
Total		37%	24%	SU statistically higher

2.10 Percent of students who smoked cigarettes, past 30 days

		OrleansSW	Vermont	Notes
Grade	9th	13%	8%	
	10th	15%	11%	
	11th	.	16%	Too few students
	12th	.	18%	Too few students
Sex	Female	20%	11%	SU statistically higher
	Male	20%	15%	
Total		20%	13%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	9%	7%	
	10th	10%	7%	
	11th	14%	7%	
	12th	.	7%	Too few students
Sex	Female	14%	5%	SU statistically higher
	Male	11%	8%	
Total		13%	7%	SU statistically higher

2.12 Percent of students who smoked on all 30 days of the past month

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

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

		OrleansSW	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%	Too few students
Total		.	2%	Too few students

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

		OrleansSW	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	.	49%	Too few students
	Male	.	41%	Too few students
Total		44%	44%	

2.15 Percent of students who smoked in the past 30 days who bought their own cigarettes

		OrleansSW	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		14%	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

		OrleansSW	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		76%	61%	SU statistically higher

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.

2.17 Percent of students who used snuff or dip, past 30 days

		OrleansSW	Vermont	Notes
Grade	9th	7%	6%	
	10th	10%	8%	
	11th	9%	8%	
	12th	.	9%	Too few students
Sex	Female	.	2%	Too few students
	Male	19%	13%	
Total		10%	8%	

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

		OrleansSW	Vermont	Notes
Grade	9th	6%	6%	
	10th	7%	10%	
	11th	16%	15%	
	12th	.	22%	Too few students
Sex	Female	6%	7%	
	Male	21%	19%	
Total		14%	13%	

2.19 Percent of students who used snus, ever

		OrleansSW	Vermont	Notes
Grade	9th	7%	5%	
	10th	10%	6%	
	11th	11%	8%	
	12th	.	10%	Too few students
Sex	Female	.	3%	Too few students
	Male	20%	10%	SU statistically higher
Total		11%	7%	

2.20 Percent of students who think that at least 56 out of 100 high school students smoke cigarettes

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

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

		OrleansSW	Vermont	Notes
Grade	9th	81%	80%	
	10th	82%	80%	
	11th	76%	79%	
	12th	.	80%	Too few students
Sex	Female	86%	82%	
	Male	76%	77%	
Total		80%	80%	

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

		OrleansSW	Vermont	Notes
Grade	9th	9%	14%	
	10th	15%	16%	
	11th	.	25%	Too few students
	12th	.	26%	Too few students
Sex	Female	17%	21%	
	Male	16%	20%	
Total		16%	20%	

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

		OrleansSW	Vermont	Notes
Grade	9th	53%	38%	SU statistically higher
	10th	45%	39%	
	11th	57%	42%	SU statistically higher
	12th	.	44%	Too few students
Sex	Female	49%	40%	
	Male	59%	42%	SU statistically higher
Total		54%	41%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	48%	29%	SU statistically higher
	10th	43%	31%	
	11th	49%	32%	SU statistically higher
	12th	.	34%	Too few students
Sex	Female	47%	31%	SU statistically higher
	Male	51%	32%	SU statistically higher
Total		49%	31%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	62%	50%	
	10th	52%	52%	
	11th	.	57%	Too few students
	12th	.	59%	Too few students
Sex	Female	69%	59%	
	Male	52%	50%	
Total		60%	54%	

2.26 Percent of students who have ever tried marijuana

		OrleansSW	Vermont	Notes
Grade	9th	31%	23%	
	10th	34%	35%	
	11th	48%	45%	
	12th	.	52%	Too few students
Sex	Female	33%	36%	
	Male	50%	41%	
Total		41%	39%	

2.27 Percent of students who used marijuana, past 30 days

		OrleansSW	Vermont	Notes
Grade	9th	21%	15%	
	10th	24%	21%	
	11th	25%	27%	
	12th	.	32%	Too few students
Sex	Female	20%	20%	
	Male	33%	27%	
Total		27%	24%	

2.28 Percent of students who used marijuana before age 13

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

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

		OrleansSW	Vermont	Notes
Grade	9th	15%	9%	
	10th	.	12%	Too few students
	11th	14%	15%	
	12th	.	18%	Too few students
Sex	Female	9%	12%	
	Male	12%	14%	
Total		10%	13%	

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

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

2.31 Percent of students who ever used cocaine

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

2.32 Percent of students who ever used hallucinogens

		OrleansSW	Vermont	Notes
Grade	9th	6%	5%	
	10th	9%	7%	
	11th	11%	10%	
	12th	.	13%	Too few students
Sex	Female	7%	6%	
	Male	10%	11%	
Total		8%	9%	

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

2.33 Percent of students who ever used methamphetamines

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

2.34 Percent of students who ever used inhalants

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

2.35 Percent of students who ever used heroin

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

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

		OrleansSW	Vermont	Notes
Grade	9th	16%	16%	
	10th	16%	19%	
	11th	28%	20%	
	12th	.	18%	Too few students
Sex	Female	11%	15%	
	Male	26%	22%	
Total		19%	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

		OrleansSW	Vermont	Notes
Grade	9th	89%	95%	
	10th	90%	92%	
	11th	85%	90%	
	12th	.	85%	Too few students
Sex	Female	93%	93%	
	Male	81%	88%	
Total		87%	90%	

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

		OrleansSW	Vermont	Notes
Grade	9th	75%	84%	
	10th	76%	79%	
	11th	63%	72%	
	12th	.	60%	Too few students
Sex	Female	75%	77%	
	Male	63%	71%	
Total		69%	74%	

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

		OrleansSW	Vermont	Notes
Grade	9th	85%	89%	
	10th	81%	84%	
	11th	84%	81%	
	12th	.	76%	Too few students
Sex	Female	87%	86%	
	Male	74%	79%	
Total		80%	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

		OrleansSW	Vermont	Notes
Grade	9th	75%	85%	
	10th	73%	80%	
	11th	.	73%	Too few students
	12th	.	62%	Too few students
Sex	Female	75%	79%	
	Male	66%	72%	
Total		70%	75%	

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

		OrleansSW	Vermont	Notes
Grade	9th	65%	66%	
	10th	48%	54%	
	11th	38%	42%	
	12th	.	34%	Too few students
Sex	Female	54%	51%	
	Male	47%	48%	
Total		50%	49%	

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

		OrleansSW	Vermont	Notes
Grade	9th	68%	71%	
	10th	62%	60%	
	11th	62%	51%	
	12th	.	45%	Too few students
Sex	Female	70%	61%	
	Male	51%	52%	
Total		60%	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

		OrleansSW	Vermont	Notes
Grade	9th	56%	63%	
	10th	51%	63%	
	11th	63%	63%	
	12th	.	65%	Too few students
Sex	Female	65%	67%	
	Male	51%	60%	
Total		58%	63%	

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

		OrleansSW	Vermont	Notes
Grade	9th	37%	44%	
	10th	32%	40%	
	11th	31%	37%	
	12th	.	33%	Too few students
Sex	Female	37%	44%	
	Male	29%	33%	
Total		34%	38%	

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

		OrleansSW	Vermont	Notes
Grade	9th	38%	42%	
	10th	24%	32%	
	11th	33%	26%	
	12th	.	23%	Too few students
Sex	Female	35%	36%	
	Male	27%	26%	
Total		31%	31%	

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

		OrleansSW	Vermont	Notes
Grade	9th	64%	49%	SU statistically higher
	10th	63%	61%	
	11th	84%	70%	SU statistically higher
	12th	.	84%	Too few students
Sex	Female	70%	63%	
	Male	76%	69%	
Total		73%	66%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	58%	63%	
	10th	62%	71%	
	11th	70%	76%	
	12th	.	78%	Too few students
Sex	Female	62%	73%	SU statistically lower
	Male	72%	71%	
Total		67%	72%	

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

		OrleansSW	Vermont	Notes
Grade	9th	42%	47%	
	10th	62%	61%	
	11th	.	70%	Too few students
	12th	.	74%	Too few students
Sex	Female	60%	60%	
	Male	66%	66%	
Total		63%	63%	

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

		OrleansSW	Vermont	Notes
Grade	9th	21%	33%	SU statistically lower
	10th	18%	27%	
	11th	21%	24%	
	12th	.	23%	Too few students
Sex	Female	23%	27%	
	Male	16%	26%	SU statistically lower
Total		20%	27%	SU statistically lower

4 Sexual Behavior and Orientation

4.01 Percent of students who have ever had sexual intercourse

		OrleansSW	Vermont	Notes
Grade	9th	19%	21%	
	10th	52%	36%	SU statistically higher
	11th	.	51%	Too few students
	12th	.	63%	Too few students
Sex	Female	49%	42%	
	Male	56%	44%	SU statistically higher
Total		53%	43%	SU statistically higher

4.02 Percent of students who have ever had oral sex

		OrleansSW	Vermont	Notes
Grade	9th	24%	23%	
	10th	41%	38%	
	11th	62%	51%	
	12th	.	62%	Too few students
Sex	Female	46%	43%	
	Male	54%	45%	
Total		49%	44%	

4.03 Percent of students who had sexual intercourse before age 13

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

4.04 Percent of students who have had sexual intercourse with four or more people

		OrleansSW	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	7%	8%	
	11th	.	14%	Too few students
	12th	.	21%	Too few students
Sex	Female	5%	11%	SU statistically lower
	Male	12%	13%	
Total		9%	12%	

4.05 Percent of students who have ever been tested for HIV

		OrleansSW	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	11%	10%	
	11th	.	13%	Too few students
	12th	.	19%	Too few students
Sex	Female	19%	15%	
	Male	11%	10%	
Total		15%	12%	

4.06 Percent of students who had sex at least once in the past 3 months (sexually active)

		OrleansSW	Vermont	Notes
Grade	9th	10%	14%	
	10th	42%	26%	SU statistically higher
	11th	48%	40%	
	12th	.	51%	Too few students
Sex	Female	38%	34%	
	Male	40%	32%	
Total		39%	33%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	24%	Too few students
	10th	.	21%	Too few students
	11th	.	19%	Too few students
	12th	.	22%	Too few students
Sex	Female	.	18%	Too few students
	Male	.	25%	Too few students
Total		23%	22%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	69%	Too few students
	10th	.	67%	Too few students
	11th	.	62%	Too few students
	12th	.	57%	Too few students
Sex	Female	.	58%	Too few students
	Male	.	66%	Too few students
Total		60%	62%	

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

		OrleansSW	Vermont	Notes
Grade	9th	.	29%	Too few students
	10th	.	40%	Too few students
	11th	.	46%	Too few students
	12th	.	50%	Too few students
Sex	Female	.	53%	Too few students
	Male	.	34%	Too few students
Total		59%	44%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	.	84%	Too few students
	11th	.	86%	Too few students
	12th	.	86%	Too few students
Sex	Female	.	88%	Too few students
	Male	.	83%	Too few students
Total		91%	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

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

4 Sexual Behavior and Orientation

4.12 The percent of students who report same-sex sexual contact

		OrleansSW	Vermont	Notes
Grade	9th	.	4%	Too few students
	10th	8%	5%	
	11th	12%	6%	
	12th	.	6%	Too few students
Sex	Female	14%	7%	
	Male	.	3%	Too few students
Total		8%	5%	

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

		OrleansSW	Vermont	Notes
Grade	9th	8%	8%	
	10th	14%	9%	
	11th	15%	9%	
	12th	.	10%	Too few students
Sex	Female	20%	12%	SU statistically higher
	Male	5%	6%	
Total		13%	9%	

5 Body Image

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

		OrleansSW	Vermont	Notes
Grade	9th	22%	16%	
	10th	16%	15%	
	11th	.	15%	Too few students
	12th	.	15%	Too few students
Sex	Female	17%	14%	
	Male	19%	17%	
Total		18%	16%	

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

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

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

		OrleansSW	Vermont	Notes
Grade	9th	25%	30%	
	10th	31%	30%	
	11th	.	29%	Too few students
	12th	.	29%	Too few students
Sex	Female	41%	35%	
	Male	25%	25%	
Total		32%	30%	

5.04 The percent of students who are trying to lose weight

		OrleansSW	Vermont	Notes
Grade	9th	33%	43%	
	10th	47%	42%	
	11th	47%	42%	
	12th	.	44%	Too few students
Sex	Female	58%	59%	
	Male	30%	27%	
Total		43%	43%	

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

		OrleansSW	Vermont	Notes
Grade	9th	11%	17%	
	10th	11%	17%	
	11th	11%	16%	
	12th	.	16%	Too few students
Sex	Female	18%	23%	
	Male	5%	10%	SU statistically lower
Total		13%	16%	

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

		OrleansSW	Vermont	Notes
Grade	9th	19%	22%	
	10th	15%	24%	
	11th	27%	23%	
	12th	.	23%	Too few students
Sex	Female	18%	23%	
	Male	19%	24%	
Total		19%	23%	

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

		OrleansSW	Vermont	Notes
Grade	9th	29%	33%	
	10th	24%	33%	
	11th	33%	33%	
	12th	.	33%	Too few students
Sex	Female	27%	33%	
	Male	29%	33%	
Total		28%	33%	

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

		OrleansSW	Vermont	Notes
Grade	9th	12%	17%	
	10th	9%	17%	SU statistically lower
	11th	22%	17%	
	12th	.	18%	Too few students
Sex	Female	12%	17%	
	Male	15%	17%	
Total		14%	17%	

6.04 The percent of students who ate breakfast on all of the past 7 days

		OrleansSW	Vermont	Notes
Grade	9th	39%	43%	
	10th	43%	44%	
	11th	.	43%	Too few students
	12th	.	42%	Too few students
Sex	Female	39%	40%	
	Male	42%	46%	
Total		41%	43%	

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

		OrleansSW	Vermont	Notes
Grade	9th	74%	75%	
	10th	79%	77%	
	11th	.	76%	Too few students
	12th	.	77%	Too few students
Sex	Female	77%	75%	
	Male	72%	77%	
Total		74%	76%	

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

		OrleansSW	Vermont	Notes
Grade	9th	9%	11%	
	10th	6%	10%	
	11th	.	10%	Too few students
	12th	.	10%	Too few students
Sex	Female	7%	10%	
	Male	12%	10%	
Total		9%	10%	

6.07 The percent of students who drank at least 4 glasses or bottles of water yesterday

		OrleansSW	Vermont	Notes
Grade	9th	22%	29%	
	10th	30%	31%	
	11th	.	29%	Too few students
	12th	.	32%	Too few students
Sex	Female	29%	28%	
	Male	28%	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

		OrleansSW	Vermont	Notes
Grade	9th	28%	17%	
	10th	20%	16%	
	11th	34%	16%	SU statistically higher
	12th	.	17%	Too few students
Sex	Female	19%	10%	SU statistically higher
	Male	36%	22%	SU statistically higher
Total		28%	17%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	9th	18%	16%	
	10th	17%	16%	
	11th	28%	17%	
	12th	.	16%	Too few students
Sex	Female	22%	12%	SU statistically higher
	Male	19%	21%	
Total		20%	17%	

6.10 The percent of students who participated in at least 60 minutes of physical activity every day, past 7 days

		OrleansSW	Vermont	Notes
Grade	9th	30%	27%	
	10th	20%	25%	
	11th	32%	24%	
	12th	.	23%	Too few students
Sex	Female	17%	18%	
	Male	33%	31%	
Total		25%	25%	

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

		OrleansSW	Vermont	Notes
Grade	9th	89%	61%	SU statistically higher
	10th	64%	42%	SU statistically higher
	11th	45%	29%	SU statistically higher
	12th	.	25%	Too few students
Sex	Female	62%	36%	SU statistically higher
	Male	62%	43%	SU statistically higher
Total		62%	40%	SU statistically higher

6.12 The percent of students who attended physical education classes daily in an average school week

		OrleansSW	Vermont	Notes
Grade	9th	.	20%	Too few students
	10th	7%	14%	
	11th	.	10%	Too few students
	12th	.	10%	Too few students
Sex	Female	7%	12%	SU statistically lower
	Male	7%	16%	SU statistically lower
Total		7%	14%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	9th	50%	40%	
	10th	40%	39%	
	11th	41%	40%	
	12th	.	40%	Too few students
Sex	Female	40%	36%	
	Male	49%	43%	
Total		45%	40%	

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

		OrleansSW	Vermont	Notes
Grade	9th	18%	13%	
	10th	11%	12%	
	11th	14%	12%	
	12th	.	12%	Too few students
Sex	Female	11%	10%	
	Male	15%	14%	
Total		13%	12%	

7.01 The percent of students who report their grades are mostly As or Bs

		OrleansSW	Vermont	Notes
Grade	9th	67%	75%	
	10th	75%	78%	
	11th	.	80%	Too few students
	12th	.	84%	Too few students
Sex	Female	83%	85%	
	Male	67%	74%	
Total		75%	79%	

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

		OrleansSW	Vermont	Notes
Grade	9th	75%	79%	
	10th	73%	79%	
	11th	78%	77%	
	12th	.	75%	Too few students
Sex	Female	78%	78%	
	Male	72%	77%	
Total		76%	77%	

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

		OrleansSW	Vermont	Notes
Grade	9th	49%	53%	
	10th	47%	55%	
	11th	66%	58%	
	12th	.	61%	Too few students
Sex	Female	59%	58%	
	Male	52%	55%	
Total		56%	57%	

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

		OrleansSW	Vermont	Notes
Grade	9th	51%	49%	
	10th	45%	48%	
	11th	44%	50%	
	12th	.	53%	Too few students
Sex	Female	45%	47%	
	Male	50%	53%	
Total		49%	50%	

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

		OrleansSW	Vermont	Notes
Grade	9th	66%	77%	
	10th	69%	82%	SU statistically lower
	11th	82%	84%	
	12th	.	86%	Too few students
Sex	Female	78%	85%	
	Male	69%	79%	SU statistically lower
Total		73%	82%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	9th	46%	55%	
	10th	54%	56%	
	11th	38%	60%	SU statistically lower
	12th	.	65%	Too few students
Sex	Female	49%	58%	
	Male	43%	60%	SU statistically lower
Total		47%	59%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	9th	40%	50%	
	10th	32%	47%	SU statistically lower
	11th	.	46%	Too few students
	12th	.	47%	Too few students
Sex	Female	38%	48%	
	Male	37%	47%	SU statistically lower
Total		38%	47%	SU statistically lower

Number of Students by Grade and Sex

Grade			Sex			
Missing Grade	**7th**	**8th**	**Missing Sex**	**Female**	**Male**	**Total**
1	66	67	2	71	61	134

Percent of Students by Age

	2013
11 years or younger	0%
12 years	26%
13 years	47%
14 years or older	27%

Percent of Students by Race and Ethnicity

	2013
White non-Hispanic	82%
Racial or ethnic minority	18%

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

		OrleansSW	Vermont	Notes
Grade	7th	56%	43%	
	8th	54%	45%	
Sex	Female	46%	28%	SU statistically higher
	Male	64%	58%	
Total		55%	43%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	8%	7%	
	8th	.	6%	Too few students
Sex	Female	8%	9%	
	Male	.	5%	Too few students
Total		6%	7%	

1 Personal Safety

1.03 Percent of students who were ever bullied at school

		OrleansSW	Vermont	Notes
Grade	7th	52%	47%	
	8th	45%	48%	
Sex	Female	56%	53%	
	Male	40%	42%	
Total		49%	47%	

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

		OrleansSW	Vermont	Notes
Grade	7th	30%	27%	
	8th	30%	25%	
Sex	Female	39%	32%	
	Male	19%	21%	
Total		30%	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.

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

		OrleansSW	Vermont	Notes
Grade	7th	11%	13%	
	8th	13%	16%	
Sex	Female	19%	13%	
	Male	6%	13%	SU statistically lower
Total		13%	13%	

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

		OrleansSW	Vermont	Notes
Grade	7th	31%	24%	
	8th	26%	28%	
Sex	Female	45%	35%	
	Male	12%	14%	
Total		29%	25%	

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.

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

		OrleansSW	Vermont	Notes
Grade	7th	48%	33%	
	8th	.	43%	Too few students
Sex	Female	52%	33%	SU statistically higher
	Male	46%	36%	
Total		49%	35%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	.	38%	Too few students
	8th	.	50%	Too few students
Sex	Female	.	39%	Too few students
	Male	.	39%	Too few students
Total		58%	39%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	.	3%	Too few students
	8th	9%	4%	
Sex	Female	.	2%	Too few students
	Male	9%	4%	
Total		7%	3%	

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

		OrleansSW	Vermont	Notes
Grade	7th	31%	20%	
	8th	29%	26%	
Sex	Female	31%	22%	
	Male	29%	20%	
Total		30%	21%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	32%	17%	SU statistically higher
	8th	21%	19%	
Sex	Female	42%	24%	SU statistically higher
	Male	10%	12%	
Total		27%	18%	SU statistically higher

1.12 Percent of students who ever seriously thought about suicide

		OrleansSW	Vermont	Notes
Grade	7th	27%	16%	
	8th	23%	20%	
Sex	Female	43%	22%	SU statistically higher
	Male	8%	12%	
Total		26%	17%	SU statistically higher

1.13 Percent of students who ever seriously made a suicide plan

		OrleansSW	Vermont	Notes
Grade	7th	19%	10%	
	8th	12%	14%	
Sex	Female	26%	14%	SU statistically higher
	Male	.	8%	Too few students
Total		16%	11%	

1.14 Percent of students who ever attempted suicide

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

2 Alcohol, Tobacco, and Other Drug Use

2.01 Percent of students who ever drank alcohol other than a few sips

		OrleansSW	Vermont	Notes
Grade	7th	36%	15%	SU statistically higher
	8th	34%	26%	
Sex	Female	33%	16%	SU statistically higher
	Male	35%	20%	SU statistically higher
Total		35%	18%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	16%	6%	
	8th	11%	8%	
Sex	Female	13%	5%	
	Male	15%	9%	
Total		14%	7%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	13%	6%	
	8th	16%	11%	
Sex	Female	12%	6%	
	Male	15%	7%	
Total		14%	7%	SU statistically higher

2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days

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

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

		OrleansSW	Vermont	Notes
Grade	7th	11%	8%	
	8th	23%	12%	
Sex	Female	21%	9%	SU statistically higher
	Male	10%	9%	
Total		16%	9%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	.	2%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		4%	2%	

2.07 Percent of students who smoked cigarettes, past 30 days

		OrleansSW	Vermont	Notes
Grade	7th	.	2%	Too few students
	8th	7%	4%	
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		5%	2%	

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

		OrleansSW	Vermont	Notes
Grade	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

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

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

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

2.11 Percent of students who ever used snus

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

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

		OrleansSW	Vermont	Notes
Grade	7th	28%	18%	
	8th	16%	17%	
Sex	Female	21%	17%	
	Male	23%	18%	
Total		23%	17%	

2.13 Percent of smokers who got their cigarettes from someone else or gave someone money to purchase them cigarettes

		OrleansSW	Vermont	Notes
Grade	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

		OrleansSW	Vermont	Notes
Grade	7th	51%	29%	SU statistically higher
	8th	39%	33%	
Sex	Female	49%	31%	SU statistically higher
	Male	41%	29%	
Total		46%	30%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	39%	22%	SU statistically higher
	8th	38%	25%	
Sex	Female	43%	24%	SU statistically higher
	Male	35%	20%	SU statistically higher
Total		39%	22%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	22%	19%	
	8th	34%	28%	
Sex	Female	28%	22%	
	Male	27%	20%	
Total		28%	21%	

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

		OrleansSW	Vermont	Notes
Grade	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

2.18 Percent of students who have ever used marijuana

		OrleansSW	Vermont	Notes
Grade	7th	12%	5%	
	8th	14%	10%	
Sex	Female	16%	5%	SU statistically higher
	Male	10%	7%	
Total		14%	6%	SU statistically higher

2.19 Percent of students who used marijuana before age 11

		OrleansSW	Vermont	Notes
Grade	7th	.	1%	Too few students
	8th	.	1%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	1%	Too few students
Total		.	1%	Too few students

2.20 Percent of students who used marijuana, past 30 days

		OrleansSW	Vermont	Notes
Grade	7th	9%	2%	
	8th	8%	5%	
Sex	Female	10%	3%	
	Male	.	4%	Too few students
Total		9%	3%	SU statistically higher

2.21 Percent of students who have ever used inhalants

		OrleansSW	Vermont	Notes
Grade	7th	12%	5%	
	8th	.	6%	Too few students
Sex	Female	15%	6%	SU statistically higher
	Male	.	5%	Too few students
Total		10%	5%	

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

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

		OrleansSW	Vermont	Notes
Grade	7th	90%	96%	
	8th	98%	96%	
Sex	Female	98%	97%	
	Male	90%	96%	
Total		94%	96%	

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

		OrleansSW	Vermont	Notes
Grade	7th	77%	91%	SU statistically lower
	8th	87%	89%	
Sex	Female	92%	92%	
	Male	73%	89%	SU statistically lower
Total		82%	91%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	7th	92%	96%	
	8th	98%	93%	SU statistically higher
Sex	Female	96%	95%	
	Male	95%	95%	
Total		95%	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

		OrleansSW	Vermont	Notes
Grade	7th	93%	95%	
	8th	93%	92%	
Sex	Female	96%	95%	
	Male	89%	94%	
Total		92%	94%	

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

		OrleansSW	Vermont	Notes
Grade	7th	72%	90%	SU statistically lower
	8th	84%	83%	
Sex	Female	86%	90%	
	Male	71%	86%	SU statistically lower
Total		77%	88%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	7th	85%	94%	
	8th	83%	86%	
Sex	Female	86%	93%	
	Male	83%	91%	
Total		84%	92%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	7th	63%	70%	
	8th	63%	72%	
Sex	Female	61%	71%	
	Male	66%	71%	
Total		63%	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

		OrleansSW	Vermont	Notes
Grade	7th	42%	51%	
	8th	49%	50%	
Sex	Female	40%	53%	SU statistically lower
	Male	49%	49%	
Total		45%	51%	

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

		OrleansSW	Vermont	Notes
Grade	7th	61%	67%	
	8th	60%	58%	
Sex	Female	62%	66%	
	Male	59%	63%	
Total		60%	64%	

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

		OrleansSW	Vermont	Notes
Grade	7th	39%	24%	SU statistically higher
	8th	40%	35%	
Sex	Female	32%	24%	
	Male	46%	28%	SU statistically higher
Total		40%	26%	SU statistically higher

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

		OrleansSW	Vermont	Notes
Grade	7th	29%	36%	
	8th	42%	49%	
Sex	Female	26%	38%	
	Male	43%	39%	
Total		35%	38%	

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

		OrleansSW	Vermont	Notes
Grade	7th	26%	12%	SU statistically higher
	8th	31%	23%	
Sex	Female	24%	13%	SU statistically higher
	Male	31%	16%	SU statistically higher
Total		29%	14%	SU statistically higher

4 Body Image

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

		OrleansSW	Vermont	Notes
Grade	7th	31%	25%	
	8th	31%	28%	
Sex	Female	34%	28%	
	Male	29%	23%	
Total		31%	26%	

4.02 Percent of students who are trying to lose weight

		OrleansSW	Vermont	Notes
Grade	7th	49%	39%	
	8th	44%	44%	
Sex	Female	62%	50%	
	Male	30%	32%	
Total		46%	41%	

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

		OrleansSW	Vermont	Notes
Grade	7th	21%	26%	
	8th	14%	21%	
Sex	Female	26%	34%	
	Male	10%	21%	SU statistically lower
Total		18%	27%	SU statistically lower

5.01 Percent of students who ate breakfast on all of the past 7 days

		OrleansSW	Vermont	Notes
Grade	7th	43%	51%	
	8th	45%	46%	
Sex	Female	33%	44%	
	Male	56%	59%	
Total		44%	52%	

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

		OrleansSW	Vermont	Notes
Grade	7th	74%	82%	
	8th	76%	79%	
Sex	Female	71%	77%	
	Male	81%	87%	
Total		75%	82%	

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

		OrleansSW	Vermont	Notes
Grade	7th	9%	7%	
	8th	7%	8%	
Sex	Female	10%	9%	
	Male	.	5%	Too few students
Total		8%	7%	

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

		OrleansSW	Vermont	Notes
Grade	7th	43%	39%	
	8th	44%	38%	
Sex	Female	34%	36%	
	Male	50%	43%	
Total		43%	39%	

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

		OrleansSW	Vermont	Notes
Grade	7th	45%	57%	
	8th	49%	55%	
Sex	Female	37%	52%	SU statistically lower
	Male	58%	61%	
Total		47%	57%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	7th	99%	91%	SU statistically higher
	8th	96%	89%	SU statistically higher
Sex	Female	100%	91%	SU statistically lower
	Male	96%	91%	
Total		98%	91%	SU statistically higher

5.07 Percent of students who attended physical education classes daily in an average school week

		OrleansSW	Vermont	Notes
Grade	7th	.	12%	Too few students
	8th	.	11%	Too few students
Sex	Female	.	12%	Too few students
	Male	.	13%	Too few students
Total		.	13%	Too few students

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

		OrleansSW	Vermont	Notes
Grade	7th	32%	23%	
	8th	19%	24%	
Sex	Female	22%	22%	
	Male	31%	24%	
Total		26%	23%	

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

		OrleansSW	Vermont	Notes
Grade	7th	24%	29%	
	8th	27%	34%	
Sex	Female	27%	27%	
	Male	22%	32%	
Total		26%	29%	

5.10 Percent of students who went online 6 or 7 days a week for something that was not school-related

		OrleansSW	Vermont	Notes
Grade	7th	33%	43%	
	8th	44%	57%	
Sex	Female	38%	46%	
	Male	38%	45%	
Total		39%	45%	

6 Youth Assets

6.01 Percent of students who talk to their parents about school at least weekly

		OrleansSW	Vermont	Notes
Grade	7th	67%	80%	SU statistically lower
	8th	77%	78%	
Sex	Female	73%	80%	
	Male	70%	79%	
Total		72%	79%	

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

		OrleansSW	Vermont	Notes
Grade	7th	45%	54%	
	8th	58%	51%	
Sex	Female	47%	51%	
	Male	56%	57%	
Total		51%	54%	

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

		OrleansSW	Vermont	Notes
Grade	7th	42%	61%	SU statistically lower
	8th	50%	58%	
Sex	Female	46%	62%	SU statistically lower
	Male	47%	62%	SU statistically lower
Total		46%	62%	SU statistically lower

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

		OrleansSW	Vermont	Notes
Grade	7th	24%	43%	SU statistically lower
	8th	45%	40%	
Sex	Female	32%	42%	
	Male	37%	43%	
Total		34%	42%	