



# 2023 VERMONT YOUTH RISK BEHAVIOR SURVEY

MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT



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

**THANK YOU! MILL RIVER UNIFIED UNION SUPERVISORY  
DISTRICT SCHOOLS**

|               |                |
|---------------|----------------|
| High School   | MILL RIVER USD |
| Middle School | MILL RIVER USD |

---

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

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

---

## Table of Contents

|   |    |
|---|----|
| <b>About the YRBS</b> .....                             | 4  |
| <b>Methodology</b> .....                                | 6  |
| <b>Using the YRBS</b> .....                             | 7  |
| <b>How Accurate are the Results?</b> .....              | 8  |
| <b>Understanding and Interpreting the Results</b> ..... | 9  |
| <b>High School Results</b> .....                        | 11 |
| Demographics.....                                       | 12 |
| Unintentional Injuries and Prevention.....              | 13 |
| Violence and Bullying.....                              | 15 |
| Mental Health.....                                      | 17 |
| Lifetime Substance Use.....                             | 18 |
| Current Substance Use.....                              | 20 |
| Other Substance Use Behaviors and Experiences.....      | 22 |
| Perceptions Around Substance Use.....                   | 23 |
| Sexual Health.....                                      | 25 |
| Weight.....   | 27 |
| Physical Activity.....                                  | 28 |
| Nutrition.....  | 29 |
| Social Determinants of Health.....                      | 30 |
| Protective Factors.....                                 | 31 |
| <b>Middle School Results</b> .....                      | 33 |
| Demographics.....                                       | 34 |
| Unintentional Injuries and Prevention.....              | 35 |
| Violence and Bullying.....                              | 36 |
| Mental Health.....                                      | 37 |
| Lifetime Substance Use.....                             | 38 |
| Current Substance Use.....                              | 39 |
| Perceptions Around Substance Use.....                   | 40 |
| Sexual Health.....                                      | 42 |
| Physical Activity.....                                  | 43 |
| Nutrition.....  | 44 |
| Social Determinants of Health.....                      | 45 |
| Protective Factors.....                                 | 46 |

### About the YRBS

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

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

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

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

### About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered in 1993 among students in grades 8 through 12. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

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

Copies of the Vermont high school and middle school surveys as well as previous surveys can be found online at: <https://www.HealthVermont.gov/yrbs>

## Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the Spring semester. However, due to the COVID-19 pandemic and remote learning, the 2021 survey was delayed and administered during the fall of 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect students' anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

---

## Using the YRBS

### Engaging students, schools, and communities

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

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

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

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

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

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

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

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

### How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

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



---

## Understanding and Interpreting the Results

### Statistical Differences

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

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

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

### Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

---

### Key Terms and Statistical Differences

Each table includes the overall statewide and supervisory union prevalence rates (%). Prevalence rates by subpopulations are included at the local level. Overall statistical comparisons between the statewide and supervisory union rates as well as statistical differences within a supervisory union by subpopulations are indicated within each table. These are noted using the following key terms and statistical differences:

- VT** All students in Vermont
- SU** All students in MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT
- .** Too few students to report
- \*** Significant difference between groups

---

# 2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## HIGH SCHOOL RESULTS

---

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

## Demographics

| MILL RIVER UNIFIED UNION<br>SUPERVISORY DISTRICT | N   |
|--|-----|
| Overall  | 146 |

| Year in School | N  | %  |
|----------------|----|----|
| 9th grade      | 45 | 24 |
| 10th grade     | 43 | 23 |
| 11th grade     | 34 | 28 |
| 12th grade     | 23 | 25 |

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Unintentional Injuries and Prevention

|   | VT | SU/SD |   |
|---|----|-------|---|
| Rarely or never wore a helmet when they rode a bicycle or skateboard or rollerbladed, among those who rode a bicycle or skateboard or rollerbladed, past year | 42 | 50    | * |
| Had a concussion from playing a sport or being physically active, past year   | 18 | 24    | * |

|  | VT | SU/SD |   |
|--|----|-------|---|
| Had at least one sunburn, past year  | 72 | 71    |   |
| Most of the time or always wear sunscreen when outside for at least one hour | 32 | 21    | * |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Were asked by a doctor, dentist, or nurse if they smoked, among those who saw a provider in the past year | 49 | 51    |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Unintentional Injuries and Prevention

|  | VT | SU/SD |   |
|--|----|-------|---|
| Texted or e-mailed while driving a car or other vehicle, among students who drive, past 30 days          | 38 | 41    |   |
| Drove a car or other vehicle when they had been drinking alcohol, among students who drive, past 30 days | 7  | 13    | * |
| Drove a car or other vehicle when they had been using marijuana, among students who drive, past 30 days  | 12 | 30    | * |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Rode with a driver who had been drinking alcohol, past 30 days                              | 19 | 24    | * |
| Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days | 22 | 34    | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Violence and Bullying

|  | VT | SU/SD |   |
|--|----|-------|---|
| Were in a physical fight, past year                                    | 16 | 22    | * |
| Were threatened or injured with a weapon on school property, past year | 9  | 12    |   |
| Carried a weapon on school property, past 30 days                      | 5  | 13    | * |

|  | VT | SU/SD |   |
|--|----|-------|---|
| Were bullied, past 30 days             | 21 | 28    | * |
| Bullied someone else, past 30 days     | 13 | 22    | * |
| Were electronically bullied, past year | 18 | 25    | * |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days | 10 | 11    |  |
| Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood                | 17 | 20    |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Violence and Bullying

|  | VT | SU/SD |
|--|----|-------|
| Report someone has ever done sexual things to them that they did not want  | 23 | 23    |
| Reported someone they were dating or going out with did sexual things that they did not want, among students who dated or went out with someone, past year | 14 | 13    |
| Experienced physical dating violence, among students who dated or went out with someone, past year   | 9  | 12    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students



2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

## Mental Health

|   | VT | SU/SD |
|---|----|-------|
| Reported that their mental health was most of the time or always not good, past 30 days | 34 | 33    |
| Most of the time or always bothered by feeling nervous, anxious, or on edge, past year  | 36 | 35    |
| Felt sad or hopeless, past year   | 29 | 34    |

|   | VT | SU/SD |
|---|----|-------|
| Purposely hurt themselves without wanting to die, past year | 23 | 25    |
| Made a plan about how they would attempt suicide, past year | 14 | 16    |
| Attempted suicide, past year                                | 7  | 8     |

|   | VT | SU/SD |
|---|----|-------|
| Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious  | 31 | 31    |
| Would most likely talk to a teacher, counselor or other adult in their school or an adult outside of school who is not a family member about their feelings, among students who felt sad, angry, or anxious | 7  | 8     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Lifetime Substance Use

|  | VT | SU/SD |   |
|--|----|-------|---|
| Ever drank alcohol                     | 49 | 51    |   |
| Ever smoked a cigarette                | 18 | 26    | * |
| Ever tried an electronic vapor product | 32 | 40    | * |
| Ever tried marijuana                   | 35 | 44    | * |

|  | VT | SU/SD |   |
|--|----|-------|---|
| Had their first drink of alcohol before age 13 years   | 14 | 20    | * |
| Smoked a cigarette before age 13 years                 | 7  | 11    | * |
| First tried an electronic vapor product before age 13  | 7  | 13    | * |
| Tried marijuana for the first time before age 13 years | 6  | 10    | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Lifetime Substance Use

|   | VT | SU/SD |
|---|----|-------|
| Ever misused a prescription pain medicine | 9  | 10    |
| Ever used cocaine                         | 3  | 5     |
| Ever used inhalants                       | 7  | 13 *  |
| Ever used heroin                          | 2  | 3     |
| Ever used methamphetamines                | 2  | 3     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Current Substance Use

|  | VT | SU/SD |   |
|--|----|-------|---|
| Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products | 18 | 27    | * |
| Currently smoked cigarettes  | 6  | 16    | * |
| Currently used an electronic vapor product   | 16 | 24    | * |
| Currently used smokeless tobacco   | 3  | 5     |   |
| Currently smoked cigars  | 4  | 6     |   |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Currently drank alcohol                           | 27 | 31    |   |
| Binge drank, past 30 days                         | 13 | 16    |   |
| Currently used marijuana                          | 22 | 32    | * |
| Misused any prescription medication, past 30 days | 5  | 9     | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Current Substance Use

|  | VT | SU/SD |
|--|----|-------|
| Usually got electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among students who used EVP, past 30 days | 4  | .     |
| Primarily used EVP because they were curious about them, among students who used EVP, past 30 days   | 25 | 18    |
| Primarily used EVP because friends or family used them, among students who used EVP, past 30 days  | 19 | 19    |

|   | VT | SU/SD |
|---|----|-------|
| Used an electronic vapor product to vape marijuana, among students who used marijuana, past 30 days                           | 65 | .     |
| Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among students who used marijuana, past 30 days        | 67 | .     |
| Usually obtained marijuana they used by buying it from a store or dispensary, among students who used marijuana, past 30 days | 3  | .     |
| Usually used marijuana by vaping it, among students who used marijuana, past 30 days  | 15 | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Other Substance Use Behaviors and Experiences

|  | VT | SU/SD |   |
|--|----|-------|---|
| Attended school under the influence of alcohol or other illegal drugs, past year       | 12 | 22    | * |
| Tried to quit using all tobacco products, past year                                    | 12 | 17    | * |
| Ever lived with a parent or guardian who was having a problem with alcohol or drug use | 27 | 36    | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Perceptions Around Substance Use

|   | VT | SU/SD |
|---|----|-------|
| Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some | 60 | 59    |
| Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some                   | 66 | 70    |
| Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some                 | 58 | 64 *  |

|  | VT | SU/SD |
|--|----|-------|
| Think it is wrong or very wrong for someone their age to use electronic vapor products | 70 | 69    |
| Think it is wrong or very wrong for someone their age to drink alcohol                 | 53 | 52    |
| Think it is wrong or very wrong for someone their age to use marijuana                 | 55 | 50    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Perceptions Around Substance Use

|  | VT | SU/SD |   |
|--|----|-------|---|
| Responded that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products | 89 | 87    |   |
| Responded that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol                 | 67 | 69    |   |
| Responded that their parents or guardians feel it would be wrong or very wrong for them to use marijuana                 | 75 | 69    | * |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor product regularly                         | 42 | 34    | * |
| Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol once or twice each weekend | 35 | 28    | * |
| Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly  | 24 | 19    |   |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students



2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

## Sexual Health

|   | VT | SU/SD |
|---|----|-------|
| Were ever tested for human immunodeficiency virus (HIV)         | 8  | 11    |
| Were tested for a sexually transmitted disease (STD), past year | 8  | 7     |

|  | VT | SU/SD |
|--|----|-------|
| Ever had sexual intercourse  | 37 | 40    |
| Had sexual intercourse with four or more persons during their life | 8  | 9     |

|  | VT | SU/SD |
|--|----|-------|
| Were currently sexually active, past 3 month | 28 | 31    |

|   | VT | SU/SD |
|---|----|-------|
| Drank alcohol or used drugs before last sexual intercourse, among students who were currently sexually active | 20 | .     |
| Used a condom during last sexual intercourse, among students who were currently sexually active               | 49 | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Sexual Health

|   | VT | SU/SD |
|---|----|-------|
| Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner, among students who were currently sexually active  | 18 | .     |
| Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner, among students who were currently sexually active | 52 | .     |
| Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner, among students who were currently sexually active  | 7  | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Weight

|                | VT | SU/SD |   |
|----------------|----|-------|---|
| Are overweight | 14 | 22    | * |
| Are obese      | 14 | 13    |   |

|  | VT | SU/SD |   |
|--|----|-------|---|
| Described themselves as slightly or very overweight  | 29 | 35    | * |
| Were trying to lose weight   | 39 | 40    |   |
| Tried to lose weight or keep from gaining weight by going without eating for 24 hours or more, taking any diet pills, powders, or liquids, vomiting or taking laxatives, smoking cigarettes, or skipping meals | 22 | 28    | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

## Physical Activity

|  | VT | SU/SD |
|--|----|-------|
| Did not participate in at least 60 minutes of physical activity on at least 1 day, past week | 13 | 12    |
| Were physically active at least 60 minutes per day on 5 or more days, past week              | 52 | 55    |
| Were physically active at least 60 minutes per day on all 7 days, past week                  | 28 | 26    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

## Nutrition

|  | VT | SU/SD |
|--|----|-------|
| Did not eat breakfast, past week           | 14 | 15    |
| Ate breakfast on 5 or more days, past week | 49 | 44    |
| Ate breakfast on all 7 days, past week     | 32 | 28    |

|   | VT | SU/SD |
|---|----|-------|
| Ate 5+ fruits/vegetables every day, past week                             | 19 | 15    |
| Did not eat vegetables, past week   | 6  | 5     |
| Ate vegetables one or more times per day, past week                       | 69 | 65    |
| Ate vegetables two or more times per day, past week                       | 34 | 30    |
| Ate vegetables three or more times per day, past week                     | 17 | 16    |
| Did not eat fruit or drink 100% fruit juices, past week                   | 7  | 6     |
| Ate fruit or drank 100% fruit juices one or more times per day, past week | 58 | 57    |
| Ate fruit or drank 100% fruit juices two or more times per day, past week | 27 | 20 *  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Social Determinants of Health

|  | VT | SU/SD |   |
|--|----|-------|---|
| Most of the time or always went hungry because there was not enough food in their home, past 30 days | 2  | 6     | * |
| Experienced unstable housing, past 30 days   | 4  | 3     |   |
| Think their family subjective social status is worse than other families                             | 3  | 2     |   |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Have a disability or long-term health problem that keeps them from doing everyday activities            | 7  | 9     |  |
| Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan | 18 | 17    |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Protective Factors

|  | VT | SU/SD |   |
|--|----|-------|---|
| Ate dinner at home with at least one parent or other adult family member on four or more days during the previous week | 72 | 64    | * |

|  | VT | SU/SD |   |
|--|----|-------|---|
| Strongly agree or agree that their school has clear rules and consequences for behavior  | 48 | 42    |   |
| Felt that they were ever treated badly or unfairly in school because of their race or ethnicity                                  | 21 | 19    |   |
| Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem               | 69 | 66    |   |
| During an average school week, spend 10 or more hours participating in afterschool activities                                    | 24 | 26    |   |
| Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school | 69 | 59    | * |

|                                       | VT | SU/SD |  |
|---------------------------------------|----|-------|--|
| Used social media several times a day | 80 | 84    |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT High School Results

Protective Factors

|  | VT | SU/SD |
|--|----|-------|
| Strongly agree or agree that in their community they feel like they matter to people | 54 | 52    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students



---

# 2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

---

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

## Demographics

|         | N  |
|---------|----|
| Overall | 92 |

| Year in School | N  | %  |
|----------------|----|----|
| 7th grade      | 49 | 53 |
| 8th grade      | 43 | 47 |

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Unintentional Injuries and Prevention

|  | VT | SU/SD |   |
|--|----|-------|---|
| Rarely or never wore a bicycle helmet, among students who had ridden a bicycle   | 27 | 43    | * |
| Rarely or never wore a helmet when rollerblading or skateboarding, among students who used rollerblades or rode a skateboard | 30 | .     |   |
| Had a concussion from playing a sport or being physically active, past year  | 17 | 18    |   |

|   | VT | SU/SD |
|---|----|-------|
| Had a sunburn, past year                  | 62 | 67    |
| Most of the time or always wear sunscreen | 42 | 37    |

|  | VT | SU/SD |
|--|----|-------|
| Were asked by a doctor, dentist, or nurse if they used a tobacco product among those who saw a provider during the past year | 26 | 32    |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Do not always wear a seat belt                        | 25 | 33    | * |
| Ever rode with a driver who had been drinking alcohol | 19 | 18    |   |
| Ever rode with a driver who had been using marijuana  | 13 | 17    |   |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Violence and Bullying

|                                      | VT | SU/SD |   |
|--------------------------------------|----|-------|---|
| Were ever bullied on school property | 47 | 55    | * |
| Were ever electronically bullied     | 30 | 35    |   |
| Were bullied, past 30 days           | 27 | 38    | * |
| Bullied someone else, past 30 days   | 12 | 12    |   |

|  | VT | SU/SD |  |
|--|----|-------|--|
| Were ever in a physical fight  | 40 | 36    |  |
| Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | 15 | 12    |  |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Report someone has ever done sexual things to them that they did not want | 13 | 13    |  |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days | 12 | 12    |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

## Mental Health

|  | VT | SU/SD |   |
|--|----|-------|---|
| Reported that their mental health was most of the time or always not good during the past 30 days                              | 25 | 32    | * |
| Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose | 21 | 25    |   |
| Felt sad or hopeless, past year  | 24 | 27    |   |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Ever seriously thought about killing themselves       | 20 | 19    |  |
| Ever made a plan about how they would kill themselves | 15 | 15    |  |
| Ever tried to kill themselves                         | 7  | 7     |  |

|   | VT | SU/SD |  |
|---|----|-------|--|
| Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious  | 41 | 42    |  |
| Would most likely to talk to a teacher, counselor or other adult in their school or an adult outside of school who is not a family member about their feelings, among those who felt sad, angry, hopeless, or anxious | 5  | .     |  |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Lifetime Substance Use

|  | VT | SU/SD |
|--|----|-------|
| Ever drank alcohol                     | 19 | 17    |
| Ever smoked a cigarette                | 7  | 8     |
| Ever tried an electronic vapor product | 12 | 11    |
| Ever tried a flavored tobacco product  | 6  | 6     |
| Ever tried marijuana                   | 8  | 5     |

|  | VT | SU/SD |
|--|----|-------|
| Had their first drink of alcohol before age 11 years                     | 9  | .     |
| Smoked a cigarette before age 11 years                                   | 3  | .     |
| Tried an electronic vapor product for the first time before age 11 years | 3  | .     |
| First tried a flavored tobacco product before age 11                     | 3  | .     |
| Tried marijuana for the first time before age 11 years                   | 2  | .     |

|   | VT | SU/SD |
|---|----|-------|
| Ever misused a prescription pain medicine | 7  | 6     |
| Ever used inhalants                       | 6  | 6     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Current Substance Use

|  | VT | SU/SD |
|--|----|-------|
| Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products | 7  | 7     |
| Currently smoked cigarettes  | 2  | .     |
| Currently used an electronic vapor product   | 6  | 5     |
|  | 1  | .     |
| Currently smoked cigars  | 1  | .     |

|                          | VT | SU/SD |
|--------------------------|----|-------|
| Currently drank alcohol  | 5  | 5     |
| Currently used marijuana | 4  | .     |

|  | VT | SU/SD |
|--|----|-------|
|  | 14 | .     |
| Primary used EVP because they were curious about them, past 30 days, among students who used EVP | 29 | .     |

. = Too few students to report;      \* = Statistical differences between groups;      # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Perceptions Around Substance Use

|   | VT | SU/SD |
|---|----|-------|
| Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some | 24 | 26    |
| Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some                   | 38 | 41    |
| Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some                 | 20 | 22    |

|  | VT | SU/SD |
|--|----|-------|
| Think it is wrong or very wrong for someone their age to use electronic vapor products | 89 | 87    |

|  | VT | SU/SD |
|--|----|-------|
| Believe that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products | 94 | 96    |
| Believe that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol                 | 86 | 88    |
| Believe that their parents or guardians feel it would be wrong or very wrong for them to use marijuana                 | 92 | 91    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level



2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Perceptions Around Substance Use

|   | VT | SU/SD |
|---|----|-------|
| Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly                        | 51 | 52    |
| Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol once or twice each weekend | 39 | 34    |
| Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly  | 45 | 40    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

## Sexual Health

|  | VT | SU/SD |
|--|----|-------|
| Ever had sexual intercourse  | 5  | 7     |
| Used a condom during last sexual intercourse, among students who have ever had intercourse | 51 | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

## Physical Activity

|  | VT | SU/SD |
|--|----|-------|
| Did not participate in at least 60 minutes of physical activity on at least 1 day, past week | 10 | 12    |
| Were physically active at least 60 minutes per day on 5 or more days, past week              | 59 | 58    |
| Were physically active at least 60 minutes per day on all 7 days, past week                  | 34 | 29    |

|   | VT | SU/SD |
|---|----|-------|
| Played on at least one sports team, past year | 69 | 75 *  |

|   | VT | SU/SD |
|---|----|-------|
| Walk or ride their bike to school at least once a week when weather permits | 23 | 9 *   |
| Walk or ride their bike to school five days a week when weather permits     | 11 | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

## Nutrition

|  | VT | SU/SD |
|--|----|-------|
| Did not eat breakfast, past week           | 12 | 9     |
| Ate breakfast on 5 or more days, past week | 60 | 62    |
| Ate breakfast on all 7 days, past week     | 42 | 40    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Social Determinants of Health

|  | VT | SU/SD |
|--|----|-------|
| Most of the time or always went hungry because there was not enough food in their home, past 30 days | 2  | .     |
|  | 2  | .     |
| People in their home most of the time or always speak a language other than English                  | 7  | .     |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Protective Factors

|  | VT | SU/SD |   |
|--|----|-------|---|
| Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week | 87 | 80    | * |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Ever felt that they were treated badly or unfairly in school because of their race or ethnicity       | 25 | 17    | * |
| Have at least one teacher or other adult in their school that they can talk to if they have a problem | 65 | 56    | * |
| Strongly agree or agree that their school has clear rules and consequences for behavior               | 56 | 49    | * |
| Spend 10 or more hours participating in afterschool activities during a typical school week           | 13 | 24    | * |

|   | VT | SU/SD |   |
|---|----|-------|---|
| Do not use social media such as Instagram, TikTok, Snapchat, and Twitter              | 21 | 15    |   |
| Use social media such as Instagram, TikTok, Snapchat, and Twitter several times a day | 60 | 70    | * |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY  
MILL RIVER UNIFIED UNION SUPERVISORY DISTRICT Middle School Results

Protective Factors

|  | VT | SU/SD |
|--|----|-------|
| Strongly agree or agree that in their community they feel like they matter to people | 56 | 57    |

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level