

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY

WHITE RIVER VALLEY SU

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! WHITE RIVER VALLEY SU SCHOOLS

High School	WHITE RIVER VALLEY HIGH SCHOOL-Royalton Campus
Middle School	CHELSEA ELEM MIDDLE SCHOOL / First Branch Middle School
Middle School	NEWTON SCHOOL
Middle School	WHITE RIVER VALLEY MIDDLE SCHOOL-Bethal Campus

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>

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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.

Subgroup Comparisons

Some subgroups have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

To draw as many statistically meaningful comparisons among groups as possible, some populations have been grouped together. When included, all American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students were grouped into a "BIPOC" category to compare to white, non-Hispanic students. Similarly, all lesbian, gay, bisexual, or other non-heterosexual sexual orientation and transgender students were grouped into a "LGBTQ+" category to compare to heterosexual/cisgender 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 WHITE RIVER VALLEY SU

M Male students

F Female students

WnH White, non-Hispanic students

BIPOC American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students

Het/Cis Heterosexual and cisgender students

LGBTQ+ Transgender, lesbian, gay, bisexual, other sexual orientation, and questioning or unsure if they are transgender students

IEP Currently have an IEP or 504 Plan

noIEP Do not have an IEP or 504 Plan

.

Too few students to report

*

Significant difference between groups

#

Significantly increases/decreases with each grade level

+

Older (11th/12th grade) students are significantly different from younger (9th/10th grade) students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Demographics

WHITE RIVER VALLEY SU	N
Overall	131

Sex	N	%
Male	55	43
Female	76	57

Year in School	N	%
9th grade	51	35
10th grade	28	19
11th grade	31	24
12th grade	20	22

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

Unintentional Injuries and Prevention

	VT	SU/SD		F	M	9-10	11-12
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	49 *		43	.	37	.
Had a concussion from playing a sport or being physically active, past year	18	13 *		13	13	16	9

	VT	SU/SD		F	M	9-10	11-12
Had at least one sunburn, past year	72	80 *		84	75	83	77
Most of the time or always wear sunscreen when outside for at least one hour	32	35		46	23 *	40	30

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Unintentional Injuries and Prevention

	VT	SU/SD	F	M	9-10	11-12
Were asked by a doctor, dentist, or nurse if they smoked, among those who saw a provider in the past year	49	50	56	.	46	.

	VT	SU/SD	F	M	9-10	11-12
Texted or e-mailed while driving a car or other vehicle, among students who drive, past 30 days	38	33
Drove a car or other vehicle when they had been drinking alcohol, among students who drive, past 30 days	7
Drove a car or other vehicle when they had been using marijuana, among students who drive, past 30 days	12

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Unintentional Injuries and Prevention

	VT	SU/SD	F	M	9-10	11-12
Rode with a driver who had been drinking alcohol, past 30 days	19	15	16	15	15	15
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	22	14 *	18	9	12	15

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Violence and Bullying

	VT	SU/SD	F	M	9-10	11-12
Were in a physical fight, past year	16	14	11	16	17	9
Were threatened or injured with a weapon on school property, past year	9	5 *	5	.	8	.
Carried a weapon on school property, past 30 days	5	8	.	12	.	13

	VT	SU/SD	F	M	9-10	11-12
Were bullied, past 30 days	21	18	24	11 *	25	9 +
Bullied someone else, past 30 days	13	12	11	12	13	.
Were electronically bullied, past year	18	17	27	.	28	.

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Violence and Bullying

	VT	SU/SD	F	M	9-10	11-12
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	10	12	14	9	17	.
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	17	17	19	15	18	15

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Violence and Bullying

	VT	SU/SD	F	M		9-10	11-12
Report someone has ever done sexual things to them that they did not want	23	23	37	7	*	22	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	12
Experienced physical dating violence, among students who dated or went out with someone, past year	9	9

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Mental Health

	VT	SU/SD	F	M		9-10	11-12
Reported that their mental health was most of the time or always not good, past 30 days	34	34	47	19	*	34	35
Most of the time or always bothered by feeling nervous, anxious, or on edge, past year	36	36	46	25	*	32	41
Felt sad or hopeless, past year	29	32	41	21	*	29	34

	VT	SU/SD	F	M	Row Percent	Row Percent
Purposely hurt themselves without wanting to die, past year	23	27	31	23	28	26
Made a plan about how they would attempt suicide, past year	14	14	13	15	11	16
Attempted suicide, past year	7	6	8	.	9	.

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Mental Health

	VT	SU/SD		F	M	9-10	11-12
Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious	31	43	*	36	.	42	.
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

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Lifetime Substance Use

	VT	SU/SD	F	M	9-10	11-12	
Ever drank alcohol	49	52	51	53	40	65	+
Ever smoked a cigarette	18	15	16	15	14	16	
Ever tried an electronic vapor product	32	30	31	30	28	.	
Ever tried marijuana	35	31	34	28	21	41	+

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Lifetime Substance Use

	VT	SU/SD	F	M	9-10	11-12
Had their first drink of alcohol before age 13 years	14	17	12	23	16	17
Smoked a cigarette before age 13 years	7	8	5	11	8	.
First tried an electronic vapor product before age 13	7	9	8	9	9	.
Tried marijuana for the first time before age 13 years	6	8	9	8	6	10

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Lifetime Substance Use

	VT	SU/SD	F	M	9-10	11-12
Ever misused a prescription pain medicine	9	9	10	7	9	9
Ever used cocaine	3
Ever used inhalants	7	6	5	.	6	.
Ever used heroin	2
Ever used methamphetamines	2

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Current Substance Use

	VT	SU/SD	F	M	9-10	11-12
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	16	15	17	12	.
Currently smoked cigarettes	6	7	6	9	7	.
Currently used an electronic vapor product	16	15	13	17	11	.
Currently used smokeless tobacco	3	4
Currently smoked cigars	4	5

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Current Substance Use

	VT	SU/SD	F	M	9-10	11-12
Currently drank alcohol	27	20 *	21	19	13	.
Binge drank, past 30 days	13	6 *	6	.	.	.
Currently used marijuana	22	19	22	14	10	27 +
Misused any prescription medication, past 30 days	5	5

	VT	SU/SD	F	M	9-10	11-12
	4
Primarily used EVP because they were curious about them, among students who used EVP, past 30 days	25
Primarily used EVP because friends or family used them, among students who used EVP, past 30 days	19

. = Too few students to report; * = Statistical differences between groups; + = Older students significantly different from younger students

Current Substance Use

	VT	SU/SD	F	M	9-10	11-12
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
	3
Usually used marijuana by vaping it, among students who used marijuana, past 30 days	15

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Other Substance Use Behaviors and Experiences

	VT	SU/SD	F	M	9-10	11-12
Attended school under the influence of alcohol or other illegal drugs, past year	12	8	9	.	.	12
Tried to quit using all tobacco products, past year	12	12	13	10	13	.
Ever lived with a parent or guardian who was having a problem with alcohol or drug use	27	21 *	30	11 *	17	25

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Perceptions Around Substance Use

	VT	SU/SD	F	M	9-10	11-12
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	60	53 *	48	57	46	60
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	66	60	61	60	54	67
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	58	56	53	60	50	63

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Perceptions Around Substance Use

	VT	SU/SD	F	M	9-10	11-12
Think it is wrong or very wrong for someone their age to use electronic vapor products	70	74	73	76	75	74
Think it is wrong or very wrong for someone their age to drink alcohol	53	54	49	60	64	45 +
Think it is wrong or very wrong for someone their age to use marijuana	55	55	52	59	64	45 +

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Perceptions Around Substance Use

	VT	SU/SD	F	M	9-10	11-12
Responded that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products	89	92	92	92	89	94
Responded that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol	67	72	73	71	82	61 +
Responded that their parents or guardians feel it would be wrong or very wrong for them to use marijuana	75	77	75	80	83	71

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Perceptions Around Substance Use

	VT	SU/SD	F	M	9-10	11-12
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor product regularly	42	40	46	34	43	36
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 *	30	27	31	25
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	24	23	26	19	25	20

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Sexual Health

	VT	SU/SD		F	M	9-10	11-12
Were ever tested for human immunodeficiency virus (HIV)	8	13	*	15	11	12	15
Were tested for a sexually transmitted disease (STD), past year	8	12	*	20	.	9	16

	VT	SU/SD		F	M	9-10	11-12
Ever had sexual intercourse	37	34		40	27	22	.
Had sexual intercourse with four or more persons during their life	8

	VT	SU/SD		F	M	9-10	11-12
Were currently sexually active, past 3 month	28	26		28	22	16	.

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Sexual Health

	VT	SU/SD	F	M	9-10	11-12
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

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Sexual Health

	VT	SU/SD	F	M	9-10	11-12
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

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	VT	SU/SD	F	M	9-10	11-12
Are overweight	14	10	6	15 *	12	.
Are obese	14	20 *	15	25	21	.

	VT	SU/SD	F	M	9-10	11-12
Described themselves as slightly or very overweight	29	39 *	35	43	32	47 +
Were trying to lose weight	39	47 *	55	39 *	46	49
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	18	29	.	22	.

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Physical Activity

	VT	SU/SD	F	M	9-10	11-12	
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	13	14	11	17	9	20	+
Were physically active at least 60 minutes per day on 5 or more days, past week	52	49	46	53	62	36	+
Were physically active at least 60 minutes per day on all 7 days, past week	28	32	20	44	40	23	+

. = Too few students to report;

* = Statistical differences between groups;

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Nutrition

	VT	SU/SD	F	M	9-10	11-12
Did not eat breakfast, past week	14	13	10	15	10	.
Ate breakfast on 5 or more days, past week	49	55	53	57	53	.
Ate breakfast on all 7 days, past week	32	40	* 39	42	39	.

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Nutrition

	VT	SU/SD	F	M	9-10	11-12
Ate 5+ fruits/vegetables every day, past week	19	13 *	15	11	20	.
Did not eat vegetables, past week	6
Ate vegetables one or more times per day, past week	69	61 *	71	50 *	71	50 +
Ate vegetables two or more times per day, past week	34	26 *	28	23	28	22
Ate vegetables three or more times per day, past week	17	10 *	11	.	13	.
Did not eat fruit or drink 100% fruit juices, past week	7	7	.	10	8	.
Ate fruit or drank 100% fruit juices one or more times per day, past week	58	58	65	50 *	58	57
Ate fruit or drank 100% fruit juices two or more times per day, past week	27	28	29	26	29	26

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Social Determinants of Health

	VT	SU/SD	F	M	9-10	11-12
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2
Experienced unstable housing, past 30 days	4
Think their family subjective social status is worse than other families	3

	VT	SU/SD	F	M	9-10	11-12
Have a disability or long-term health problem that keeps them from doing everyday activities	7	9	11	.	7	10
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	18	20	16	23	14	26 +

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Protective Factors

	VT	SU/SD	F	M	9-10	11-12
Ate dinner at home with at least one parent or other adult family member on four or more days during the previous week	72	86 *	84	88	89	82

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Protective Factors

	VT	SU/SD	F	M		9-10	11-12	
Strongly agree or agree that their school has clear rules and consequences for behavior	48	48	38	59	*	53	42	
Felt that they were ever treated badly or unfairly in school because of their race or ethnicity	21	13	*	13	13	14	11	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	69	68	64	73		66	71	
During an average school week, spend 10 or more hours participating in afterschool activities	24	23	24	21		30	16	+
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	62	*	74	48	*	60	63

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Protective Factors

	VT	SU/SD	F	M	9-10	11-12
Used social media several times a day	80	81	78	85	83	80

	VT	SU/SD	F	M	9-10	11-12
Strongly agree or agree that in their community they feel like they matter to people	54	46 *	46	45	49	41

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2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

	N
Overall	204

Sex	N	%
Male	109	54
Female	93	46

Year in School	N	%
6th grade	67	36
7th grade	73	34
8th grade	64	30

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

Unintentional Injuries and Prevention

	VT	SU/SD	F	M		6th	7th	8th
Rarely or never wore a bicycle helmet, among students who had ridden a bicycle	27	24	18	30	*	15	27	30
Rarely or never wore a helmet when rollerblading or skateboarding, among students who used rollerblades or rode a skateboard	30	31
Had a concussion from playing a sport or being physically active, past year	17	22	*	22	23	24	15	28

	VT	SU/SD	F	M		6th	7th	8th	
Had a sunburn, past year	62	62	65	59		60	65	61	
Most of the time or always wear sunscreen	42	35	*	41	30	*	38	41	25

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Unintentional Injuries and Prevention

	VT	SU/SD	F	M	6th	7th	8th
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	25	23	28	.	40	29

	VT	SU/SD	F	M	6th	7th	8th
Do not always wear a seat belt	25	34 *	33	35	19	39	44
Ever rode with a driver who had been drinking alcohol	19	32 *	35	30	18	40	39
Ever rode with a driver who had been using marijuana	13	19 *	16	23 *	16	19	23

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Violence and Bullying

	VT	SU/SD		F	M		6th	7th	8th
Were ever bullied on school property	47	56	*	59	52	*	46	65	57
Were ever electronically bullied	30	37	*	43	31	*	26	42	46
Were bullied, past 30 days	27	33	*	36	29	*	27	34	40
Bullied someone else, past 30 days	12	19	*	15	22	*	12	26	18

	VT	SU/SD		F	M		6th	7th	8th
Were ever in a physical fight	40	48	*	37	59	*	43	47	55
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	15	23	*	20	26		11	34	22

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Violence and Bullying

	VT	SU/SD		F	M		6th	7th	8th
Report someone has ever done sexual things to them that they did not want	13	21	*	29	11	*	19	22	22

	VT	SU/SD		F	M		6th	7th	8th
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	12	14		17	12	*	11	16	17

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Mental Health

	VT	SU/SD		F	M		6th	7th	8th
Reported that their mental health was most of the time or always not good during the past 30 days	25	33	*	41	25	*	25	40	35
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	21	33	*	38	27	*	19	38	43
Felt sad or hopeless, past year	24	32	*	36	27	*	20	36	40

	VT	SU/SD		F	M		6th	7th	8th
Ever seriously thought about killing themselves	20	32	*	34	29		19	39	39
Ever made a plan about how they would kill themselves	15	20	*	23	16	*	9	28	25
Ever tried to kill themselves	7	13	*	17	7	*	8	18	12

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Mental Health

	VT	SU/SD		F	M	6th	7th	8th
Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious	41	35	*	34	37	51	25	31
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	5		7

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Lifetime Substance Use

	VT	SU/SD		F	M		6th	7th	8th
Ever drank alcohol	19	30	*	26	34	*	20	34	36
Ever smoked a cigarette	7	16	*	15	17		11	18	19
Ever tried an electronic vapor product	12	18	*	14	23	*	8	26	22
Ever tried a flavored tobacco product	6	9	*	6	11	*	7	6	13
Ever tried marijuana	8	15	*	12	19	*	.	16	24

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Lifetime Substance Use

	VT	SU/SD		F	M		6th	7th	8th
Had their first drink of alcohol before age 11 years	9	19 *		14	23 *		13	25	18
Smoked a cigarette before age 11 years	3	8 *		10	6 *		7	10	6
Tried an electronic vapor product for the first time before age 11 years	3	5 *		5	4		.	.	5
First tried a flavored tobacco product before age 11	3	4 *		4	4		.	.	7
Tried marijuana for the first time before age 11 years	2	5 *		5	4		.	.	.

	VT	SU/SD		F	M		6th	7th	8th
Ever misused a prescription pain medicine	7	10 *		9	10		6	12	10
Ever used inhalants	6	9 *		11	7		9	11	8

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Current Substance Use

	VT	SU/SD		F	M	6th	7th	8th
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	7	15	*	15	14	9	19	17
Currently smoked cigarettes	2	4	*	.	5	.	.	7
Currently used an electronic vapor product	6	13	*	13	14	8	16	17
Currently used smokeless tobacco	1	2	*	.	3	.	.	.
Currently smoked cigars	1	2	*	.	3	.	.	.

	VT	SU/SD		F	M	6th	7th	8th
Currently drank alcohol	5	10	*	10	10	.	14	9
Currently used marijuana	4	9	*	7	10	.	6	15

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Current Substance Use

	VT	SU/SD	F	M	6th	7th	8th
Usually used JUUL or other rechargeable device that uses pods, past 30 days, among students who used EVP	14
Primary used EVP because they were curious about them, past 30 days, among students who used EVP	29

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Perceptions Around Substance Use

	VT	SU/SD	F	M		6th	7th	8th	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	24	23	17	29	*	10	27	32	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	38	46	*	47	46	30	47	61 #	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	20	26	*	22	30	*	24	24	30

	VT	SU/SD	F	M		6th	7th	8th
Think it is wrong or very wrong for someone their age to use electronic vapor products	89	83	*	86	81	92	82	74 #

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Perceptions Around Substance Use

	VT	SU/SD		F	M		6th	7th	8th
Believe that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products	94	94	
Believe that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol	86	83	*	87	78	*	86	88	73
Believe that their parents or guardians feel it would be wrong or very wrong for them to use marijuana	92	87	*	89	85	*	92	88	79

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Perceptions Around Substance Use

	VT	SU/SD		F	M		6th	7th	8th
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	51	48		51	44		49	44	51
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	27	*	32	22	*	28	26	25
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	45	36	*	41	32	*	43	29	38

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Sexual Health

	VT	SU/SD		F	M		6th	7th	8th
Ever had sexual intercourse	5	8 *		5	11 *		.	13	9
Used a condom during last sexual intercourse, among students who have ever had intercourse	51

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Physical Activity

	VT	SU/SD	F	M		6th	7th	8th
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	10	10	13	7	*	11	12	7
Were physically active at least 60 minutes per day on 5 or more days, past week	59	50	39	60	*	49	40	63
Were physically active at least 60 minutes per day on all 7 days, past week	34	27	17	38	*	21	21	41

	VT	SU/SD	F	M		6th	7th	8th
Played on at least one sports team, past year	69	64	65	63	*	69	56	66

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Physical Activity

	VT	SU/SD	F	M	6th	7th	8th
Walk or ride their bike to school at least once a week when weather permits	23	24	23	24	16	33	22
Walk or ride their bike to school five days a week when weather permits	11	11	13	10	9	14	11

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Nutrition

	VT	SU/SD		F	M		6th	7th	8th
Did not eat breakfast, past week	12	10		11	10		11	11	9
Ate breakfast on 5 or more days, past week	60	66	*	58	74	*	71	68	59
Ate breakfast on all 7 days, past week	42	46	*	38	53	*	56	44	36

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Social Determinants of Health

	VT	SU/SD		F	M	6th	7th	8th
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	6 *		.	8	.	.	8
Experienced unstable housing, past 30 days	2	3 *		.	5	.	.	.
People in their home most of the time or always speak a language other than English	7	2 *		.	3	.	.	.

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Protective Factors

	VT	SU/SD	F	M	6th	7th	8th
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	87	85	83	87	87	80	89

	VT	SU/SD	F	M	6th	7th	8th
Ever felt that they were treated badly or unfairly in school because of their race or ethnicity	25	23	20	27 *	20	22	28
Have at least one teacher or other adult in their school that they can talk to if they have a problem	65	70 *	67	71	75	67	66
Strongly agree or agree that their school has clear rules and consequences for behavior	56	52 *	51	53	58	49	49
Spend 10 or more hours participating in afterschool activities during a typical school week	13	11 *	11	10	9	8	16

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Protective Factors

	VT	SU/SD	F	M	6th	7th	8th
Do not use social media such as Instagram, TikTok, Snapchat, and Twitter	21	23	21	25	33	20	13 #
Use social media such as Instagram, TikTok, Snapchat, and Twitter several times a day	60	57	62	52 *	39	63	71

	VT	SU/SD	F	M	6th	7th	8th
Strongly agree or agree that in their community they feel like they matter to people	56	55	57	53	69	41	54

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