

the 2015
**Vermont Youth
Risk Behavior Survey**
Statewide Highlights



Produced in partnership with the
Agency of Education

the 2015
**Vermont Youth
Risk Behavior Survey**
Statewide Highlights: Middle School

The Vermont Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth.

The statewide highlights are based on data collected from 13,673 students in 121 out of the 123 middle schools in Vermont. The overall response rate for the survey was 82%. All results in this section are for students in grades 6 through 8.

The Vermont Department of Health would like to acknowledge the time and commitment from schools, teachers and students in collecting and reporting these data.

For a copy of the full report, visit the Vermont Department of Health website at www.healthvermont.gov

Middle School

The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

1 Alcohol

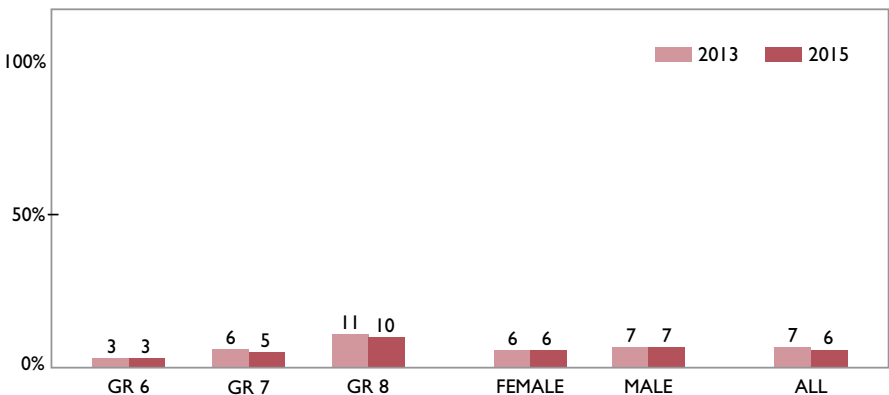
Alcohol use did not change in 2015.

Fewer students believe kids their age are at great risk of harm if they binge drink once or twice each weekend.

Fewer students think it would be easy to obtain alcohol.

- ▶ 17% of students have ever had more than a few sips of alcohol
- ▶ 6% of students drank alcohol in the past 30 days
- ▶ 6% of students drank alcohol before age 11
- ▶ 88% of students believe it is wrong or very wrong for kids their age to drink alcohol
- ▶ 48% of students think kids their age risk great harm from having five or more drinks once or twice each weekend, a significant decrease from 51% in 2013
- ▶ 36% of students perceive that alcohol is easy to obtain, a significant decrease from 38% in 2013

Percent of students who drank alcohol in the past 30 days



Middle School

The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

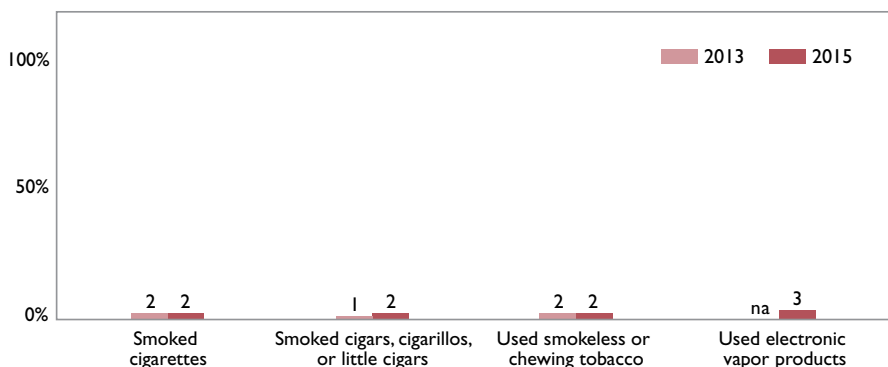
2 Smoking + Other Tobacco

Smoking rates did not change in 2015.

Fewer students were exposed to secondhand smoke in the past week.

- ▶ 9% of students have ever tried cigarette smoking, even one or two puffs, and 5% of students have smoked a whole cigarette in their lifetime
- ▶ 2% of students smoked cigarettes in the past 30 days
- ▶ 7% of students have tried an electronic vapor product such as e-cigarettes and 3% used one in the past 30 days
- ▶ 2% used smokeless tobacco (chew, snuff, dip), and 2% smoked cigars, cigarillos, or little cigars in the past 30 days
- ▶ 52% of students usually saw tobacco advertisements in a gas station, convenience store or supermarket
- ▶ In the past seven days, 21% of students were in the same car and 28% were in the same room as someone smoking, both significantly decreased from 22% and 30% respectively in 2013

Percent of students who used tobacco products in the past 30 days



Middle School

The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

3 Marijuana + Other Drugs

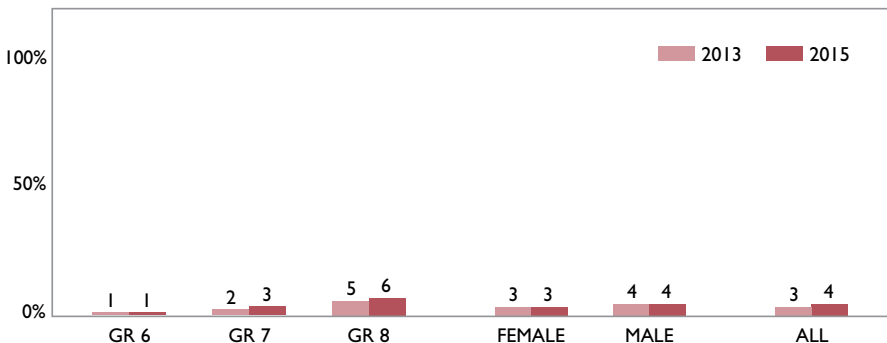
Marijuana use did not change in 2015.

Parental and peer disapproval of marijuana use decreased.

Fewer students think using marijuana regularly would be harmful.

- ▶ 7% of students have ever used marijuana; 4% used marijuana in the past 30 days
- ▶ 94% of students believe their parents would think it is wrong or very wrong for them to use marijuana, and 90% of students think it is wrong or very wrong for kids their age to use marijuana, both significantly decreased from 95% and 92% in 2013
- ▶ 59% think kids their age risk great harm from using marijuana regularly, a significant decrease from 64% in 2013
- ▶ 14% of students think it would be easy to get marijuana
- ▶ 5% of students have ever used an inhalant
- ▶ 3% of students have ever misused a prescription drug

Percent of students who used marijuana in the past 30 days



Middle School

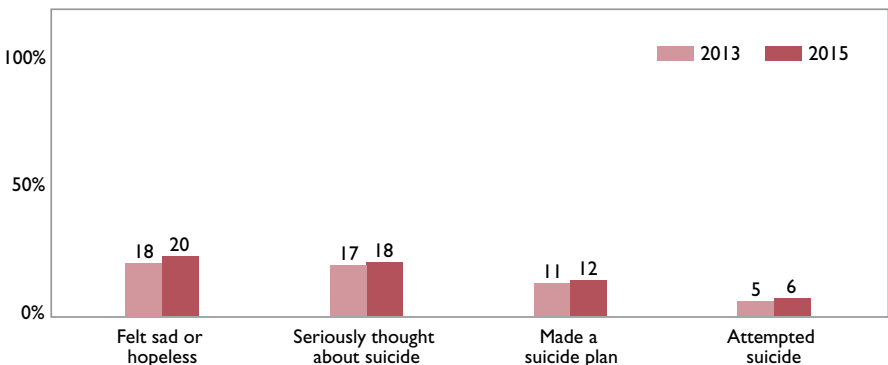
The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

4 Suicide, Personal Safety, + Violence

More students have attempted suicide in their lifetime.

- ▶ 20% of students were so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
- ▶ 18% of students have seriously thought about committing suicide and 12% of students have made a suicide plan
- ▶ 6% attempted suicide in their lifetime, a significant increase from 5% in 2011
- ▶ 20% have ridden in a car with someone who had been drinking
- ▶ 43% of students have ever been in a physical fight
- ▶ 3% never or rarely wear a seatbelt when riding in a car
- ▶ 34% of bicycle riders and 43% of students who rollerblade or skateboard rarely or never wore a helmet
- ▶ 54% of students had a sunburn in the past 12 months

Percent of students who had issues with mental health or suicide



Middle School

The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

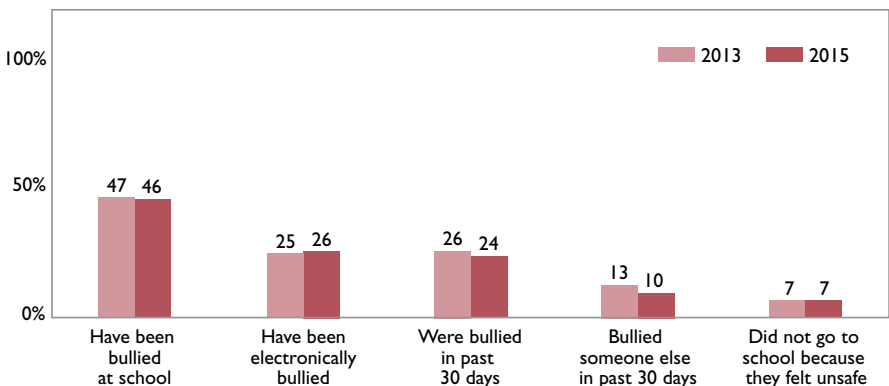
5 Bullying

Fewer students in 2015 reported being bullied in the past 30 days.

Fewer students reported bullying someone else.

- ▶ 46% of students have ever been bullied on school property
- ▶ 26% of students have ever been electronically bullied
- ▶ 24% of students were bullied at least once in the past 30 days, a significant decrease from 26% in 2013
- ▶ 10% reported bullying someone else, a significant decrease from 13% in 2013
- ▶ 7% of students did not go to school because they felt unsafe at school or on their way to or from school

Percent of students who had bullying experiences



Middle School

The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

6 Nutrition + Physical Activity

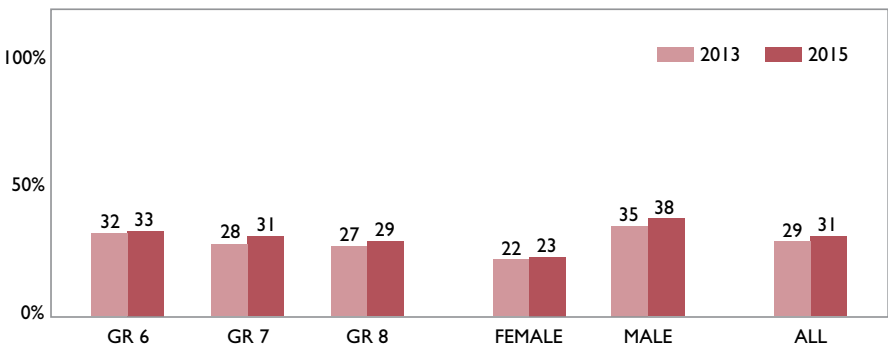
Participation in daily physical activity increased in 2015.

Thirty-nine percent of students participated in physical activity breaks at school every day.

Drinking four or more glasses of water increased in 2015.

- ▶ 31% of students participated in at least 60 minutes of physical activity every day in the past week, a significant increase from 29% in 2013
- ▶ 39% of students participated in physical activity breaks such as recess, time between classes or during non-physical education classes, every day in the past week
- ▶ On the average school day, 22% of students watched three or more hours of TV; 37% of students played video games or used a computer for three or more hours
- ▶ 52% of students ate breakfast every day in the past week
- ▶ 41% of students drank at least four bottles or glasses of water a day, a significant increase from 39% in 2013
- ▶ 3% of students always or most of the time went hungry because there was not enough food in their home in the past 30 days

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



Middle School

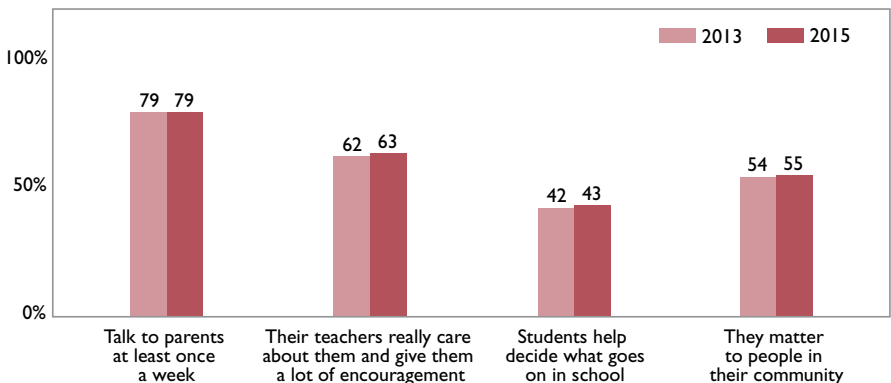
The statewide highlights are based on data from 13,673 Vermont students in grades 6 through 8.

7 Youth Assets

Family discussions and school and community perceptions did not change in 2015.

- ▶ 79% of students spoke to their parents about school at least once a week
- ▶ 63% of students agree or strongly agree that their teachers really care about them and give them encouragement
- ▶ 43% of students agree or strongly agree that students help decide what goes on in their school
- ▶ 55% of students agree or strongly agree that they matter to people in their community

Percent of students who agree or strongly agree about family, school, and community experiences



the 2015
**Vermont Youth
Risk Behavior Survey**
Statewide Highlights: High School

The Vermont Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth.

The statewide highlights are based on data collected from 21,013 high school students in 66 out of the 67 high schools in Vermont. The overall response rate for the high school survey was 77%. All results in this section are for students in grades 9 through 12.

The Vermont Department of Health would like to acknowledge the time and commitment from schools, teachers and students in collecting and reporting these data.

For a copy of the full report, visit the Vermont Department of Health website at www.healthvermont.gov

High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

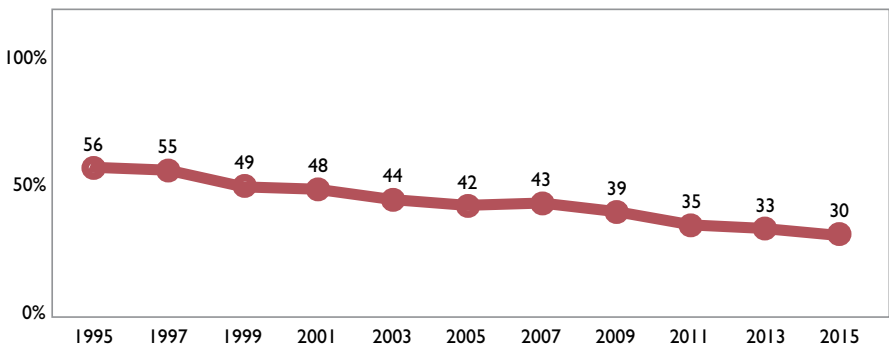
I Alcohol

Fewer students drank alcohol in 2015.

Students were less likely to binge drink.

- ▶ 56% of students have ever drunk alcohol, a significant decrease from 59% in 2013; 12% of students drank alcohol by age 13
- ▶ 30% of students drank alcohol in the past 30 days, a significant decrease from 33% in 2013
- ▶ 16% of students reported binge drinking in the past 30 days, a significant decrease from 19% in 2013
- ▶ 9 out of every 10 students who reported drinking in the past 30 days usually drank alcohol in their home (34%) or another person's home (55%); most obtained alcohol by having another person give it to them (40%)
- ▶ 69% of students believe it would be easy to get alcohol, a decrease from 72% in 2013
- ▶ 72% of students believe their parents would think it was wrong or very wrong for them to drink alcohol, a significant decrease from 74% in 2013
- ▶ 38% of students believe having five or more drinks of alcohol once or twice each weekend poses great risk of harm to people their age

Percent of students who consumed at least one drink of alcohol on one or more of the past 30 days



High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

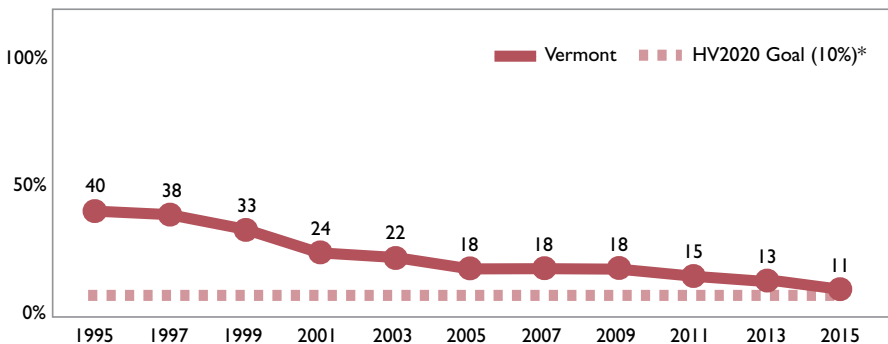
2 Smoking

Fewer students smoked in 2015.

Fewer students were exposed to secondhand smoke.

- ▶ 21% of students have ever smoked a whole cigarette; 6% smoked one by age 13
- ▶ 11% of students smoked in the past 30 days, a decrease from 13% in 2013
- ▶ 91% of students believe their parents would think it wrong or very wrong for them to smoke cigarettes, a significant increase from 90% in 2013
- ▶ 65% of students think people their age risk great harm if they smoke one or more packs of cigarettes per day, a significant increase from 63% in 2013
- ▶ In the past seven days, 37% of students were in the same room and 27% were in the same car as someone who was smoking, both significantly decreased from 41% and 31% respectively in 2013
- ▶ 52% of students usually saw advertisements for tobacco products when they went to a convenience store, supermarket, or gas station
- ▶ 53% of students were asked if they smoked by a health professional in the past year
- ▶ 42% of current smokers attempted to quit in the past year

Percent of students who smoked cigarettes on one or more of the past 30 days



* HV2020 stands for Healthy Vermonter 2020 Goals set by the Vermont Department of Health

High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

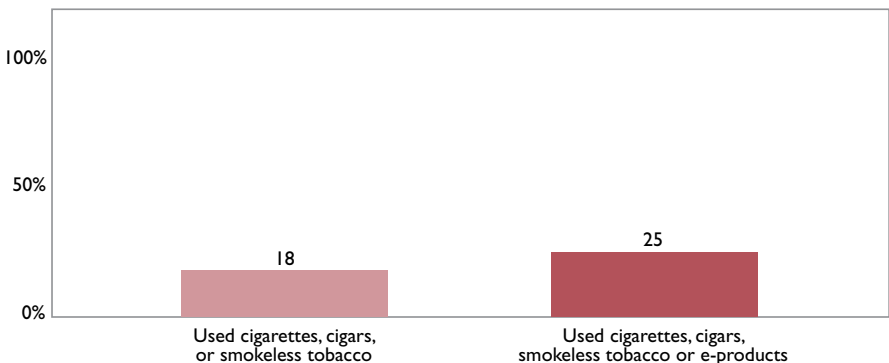
3 Other Tobacco Products

Twenty-four percent have ever used flavored tobacco products and 30% of students have ever used electronic vapor products; both were new questions in 2015.

Fewer students currently smoked cigars, little cigars, or cigarillos in 2015.

- ▶ 24% of students have ever tried a tobacco product flavored to taste like menthol, clove, spice, alcohol, candy, fruit, chocolate, or other sweets in their lifetime
- ▶ 30% of students have tried electronic vapor products such as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens
- ▶ 15% of students used electronic vapor products in the past 30 days
- ▶ 10% of students used cigars, little cigars, or cigarillos in the past 30 days, a significant decrease from 13% in 2013; 7% have used smokeless tobacco (chew, snuff) in the past 30 days
- ▶ 18% of students used a tobacco product such as cigarettes, cigars, or smokeless tobacco in the past 30 days
- ▶ 25% of students used any tobacco product (including e-cigarettes) in the past 30 days

Percent of students who used tobacco products in the past 30 days



High School

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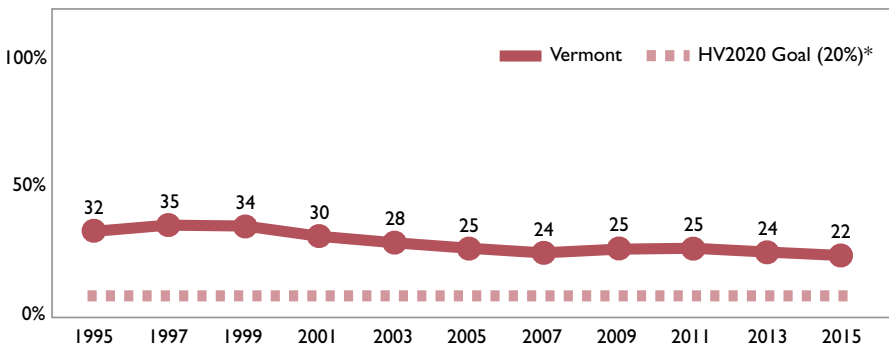
4 Marijuana + Other Drugs

Marijuana use remained unchanged.

Prescription drug misuse and prescription pain reliever misuse declined in 2015.

- ▶ 37% of students have ever used marijuana; 22% used it in the past 30 days
- ▶ 80% of students believe their parents would think it is wrong or very wrong for them to use marijuana, a significant decrease from 82% in 2013; 56% think it is wrong or very wrong for others their age to smoke marijuana
- ▶ 27% think that students are at great risk of harm if they smoke marijuana regularly, a significant decrease from 31% in 2013
- ▶ Lifetime and current misuse of any prescription drug and of prescription pain relievers decreased significantly since 2013:
 - 11% of students have ever misused a prescription drug, a decrease from 13% in 2013
 - within the past 30 days, 5% misused a prescription drug, a decrease from 7% in 2013
- ▶ Lifetime use of heroin (2%), methamphetamines (3%), cocaine (5%), and inhalants (7%) did not change from 2013

Percent of students who used marijuana one or more times in the past 30 days



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High School

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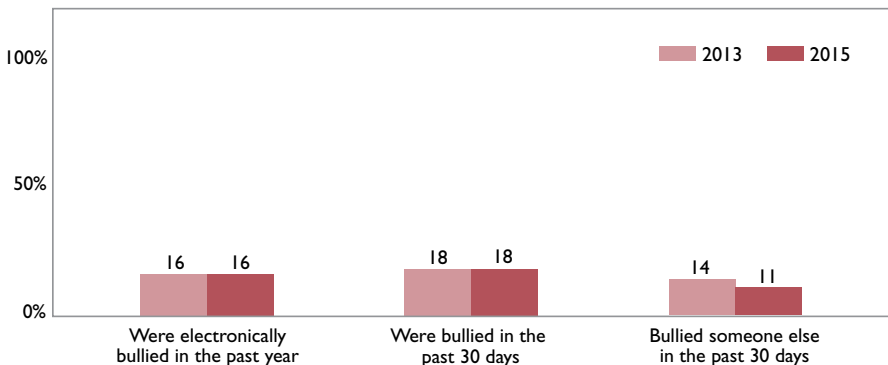
5 Personal Safety + Violence

Fewer students reported texting or using email while driving in 2015.

Fighting and being bullied did not change.

- ▶ Among students who drive, in the past 30 days:
 - 33% reported texting or emailing, a significant decrease from 35% in 2013
 - 15% drove after using marijuana and 7% drove after drinking alcohol
- ▶ 18% of students reported being in a physical fight in the past year and 7% fought on school property
- ▶ 16% of students were electronically bullied in the past year
- ▶ 18% of students were bullied in the past 30 days and 11% bullied someone else; bullying others decreased significantly from 14% in 2013
- ▶ 6% of students did not go to school because they felt unsafe
- ▶ 7% of students have ever been physically forced to have sexual intercourse
- ▶ 9% of students who dated were physically hurt by someone they were dating in the past year

Percent of students who were bullied or bullied someone else



High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

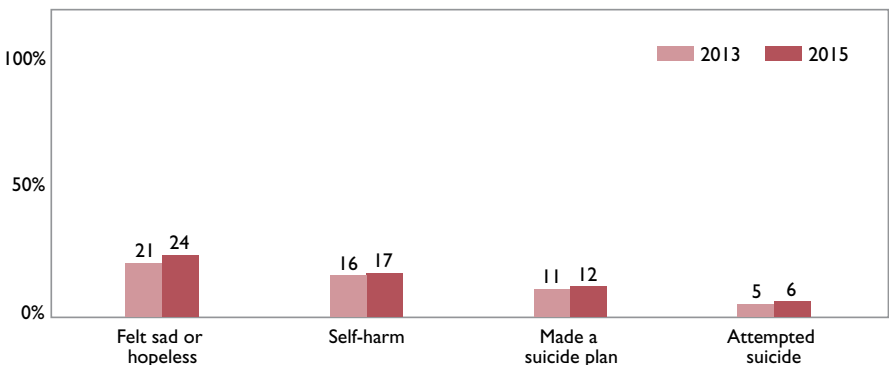
6 Mental Health + Suicide

More students felt so sad or hopeless almost every day for at least two weeks that they stopped doing some usual activities.

More students made a suicide plan and attempted suicide in 2015.

- ▶ 24% of students reported feeling sad or hopeless for at least two weeks in the past 12 months, a significant increase from 21% in 2013
- ▶ 17% purposefully hurt themselves in the past 12 months
- ▶ 12% of students made a suicide plan, a significant increase from 11% in 2013 and from 9% in 2011
- ▶ 6% of students attempted suicide, a significant increase from 5% in 2013
- ▶ 2% of students required medical attention after attempting suicide

Percent of students who had issues with mental health or suicide



High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

7 Sex

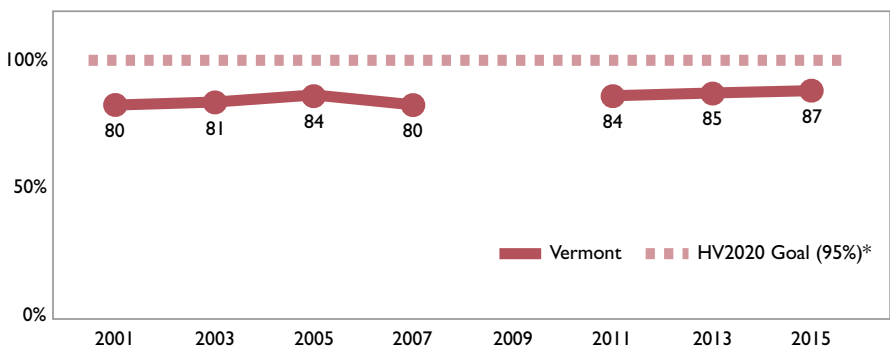
Fewer students reported ever having sex or oral sex in 2015.

Fewer students reported having sex in the past 30 days.

Fewer sexually active students reported using a condom the last time they had sex.

- ▶ 41% of students reported ever having sex and 42% reported ever having oral sex, both significantly decreased from 43% and 44% in 2013
- ▶ 31% of students reported having sex in the past 3 months, a significant decrease from 33% in 2013
- ▶ 10% reported four or more sexual partners in their lifetime and 3% had sex by age 13, both significantly decreased from 12% and 4% in 2013
- ▶ 10% have been tested for HIV, a significant decrease from 12% in 2013
- ▶ Among sexually active students, the last time they had sex:
 - 58% used a condom, a significant decrease from 62% in 2013; 47% used prescription birth control to prevent pregnancy
 - 87% used either prescription birth control or condoms
 - 19% used drugs or alcohol at last sex, a significant decrease from 22% in 2013

Percent of sexually active students who used a condom or prescription birth control the last time they had sex



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High School

The statewide highlights are based on data from 21,013 Vermont students in grades 9 through 12.

8 Physical Activity + Nutrition

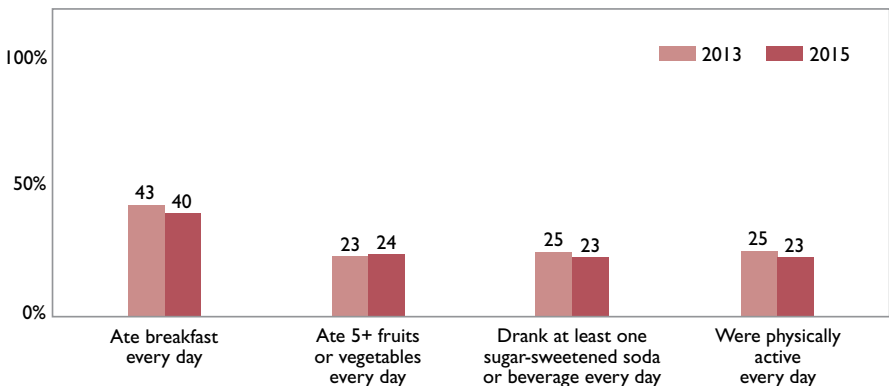
Fewer students were overweight in 2015.

Fewer students drank a can, bottle, or glass of soda or sugar-sweetened beverage every day in the past seven days.

Fewer students participated in at least 60 minutes of physical activity every day in the past seven days.

- ▶ 12% of students were obese
- ▶ 14% of students were overweight, a significant decrease from 16% in 2013
- ▶ 17% spent five or more hours in front of a screen for non-school work
- ▶ In the past seven days:
 - 40% ate breakfast every day, a significant decrease from 43% in 2013
 - 24% ate fruits and vegetables five or more times per day
 - 23% drank at least one sugar-sweetened beverage or soda every day, a significant decrease from 25% in 2013
 - 23% participated in at least 60 minutes of physical activity every day, a significant decrease from 25% in 2013

Percent of students who engaged in nutritional and physical activity behaviors every day in the past seven days



High School

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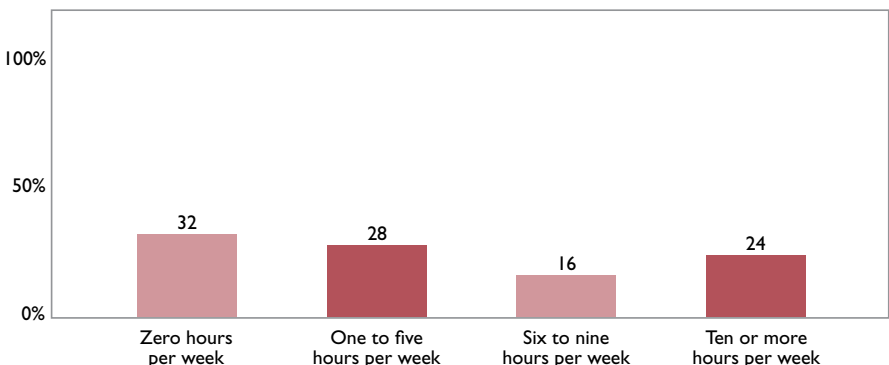
9 Youth Assets

Two-thirds of students participated in after-school activities such as sports, band, drama, or clubs run by the school or the community for at least one hour per week.

More students believe their teachers care about them and give them encouragement in 2015.

- ▶ 24% of students participated in extracurricular activities for 10 or more hours in an average week
- ▶ 78% of students spoke to their parents at least once a week about school
- ▶ 62% of students agree or strongly agree that their teachers care about them and give them encouragement, a significant increase from 59% in 2013
- ▶ 48% of students agree or strongly agree that they help decide what goes on at school
- ▶ 50% of students feel valued by their community
- ▶ 80% of students probably or definitely plan to complete a post high school program, such as a vocational training program, military service, community college or a 4-year college

Percent of students who spent time in extracurricular activities during an average school week





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