

the 2013
**Vermont Youth
Risk Behavior Survey**
Statewide Highlights



Produced in partnership with the
Department of Education

the 2013

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.

These statewide highlights are based on data collected from 14,639 students in 122 out of the 124 public middle schools in Vermont. The overall response rate for the survey was 87 percent. All results shown are for students in grades 6 through 8.

Please note, in 2013 there was a methodology change in the weighting procedure. Due to the high participation from Vermont schools, a switch was made to use all of the student responses in the statewide report, instead of a sample as was done in previous years.

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 14,639 Vermont students in grades 6 through 8.

Smoking

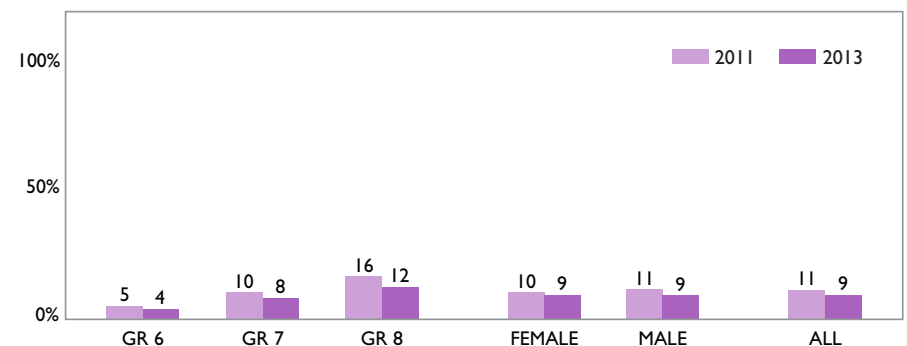
Fewer students smoked in 2013.

Most students think it is wrong for kids their age to smoke.

Fewer students were exposed to secondhand smoke in 2013.

- ▶ 9% of students reported having ever tried cigarette smoking, even one or two puffs, a significant decrease from 11% in 2011
- ▶ 2% of students reported smoking before age 11, smoking in the past 30 days, or smoking one or more cigarettes per day
- ▶ 94% of students reported it would be wrong or very wrong for someone their age to use cigarettes, a significant increase from 93% in 2011
- ▶ 26% of students reported it would be easy or very easy to obtain cigarettes, a significant decrease from 29% in 2011
- ▶ 22% of students were in the same car as someone smoking in the past 7 days, a significant decrease from 25% in 2011
- ▶ 30% of students were in the same room as someone smoking in the past 7 days, a significant decrease from 33% in 2011

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



Middle School

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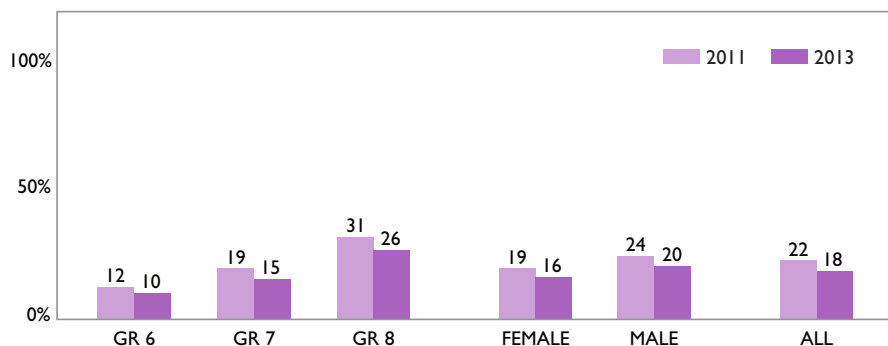
2 Alcohol

Fewer students drank alcohol in 2013.

Fewer students think it is easy to access alcohol in 2013.

- ▶ 18% of students reported ever drinking alcohol, other than a few sips, a significant decrease from 22% in 2011
- ▶ 7% of students drank alcohol other than a few sips before age 11, and 7% of students reported drinking alcohol in the past 30 days; both measures significantly decreased from 9% in 2011
- ▶ 91% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- ▶ 88% of students think it is wrong or very wrong for kids their age to drink alcohol, a significant increase from 85% in 2011
- ▶ 51% of students think kids their age risk great harm from having five or more drinks once or twice each weekend, a significant decrease from 53% in 2011
- ▶ 38% of students perceive that alcohol is easy to obtain, a significant decrease from 41% in 2011

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



Middle School

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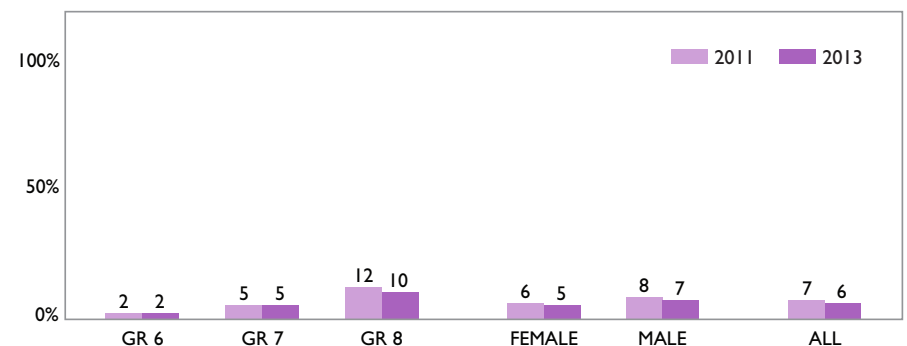
3 Other Drugs

Fewer students are using marijuana in 2013.

Fewer students think it is easy to access marijuana in 2013.

- ▶ 6% of students have ever used marijuana
- ▶ 3% of students smoked marijuana in the past 30 days
- ▶ 5% of students reported ever using inhalants, a significant decrease from 7% in 2011
- ▶ 3% reported ever misusing prescription drugs
- ▶ 1% of students reported using marijuana before age 11
- ▶ 92% of students think it is wrong or very wrong for kids their age to smoke marijuana
- ▶ 64% of students think kids their age risk great harm from smoking marijuana regularly, a significant decrease from 68% in 2011
- ▶ 14% of students think that marijuana is easy to get, a significant decrease from 16% in 2011

Percent of students who have ever used marijuana



Middle School

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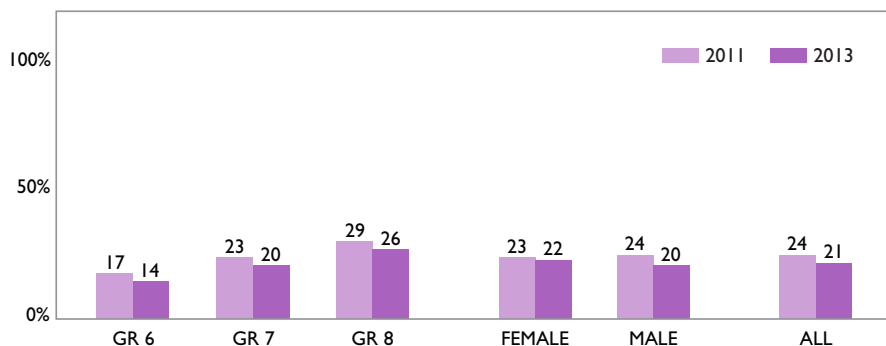
4 Personal Safety

Few students rarely or never wear a seatbelt when riding in a car.

One in four students rode in a car with someone who had been drinking.

- ▶ 35% of bicycle riders rarely or never wore a helmet and 27% of bicycle riders always wore a helmet
- ▶ 3% of students who rollerbladed or skateboarded rarely or never used a helmet, and 75% always used a helmet
- ▶ 75% of students reported always wearing a seatbelt when riding in a car
- ▶ 3% of students reported never or rarely using a seatbelt while riding in a car, a significant decrease from 4% in 2011
- ▶ 21% of students rode in a car with someone who had been drinking, a significant decrease from 24% in 2011

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



Middle School

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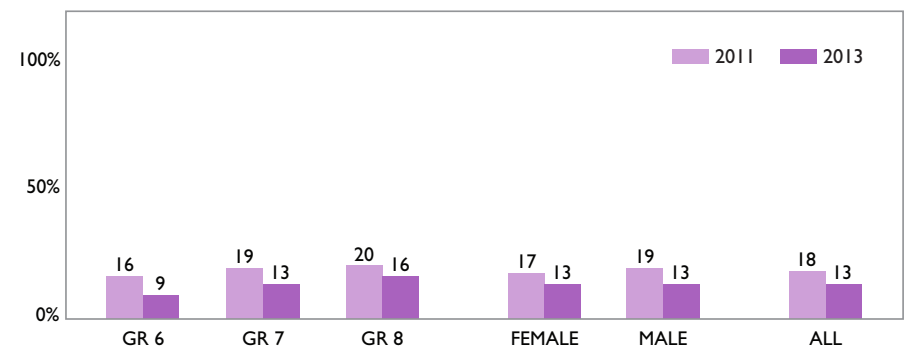
5 Violence + Suicide

Fewer students were in a physical fight in 2013.

More students missed school because they felt unsafe in 2013.

- ▶ 43% of students reported that they have ever been in a physical fight, a significant decrease from 48% in 2011
- ▶ 26% of students were bullied at least once in the past 30 days, a significant decrease from 27% in 2011
- ▶ 25% of students reported that they had ever been electronically bullied
- ▶ 7% of students did not go to school because they felt they would be unsafe at school or on their way to or from school, a significant increase from 6% in 2011
- ▶ 17% of students reported that they ever seriously thought about committing suicide
- ▶ 11% of students made a suicide plan and 5% made a suicide attempt
- ▶ 18% 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

Percent of students who bullied someone at least once in the past 30 days



Middle School

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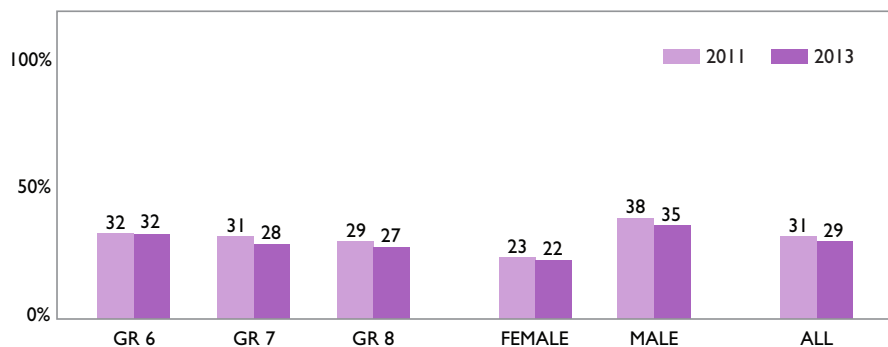
6 Exercise

Fewer students attended physical education classes every school day in 2013.

More students played video or computer games for three or more hours a school day in 2013.

- ▶ 29% of students participated in 60 minutes of physical activity every day, a significant decrease from 31% in 2011
- ▶ 91% of students participated in physical education classes at least once a week
- ▶ 13% of students participated in physical education class every day during an average school week, a significant decrease from 15% in 2011
- ▶ 23% of students watched three hours or more of TV on an average school day
- ▶ 29% of students played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day, a significant increase from 26% in 2011
- ▶ 45% of students used the internet 6 or 7 days out of the past 7 days for something that was not for school, a significant increase from 42% in 2011

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



Middle School

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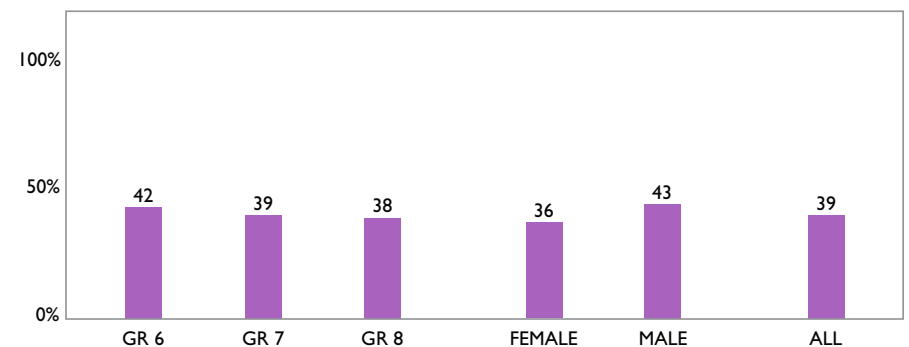
7 Body Image + Nutrition

Most students think they are about the right weight.

More students ate breakfast almost every day in 2013.

- ▶ 52% of students ate breakfast every day in the past week, a significant increase from 49% in 2011
- ▶ 39% of students reported drinking at least four bottles or glasses of water a day
- ▶ 57% of students think that they were about the right weight
- ▶ 41% of students were trying to lose weight
- ▶ 27% of students were not trying to do anything about their weight, a significant increase from 24% in 2011
- ▶ 27% of students reported using sunscreen at least most of the time when outside in the sun for an hour or more

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



Middle School

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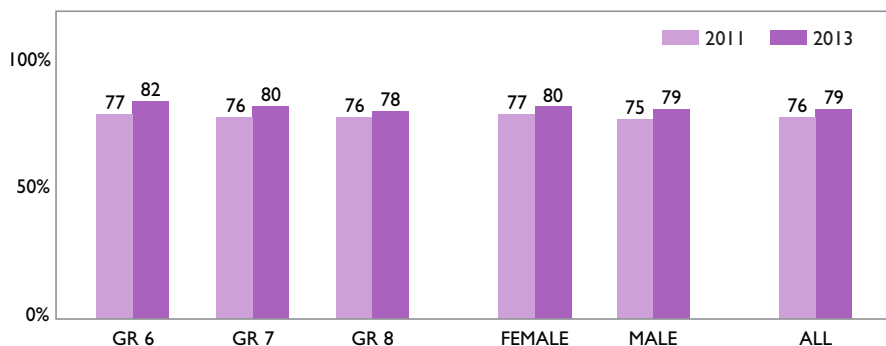
8 Youth Assets

More students spoke to their parents about school at least once a week in 2013.

More students agreed that their teachers really care about them in 2013.

- ▶ 79% of students spoke to their parents about school at least once a week, a significant increase from 76% in 2011
- ▶ 54% of students agreed or strongly agreed that they matter to people in their community
- ▶ 62% of students agreed or strongly agreed that their teachers really care about them and give them encouragement, a significant increase from 2011
- ▶ 42% of students agreed or strongly agreed that students help decide what goes on in their school

Percent of students who spoke to their parents about school at least once a week



the 2013

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.

These statewide highlights are based on data collected from 21,746 students in 65 out of the 67 public high schools in Vermont. The overall response rate for the survey was 76 percent. All results shown are for students in grades 9 through 12.

Please note, in 2013 there was a methodology change in the weighting procedure. Due to the high participation from Vermont schools, a switch was made to use all of the student responses in the statewide report, instead of a sample as was done in previous years.

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High School

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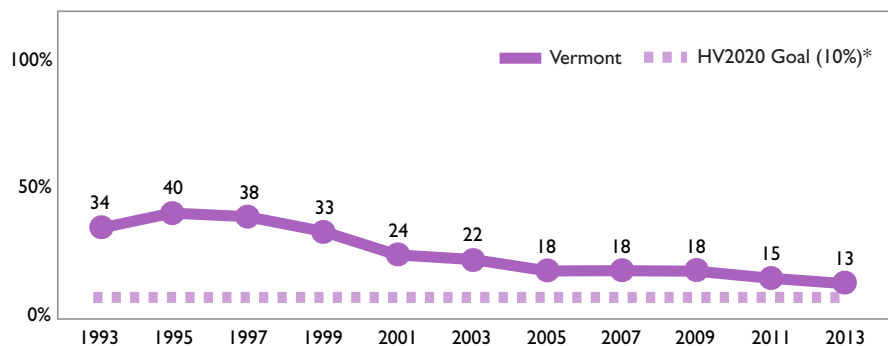
1 Smoking

Fewer students smoked in 2013.

Fewer students were exposed to second hand smoke in 2013.

- ▶ 24% of students ever smoked a whole cigarette, a significant decrease from 27% in 2011
- ▶ 13% of students smoked in the past 30 days, a significant decrease from 15% in 2011
- ▶ 41% of students were in the same room as someone who was smoking, and 31% were in the same car as someone who was smoking in the past 7 days, both significantly decreased from 45% and 36% respectively in 2011
- ▶ 7% of students smoked a whole cigarette before age 13, a significant decrease from 8% in 2011
- ▶ 44% of current smokers attempted to quit in the past 12 months
- ▶ 63% of students think people their age risk harming themselves if they smoke one or more packs of cigarettes per day, a significant increase from 59% in 2011

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

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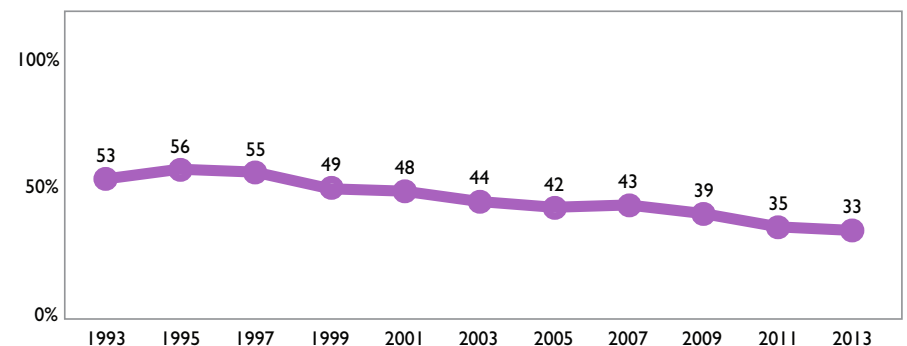
2 Alcohol

Fewer students drank alcohol in 2013.

Students are less likely to start drinking early.

- ▶ 59% of students reported ever drinking alcohol in 2013, a significant decrease from 62% in 2011
- ▶ 33% of students reported drinking alcohol in the past 30 days, a significant decrease from 35% in 2011
- ▶ 19% of students reported high risk drinking (five or more drinks within a few hours) in the past 30 days, a significant decrease from 21% in 2011
- ▶ 14% of students reported drinking before age 13, a significant decrease from 16% in 2011
- ▶ 74% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- ▶ 38% of students think having five or more drinks of alcohol once or twice each weekend poses great risk of harm to people their age, a significant increase from 36% in 2011
- ▶ 27% of students thought it was likely or very likely that a party they were at with peers who were drinking would be broken up by the police

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



High School

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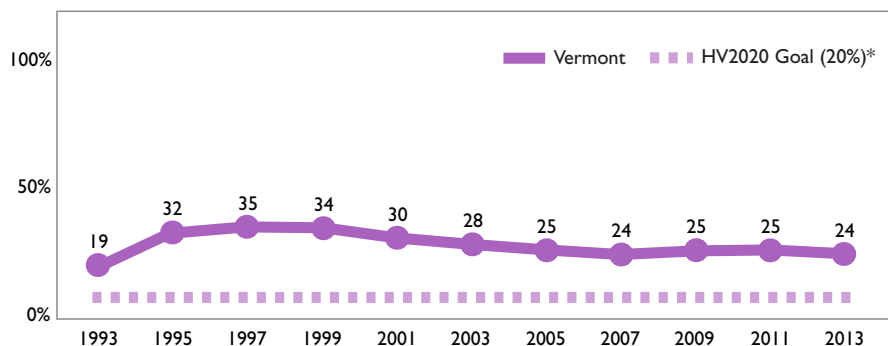
3 Other Drugs

Prescription pain reliever misuse declined in 2013.

Marijuana use remains unchanged.

- ▶ 13% of students reported ever misusing a prescription drug without a prescription; 7% reported misusing a prescription drug without a prescription within the past 30 days
- ▶ 24% of students reported using marijuana in the past 30 days
- ▶ 39% of students reported ever using marijuana
- ▶ 2% of students reported ever using heroin
- ▶ 5% of students reported ever using cocaine
- ▶ 57% of students think it is wrong or very wrong for students their age to smoke marijuana, a significant decrease from 59% in 2011
- ▶ 31% of students think that students their age are at great risk of harm if they smoke marijuana regularly, a significant decrease from 34% in 2011
- ▶ 11% of students reported ever misusing a prescription pain reliever without a prescription, a significant decrease from 13% in 2011

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



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High School

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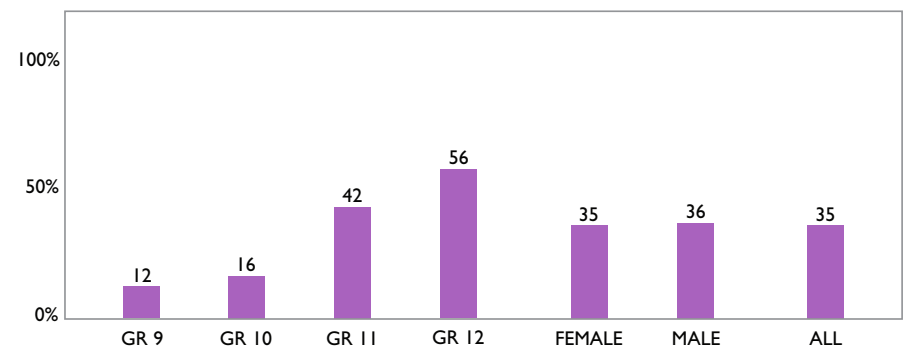
4 Personal Safety

Over one-third of students text or email while driving a car or other vehicle.

Fewer students rarely or never wore a seatbelt in 2013.

- ▶ 35% of students reported texting or emailing while driving a car or other vehicle in the past 30 days
- ▶ 56% of students rarely or never wore a bicycle helmet out of those who rode bicycles, a significant decrease from 57% in 2011
- ▶ 8% of students reported driving after drinking alcohol in the past 30 days
- ▶ 16% of students reported driving after using marijuana in the past 30 days
- ▶ 21% of students reported riding with a driver who had been drinking alcohol in the past 30 days
- ▶ 23% of students reported riding with a driver who had been using marijuana in the past 30 days

Percent of students who texted or e-mailed while driving a car or other vehicle in the past 30 days (out of those who drove)



High School

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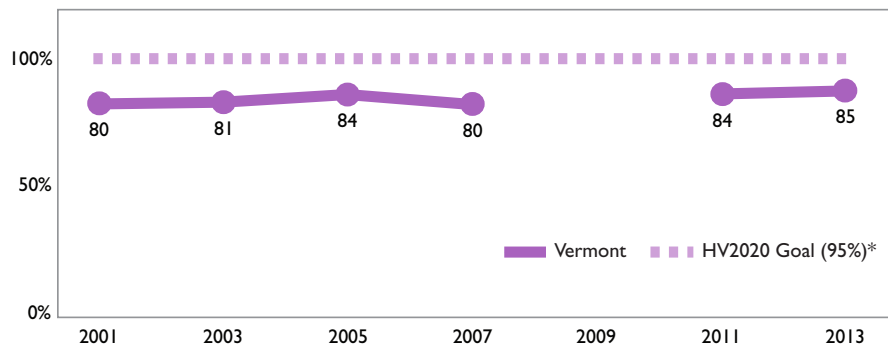
5 Sex

Fewer students report ever having oral sex in 2013.

Prescription birth control was the primary method of pregnancy prevention used by sexually active students.

- ▶ 43% of students reported ever having sex
- ▶ 44% of students reported ever having oral sex
- ▶ 33% of students reported having sex in the past 3 months
- ▶ 62% of sexually active students reported using condoms at last sex
- ▶ 44% of sexually active students reported prescription birth control as their primary method of pregnancy prevention
- ▶ 85% of sexually active students reported using either prescription birth control or condoms at last sex
- ▶ 12% of students reported four or more sexual partners in their lifetime
- ▶ 4% of students reported having sex before age 13
- ▶ 22% of students reported using drugs or alcohol at last sex

Percent of sexually active students using condoms or prescription birth control at last intercourse



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High School

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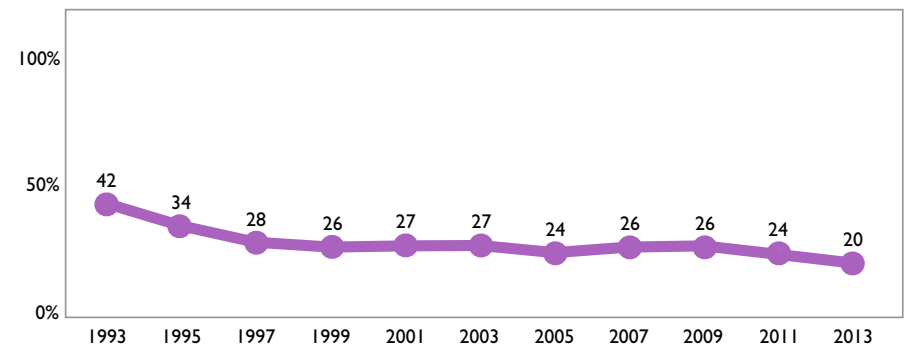
6 Violence

More students planned to attempt suicide and attempted suicide in 2013.

Fewer students fought in 2013.

- ▶ 21% of students reported feeling sad for at least two weeks in the past 12 months
- ▶ 11% of students made a suicide plan, a significant increase from 9% in 2011
- ▶ 5% of students attempted suicide, a significant increase from 4% in 2011
- ▶ 18% of students reported being bullied in the past 30 days
- ▶ 14% of students reported bullying someone else in the past 30 days, a significant decrease from 17% in 2011
- ▶ 16% of students were electronically bullied, female students were more than twice as likely to report electronic bullying
- ▶ 20% of students reported being in a physical fight in the past year, a significant decrease from 24% in 2011
- ▶ 9% of students were physically hurt by someone they were dating or going out with, and 6% were physically forced to have sex

Percent of students who were in a physical fight during the past 12 months



High School

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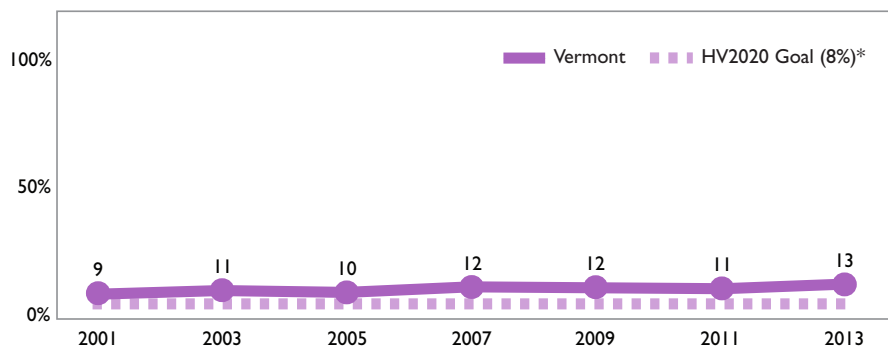
7 Diet + Exercise

More students were overweight and obese in 2013.

Students had more non-school screen time in 2013.

- ▶ 13% of students were obese, a significant increase from 11% in 2011
- ▶ 16% of students were overweight, a significant increase from 14% in 2011
- ▶ 25% of students participated in at least 60 minutes of physical activity every day in the past 7 days
- ▶ 40% of students attended at least one physical activity class in an average school week
- ▶ 60% of students had fewer than three hours per school day of non-school screen time, a significant decrease from 63% in 2011
- ▶ 43% of students ate breakfast every day in the past 7 days
- ▶ 23% of students ate fruits and vegetables five or more times per day during the past 7 days
- ▶ 17% of students reported drinking at least one can or bottle of a sugar-sweetened beverage every day in the last 7 days

Percent of students who are obese



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High School

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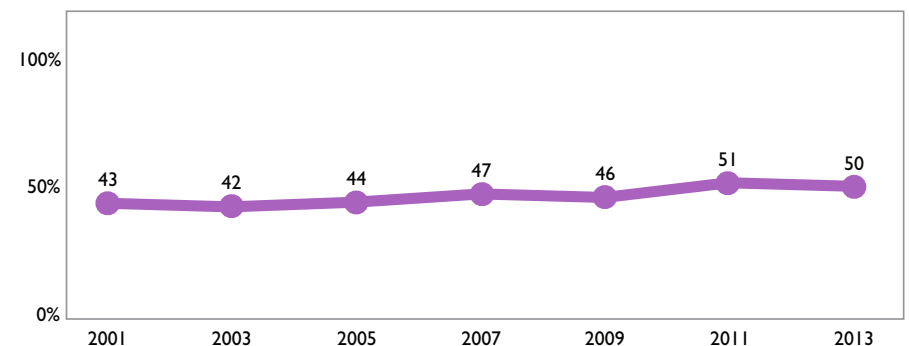
8 Youth Assets

More students spoke to their parents about school in 2013.

More students spent at least one hour volunteering each week in 2013.

- ▶ 79% of students reported that they earned mostly A's and B's; female students were more likely than male students to report earning A's
- ▶ 77% of students spoke to their parents at least once a week about school, a significant increase from 74% in 2011
- ▶ 57% of students spent at least one hour volunteering in an average week, a significant increase from 55% in 2011
- ▶ 59% of students agree or strongly agree that their teachers care about them and give them encouragement
- ▶ 57% of students agree or strongly agree that they help decide what goes on at school
- ▶ 82% of students probably or definitely plan to complete a post high school program (such as vocational training program, military service, community college or a four-year college)
- ▶ 50% of students feel valued by their community

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





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