



# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Sexual Orientation & Gender Identity



## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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.

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>

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

### 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 and 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
- Sexual Orientation and gender identity

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

### Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey 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 as well as self-reported height and weight, driving behaviors, and other drugs used. Completion of the survey depends on a student's ability to read and complete the questionnaire independently. Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data.

Student participation in the YRBS is anonymous and voluntary.

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.

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

### How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (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. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/healthyouth/data/yrbs/methods>

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

### Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities.

The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by specific populations of youth are analyzed.

This report focuses on the specific health disparities experienced by LGBT students.

Note: Although differences exist by sexual orientation and gender identity, due to the sample size, lesbian, gay, bisexual, and transgender students were grouped into one "LGBT" category and compared to heterosexual and cisgender students.

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

### Using the YRBS Results

#### 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>

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

### Understanding and Interpreting the Results

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

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 difference between the overall percentages 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 difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Sexual Orientation & Gender Identity



## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Sex	VT
Female	48
Male	52

Grade	VT
9th grade	25
10th grade	25
11th grade	25
12th grade	25

Race	VT
Students of Color	16
White, non-Hispanic	84

Sexual Orientation / Gender Identity	VT
Lesbian, Gay, Bisexual, or Transgender	14
Heterosexual / Cisgender	86

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Sexual Orientation (unweighted)	VT
Heterosexual (straight)	82
Gay or lesbian	3
Bisexual	10
Not sure	6

Gender Identity (unweighted)	VT
No	96
Yes, I am transgender	2
Not sure if I am transgender	1
DK what question is asking	1

## Violence and Unintentional Injuries

Physical Violence	Het / Cis	LGBT	
Were in a physical fight, past year	18	22	LGBT > HetCIS
Carried a weapon on school property, past 30 days	4	7	LGBT > HetCIS
Were threatened or injured with a weapon on school property, past 30 days	6	13	LGBT > HetCIS
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	5	13	LGBT > HetCIS

Bullying	Het / Cis	LGBT	
Were electronically bullied, past year	14	28	LGBT > HetCIS
Were bullied, past 30 days	15	31	LGBT > HetCIS
Bullied someone, past 30 days	9	14	LGBT > HetCIS

. = Too few students to report

## Violence and Unintentional Injuries

Sexual and Dating Violence	Het / Cis	LGBT	
Report someone has ever done sexual things to them that they did not want	14	38	LGBT > HetCIS
Experienced physical dating violence, past year	6	15	LGBT > HetCIS
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	26	43	LGBT > HetCIS
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	34	LGBT > HetCIS

Motor Vehicle Safety	Het / Cis	LGBT	
Rode with a driver who had been drinking alcohol, past 30 days	16	22	LGBT > HetCIS
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	22	31	LGBT > HetCIS

. = Too few students to report

## Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive	Het / Cis	LGBT	
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	34	
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	5	10	LGBT > HetCIS
Drove a car or other vehicle when they had been using marijuana, past 30 days	14	23	LGBT > HetCIS

Unintentional Injures	Het / Cis	LGBT	
Rarely or never wore a helmet when skiing or snowboarding, past year	9	17	LGBT > HetCIS
Had a concussion from playing a sport or being physically active, past year	18	14	LGBT < HetCIS
Had a sunburn, past year	74	73	

. = Too few students to report

Mental Health

Mental Health	Het / Cis	LGBT	
Did something to purposely hurt themselves without wanting to die, past year	13	50	LGBT > HetCIS
Felt sad or hopeless, past year	25	63	LGBT > HetCIS
Made a plan about how they would attempt suicide, past year	9	36	LGBT > HetCIS
Attempted suicide, past year	4	19	LGBT > HetCIS

. = Too few students to report

## Lifetime Substance Use

Used Tobacco, Alcohol, or Marijuana Before Age 13	Het / Cis	LGBT	
First tried cigarette smoking before age 13 years	6	13	LGBT > HetCIS
Drank alcohol before age 13	12	18	LGBT > HetCIS
Tried marijuana for the first time before age 13 years	5	11	LGBT > HetCIS

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	Het / Cis	LGBT	
Ever tried cigarette smoking	21	32	LGBT > HetCIS
Ever used an electronic vapor product	50	54	LGBT > HetCIS
Ever used a flavored tobacco product	27	34	LGBT > HetCIS
Ever drank alcohol	55	62	LGBT > HetCIS
Ever used marijuana	39	51	LGBT > HetCIS

. = Too few students to report

## Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	Het / Cis	LGBT	
Ever used a prescription drug	10	19	LGBT > HetCIS
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	15	LGBT > HetCIS
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	6	12	LGBT > HetCIS

Lifetime Substance Use - Other Drug Use	Het / Cis	LGBT	
Ever used cocaine	3	7	LGBT > HetCIS
Ever used inhalants	6	15	LGBT > HetCIS
Ever used heroin	1	4	LGBT > HetCIS
Ever used methamphetamines	1	4	LGBT > HetCIS

. = Too few students to report



## Past 30 Day Substance Use

Past 30 Day Tobacco Use	Het / Cis	LGBT	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	33	LGBT > HetCIS
Currently smoked cigarettes or cigars or used smokeless tobacco	9	16	LGBT > HetCIS
Tried to quit using all tobacco products, past year	44	48	

Past 30 Day Tobacco Use	Het / Cis	LGBT	
Currently smoked cigarettes	6	13	LGBT > HetCIS
Currently used an electronic vapor product	26	31	LGBT > HetCIS
Currently used smokeless tobacco	3	3	
Currently smoked cigars	5	8	LGBT > HetCIS

. = Too few students to report

## Past 30 Day Substance Use

Past 30 Day Alcohol and Other Use	Het / Cis	LGBT	
Currently drank alcohol	31	36	LGBT > HetCIS
Binge drank, past 30 days	15	17	
Currently used marijuana	26	35	LGBT > HetCIS
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	4	10	LGBT > HetCIS

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. = Too few students to report

Other Substance Use Related Topics

Substance Use on School Property	Het / Cis	LGBT	
Attended school under the influence of alcohol or other illegal drugs, past year	13	24	LGBT > HetCIS
Were offered, sold, or given an illegal drug on school property, past year	18	23	LGBT > HetCIS

Substance Use Exposure and Prevention	Het / Cis	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	65	LGBT > HetCIS
Most of the time or always see ads for cigarettes or other tobacco products	50	55	LGBT > HetCIS

. = Too few students to report

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	Het / Cis	LGBT	
Think it is wrong or very wrong for someone their age to use electronic vapor products	57	51	LGBT < HetCIS
Think it is wrong or very wrong for someone their age to drink alcohol	52	50	
Think it is wrong or very wrong for someone their age to use marijuana	53	38	LGBT < HetCIS

Perceptions of Substance Use - Parental Disapproval	Het / Cis	LGBT	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	85	80	LGBT < HetCIS
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	70	66	LGBT < HetCIS
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	63	LGBT < HetCIS

. = Too few students to report

## Perceptions of Substance Use

Perceptions of Substance Use - Harm	Het / Cis	LGBT	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	28	29	
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	38	45	LGBT > HetCIS
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	24	15	LGBT < HetCIS

Perceptions of Substance Use - Ease of Access	Het / Cis	LGBT	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	74	73	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	68	70	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	69	LGBT > HetCIS

. = Too few students to report

Sexual Health

HIV and STD Testing	Het / Cis	LGBT	
Were ever tested for human immunodeficiency virus (HIV)	12	16	LGBT > HetCIS
Were ever tested for a sexually transmitted disease (STD)	10	16	LGBT > HetCIS

Sexual Activity	Het / Cis	LGBT	
Ever had sexual intercourse	40	44	LGBT > HetCIS
Had sexual intercourse for the first time before age 13 years	2	6	LGBT > HetCIS
Had sexual intercourse with four or more persons during their life	8	13	LGBT > HetCIS
Were currently sexually active	31	33	

. = Too few students to report

## Sexual Health

## Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Substance Use, Among Sexually Active Students	Het / Cis	LGBT	
Drank alcohol or used drugs before last sexual intercourse, among sexually active students	19	27	LGBT > HetCIS

Condom & Birth Control Use, Among Sexually Active Students	Het / Cis	LGBT	
Used a condom during last sexual intercourse, among sexually active students	56	46	LGBT < HetCIS
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	58	49	LGBT < HetCIS
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse, among sexually active students	22	16	LGBT < HetCIS
Did not use any method to prevent pregnancy, among sexually active students	4	17	LGBT > HetCIS

. = Too few students to report

## Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	Het / Cis	LGBT	
Were obese	12	21	LGBT > HetCIS
Were overweight	13	17	LGBT > HetCIS
Described themselves as slightly or very overweight	28	48	LGBT > HetCIS
Were trying to lose weight	40	58	LGBT > HetCIS

Physical Activity	Het / Cis	LGBT	
Did not participate in at least 60 minutes of physical activity on at least one day, past week	12	24	LGBT > HetCIS
Were physically active at least 60 minutes per day on 5 or more days, past week	50	27	LGBT < HetCIS
Were physically active at least 60 minutes per day every day, past week	24	11	LGBT < HetCIS
Play video or computer games or used a computer 3 or more hours per day	46	59	LGBT > HetCIS

. = Too few students to report



## Weight, Physical Activity, and Nutrition

Nutrition	Het / Cis	LGBT	
Ate fruit or drank 100% fruit juices two or more times per day, past week	32	28	LGBT < HetCIS
Ate vegetables three or more times per day, past week	19	18	
Ate 5+ fruits/vegetables every day, past week	22	19	LGBT < HetCIS
Drank three or more glasses per day of water, past week	55	52	
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	17	20	LGBT > HetCIS

Breakfast	Het / Cis	LGBT	
Did not eat breakfast, past week	10	16	LGBT > HetCIS
Ate breakfast on all 7 days, past week	39	25	LGBT < HetCIS

. = Too few students to report

## Social Determinants of Health

Social Determinants of Health	Het / Cis	LGBT	
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	3	8	LGBT > HetCIS
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	4	LGBT > HetCIS
Think their family's subjective social status is worse than other families	2	5	LGBT > HetCIS
Have a physical disability, emotional problems, or learning disability	26	56	LGBT > HetCIS
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	77	73	LGBT < HetCIS
Described their grades in school as mostly A's or B's	80	70	LGBT < HetCIS

. = Too few students to report

## Youth Assets and Other Protective Factors

Protective Factors - Family	Het / Cis	LGBT	
Did not eat dinner at home with parents, past week	8	13	LGBT > HetCIS
Ate dinner at home with parent at least 2x, past week	88	80	LGBT < HetCIS
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	76	66	LGBT < HetCIS

Protective Factors - School Connectedness	Het / Cis	LGBT	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	79	72	LGBT < HetCIS
Strongly agree or agree that their school has clear rules and consequences for behavior	58	46	LGBT < HetCIS
Do not participate in any afterschool activities	32	41	LGBT > HetCIS
Spend 10 or more hours participating in afterschool activities	25	18	LGBT < HetCIS

. = Too few students to report

Youth Assets and Other Protective Factors

Protective Factors - Community	Het / Cis	LGBT	
Strongly agree or agree that in their community they feel like they matter to people	62	37	LGBT < HetCIS

. = Too few students to report

# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

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. = Too few students to report

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## Demographics

Sex	VT
Female	49
Male	51

Grade	VT
6th grade	24
7th grade	38
8th grade	38

Race	VT
Students of Color	19
White, non-Hispanic	81

Sexual Orientation / Gender Identity	VT
Lesbian, Gay, Bisexual, or Transgender	11
Heterosexual / Cisgender	89

. = Too few students to report

## Demographics

Sexual Orientation (unweighted)	VT
Heterosexual	78
Lesbian / Gay	2
Bisexual	8
Not Sure	12

Gender Identity (unweighted)	VT
No	95
Yes, I am transgender	1
I do not know	2
DK what question is asking	1

. = Too few students to report

## Violence and Unintentional Injuries

Violence	Het / Cis	LGBT	
Were ever in a physical fight	41	51	LGBT > Het/CIS
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	7	20	LGBT > Het/CIS
Report someone has ever done sexual things to them that they did not want	8	27	LGBT > Het/CIS

Bullying	Het / Cis	LGBT	
Were ever bullied on school property	42	68	LGBT > Het/CIS
Were ever electronically bullied	23	46	LGBT > Het/CIS
Were bullied, past 30 days	21	46	LGBT > Het/CIS
Bullied someone, past 30 days	9	14	LGBT > Het/CIS

Motor Vehicle Safety	Het / Cis	LGBT	
Rarely or never wear a seat belt	2	4	LGBT > Het/CIS
Ever rode with a driver who had been drinking alcohol	20	31	LGBT > Het/CIS
Have ever ridden in a car driven by someone who had been using marijuana	10	23	LGBT > Het/CIS



## Violence and Unintentional Injuries

Unintentional Injuries & Prevention	Het / Cis	LGBT	
Rarely or never wear a bicycle helmet	27	35	LGBT > Het/CIS
Rarely or never wear a helmet when skiing or snowboarding	5	9	LGBT > Het/CIS
Had a concussion from playing a sport or being physically active, past year	19	21	
Had a sunburn, past year	68	62	Het/CIS > LGBT

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
LGBT vs Het/Cis Middle School Results

Mental Health

Mental Health	Het / Cis	LGBT	
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	14	53	LGBT > Het/CIS
Felt sad or hopeless, past year	19	58	LGBT > Het/CIS
Ever seriously thought about killing themselves	15	50	LGBT > Het/CIS
Ever made a plan about how they would kill themselves	9	39	LGBT > Het/CIS
Ever tried to kill themselves	4	24	LGBT > Het/CIS

Lifetime Substance Use

Lifetime Substance Use	Het / Cis	LGBT	
Ever tried a cigarette	7	17	LGBT > Het/CIS
Ever tried a flavored tobacco product	8	16	LGBT > Het/CIS
Ever used an electronic vapor product	16	27	LGBT > Het/CIS
Ever drank alcohol	20	35	LGBT > Het/CIS
Ever used marijuana	7	17	LGBT > Het/CIS
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	10	LGBT > Het/CIS
Ever used inhalants	4	12	LGBT > Het/CIS

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
LGBT vs Het/Cis Middle School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	Het / Cis	LGBT	
Currently smoked cigarettes or cigars or used smokeless tobacco	2	6	LGBT > Het/CIS
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	8	17	LGBT > Het/CIS
Currently smoked cigarettes	1	4	LGBT > Het/CIS
Currently used an electronic vapor product	8	16	LGBT > Het/CIS
Currently used smokeless tobacco	1	3	LGBT > Het/CIS
Currently smoked cigars	1	3	LGBT > Het/CIS

Past 30 Day Alcohol and Other Substance Use	Het / Cis	LGBT	
Currently drank alcohol	6	15	LGBT > Het/CIS
Binge drank, past 30 days	1	5	LGBT > Het/CIS
Currently used marijuana	4	11	LGBT > Het/CIS

Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	Het / Cis	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked	34	41	LGBT > Het/CIS
Most of the time or always see ads for cigarettes or other tobacco products	48	59	LGBT > Het/CIS

. = Too few students to report

Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	Het / Cis	LGBT	
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	72	Het/CIS > LGBT

Believe Parents Would Think It is Wrong or Very Wrong to Use	Het / Cis	LGBT	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	93	86	Het/CIS > LGBT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	81	Het/CIS > LGBT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	93	84	Het/CIS > LGBT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
LGBT vs Het/Cis Middle School Results

Perceptions of Substance Use

Believe People Greatly Risk Harm from Substance Use	Het / Cis	LGBT	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	44	38	Het/CIS > LGBT
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	45	42	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	50	32	Het/CIS > LGBT

Think it is Easy or Very Easy to Access	Het / Cis	LGBT	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	30	41	LGBT > Het/CIS
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	56	LGBT > Het/CIS
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	18	36	LGBT > Het/CIS

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
LGBT vs Het/Cis Middle School Results

Sexual Health

Sexual Activity & Condom Use	Het / Cis	LGBT	
Ever had sexual intercourse	5	14	LGBT > Het/CIS
Used a condom during last sexual intercourse, among those who have has sexual intercourse	64	47	Het/CIS > LGBT



## Physical Activity, and Nutrition

Physical Activity: 60 min per day	Het / Cis	LGBT	
Did not participate in at least 60 minutes of physical activity on at least 1 day	6	16	LGBT > Het/CIS
Were physically active at least 60 minutes per day on 5 or more days	61	35	Het/CIS > LGBT
Were physically active at least 60 minutes per day on all 7 days	32	18	Het/CIS > LGBT

Physical Inactivity	Het / Cis	LGBT	
Watched television 3 or more hours per day	21	31	LGBT > Het/CIS
Played video or computer games or used a computer 3 or more hours per day	40	56	LGBT > Het/CIS

Walk or Bike To/From School	Het / Cis	LGBT	
Walk or ride a bike to school at least once a week when weather permits	26	28	
Walk or ride their bike to school every day when weather permits	11	13	

Physical Activity, and Nutrition

Sport Team Participation	Het / Cis	LGBT	
Did not play on any sports teams, past year	23	48	LGBT > Het/CIS
Play on one sports team, past year	21	23	
Play on two sports team, past year	21	15	Het/CIS > LGBT
Play on three or more sports team, past year	35	14	Het/CIS > LGBT

Water Consumption	Het / Cis	LGBT	
Drank three or more glasses per day of water, past week	58	47	Het/CIS > LGBT

Breakfast Consumption	Het / Cis	LGBT	
Did not eat breakfast	8	16	LGBT > Het/CIS
Ate breakfast on 5 or more days, past week	66	46	Het/CIS > LGBT
Ate breakfast on all 7 days	47	29	Het/CIS > LGBT

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LGBT vs Het/Cis Middle School Results

Social Determinants of Health

Social Determinants of Health	Het / Cis	LGBT	
Described their grades in school as mostly A's or B's	70	54	Het/CIS > LGBT
Reported in their home people most of the time or always speak a language other than English	6	6	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	6	LGBT > Het/CIS

## Youth Assets and Other Protective Factors

Protective Factors - Family	Het / Cis	LGBT	
Did not eat dinner at home with at least one of their parents or other adult family member, past week	5	10	LGBT > Het/CIS
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	93	85	Het/CIS > LGBT
Ate dinner at home with at least one of their parents or other adult family member on four or more days	87	75	Het/CIS > LGBT
Ate dinner at home with at least one of their parents or other adult family member every day, past week	62	47	Het/CIS > LGBT

Protective Factors - School	Het / Cis	LGBT	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	73	60	Het/CIS > LGBT
Strongly agree or agree that their school has clear rules and consequences for behavior	66	52	Het/CIS > LGBT

Protective Factors - Community	Het / Cis	LGBT	
Strongly agree or agree that in their community they feel like they matter to people	64	30	Het/CIS > LGBT

# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

The Vermont Youth Risk Behavior Survey is a collaborative project between the CDC,  
Vermont Department of Health and Agency of Education.

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