

## 2009 Vermont Youth Risk Behavior Survey

### Risk Behaviors, Assets and Academic Achievement

	As	Bs	Cs	Ds or Fs
<b>Personal Safety</b>				
Rarely or never wore a seat belt when riding in a car driven by someone else	4%	7%	14%	14%
Rode with a driver who had been drinking alcohol in a car or other vehicle one or more times during the 30 days before the survey	16%	23%	32%	31%
Carried a weapon at school at least 1 day during the 30 days before the survey	5%	7%	14%	18%
In a physical fight one or more times during the 12 months before the survey	14%	25%	40%	45%
Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day during the 30 days before the survey	3%	4%	6%	12%
Attempted suicide one or more times during the 12 months before the survey	3%	4%	7%	8%
<b>Substance Use</b>				
Smoked cigarettes on at least 1 day during the 30 days before the survey	7%	16%	30%	33%
Had at least one drink of alcohol on at least 1 day during the 30 days before the survey	28%	39%	50%	45%
Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the 30 days before the survey	15%	24%	32%	28%
Used marijuana one or more times during the 30 days before the survey	14%	25%	37%	37%
Ever took prescription drugs without a doctor's prescription	9%	16%	27%	27%
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	15%	23%	31%	28%
<b>Sexual Behaviors</b>				
Had sexual intercourse for the first time before age 13 years (among those who ever had sex)	3%	4%	8%	16%
Had sexual intercourse with four or more persons during their life	6%	12%	17%	20%
Drank alcohol or used drugs before last sexual intercourse (among those who ever had sex)	16%	21%	23%	29%
Used a condom at last sexual intercourse (among those who ever had sex)	68%	68%	63%	57%

	<b>As</b>	<b>Bs</b>	<b>Cs</b>	<b>Ds or Fs</b>
<b>Nutrition and Physical Activity</b>				
Physically active at least 60 minutes per day on fewer than 5 days during the 7 days before the survey	52%	55%	62%	65%
Watched television, used the computer, or played video games 3 or more hours per day on an average school day	31%	39%	43%	47%
Drank a can, bottle, or glass of soda (not including diet) at least once per day during the 7 days before the survey	13%	22%	33%	34%
<b>Youth Assets</b>				
Have an adult to turn to for help and advice	91%	89%	86%	78%
Spent 1 or more hours in clubs outside of school in an average week	37%	27%	20%	19%
Spent 1 or more hours volunteering in an average week	49%	42%	36%	34%
Agree or strongly agree that students help decide what goes on at school	56%	51%	45%	40%
Agree or strongly agree that I matter to people in my community	56%	47%	35%	31%
Ate a meal with all or most family members 3 or more days in the last week	79%	71%	60%	58%
Parents talk about school at least weekly	86%	77%	67%	61%

Special Considerations:

- Weighted statewide representative sample, grades 9-12 only
- Risk behaviors and assets by self-reported grades earned in school
- “None of these grades” or “not sure” are not included