
2015 Vermont Youth Risk Behavior Survey Report

Report for Caledonia North SU

Survey Format in 2015

In 2015, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

Results in this report include high school and middle school results for Vermont and for Caledonia North SU. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx> Copies of the full state reports, highlights, and additional sub state reports can also be found here.

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

We would especially like to thank the following schools from Caledonia North who participated in the 2015 YRBS:

Middle School- Grades 6-8
Burke Town School
Lyndon Town School
Millers Run School USD #37
Newark School
Sutton School

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How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we 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.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst> .

How to Read this YRBS Report

Format: The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

Weighting: 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 public students in grades six through eight (middle school survey) and grades nine through twelve (high school survey). This permits us to draw inferences about the school-based student population in Vermont.

From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. Beginning 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, 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).

In some cases there were not enough students responding to report an estimate. In those cases, there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self-harm.

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. Both surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, and other illegal drugs.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one in five deaths.²⁰ Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.³⁰

Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰

Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.³⁹⁻⁴³
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.⁴⁴⁻⁴⁵
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁶ The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.⁴⁶
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁴⁷⁻⁵⁰
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Caledonia North SU

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

Demographics

Caledonia North
Number of Middle School Students in Caledonia North SU

Caledonia North SU Total

220

Sex	Total	%
Missing	1	0%
Female	110	50%
Male	109	49%

Grade	Total	%
Missing	1	0%
6th grade	58	26%
7th grade	83	37%
8th grade	78	35%

Age	Total	%
Missing	1	0%
11 years or younger	25	11%
12 years	74	33%
13 years	75	34%
14 years or older	45	20%

Race / Ethnicity	Total	%
Missing	16	7%
White non-Hispanic	25	11%
Ethnic or racial minority	179	81%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Caledonia North SU. Not all students indicated their sex or grade, therefore the totals in these tables may not add up to the total number of students in the county or state who participated. All other numbers represented in this report are weighted to reflect the enrolled student population.

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

Sex	Total	%
Missing	96	0%
Female	6713	49%
Male	6839	50%

Grade	Total	%
Missing	86	0%
6th grade	2899	21%
7th grade	5337	39%
8th grade	5326	39%

Age	Total	%
Missing	63	.
11 years or younger	1445	10%
12 years	3983	29%
13 years	5240	38%
14 years or older	2917	21%

Race / Ethnicity	Total	%
Missing	926	6%
White non-Hispanic	2357	17%
Ethnic or racial minority	10365	75%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

		Caledonia North	Vermont	Notes
Grade	6th	48%	42%	
	7th	48%	41%	
	8th	52%	44%	SU/SD statistically higher
Sex	Female	36%	28%	SU/SD statistically higher
	Male	62%	57%	
Total		49%	43%	SU/SD statistically higher

1.02 Percent of students who were bullied at least once, past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	25%	24%	
	7th	40%	25%	SU/SD statistically higher
	8th	29%	22%	SU/SD statistically higher
Sex	Female	42%	30%	SU/SD statistically higher
	Male	23%	18%	SU/SD statistically higher
Total		32%	24%	SU/SD statistically higher

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when “on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way. Electronic bullying occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.”

*1 Personal Safety***1.03 Percent of students who reported they had ever been electronically bullied**

		Caledonia North	Vermont	Notes
Grade	6th	16%	21%	
	7th	33%	26%	
	8th	30%	28%	
Sex	Female	37%	36%	
	Male	19%	16%	
Total		27%	26%	

1.04 Percent of students who were ever bullied at school

		Caledonia North	Vermont	Notes
Grade	6th	54%	46%	SU/SD statistically higher
	7th	57%	48%	SU/SD statistically higher
	8th	57%	45%	SU/SD statistically higher
Sex	Female	66%	53%	SU/SD statistically higher
	Male	46%	40%	SU/SD statistically higher
Total		56%	46%	SU/SD statistically higher

1.05 Percent of students who bullied someone at least once, past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	15%	8%	SU/SD statistically higher
	7th	14%	9%	
	8th	20%	11%	SU/SD statistically higher
Sex	Female	13%	10%	
	Male	19%	9%	SU/SD statistically higher
Total		16%	10%	SU/SD statistically higher

*1 Personal Safety***1.06 Percent of students who did not go to school because they felt unsafe, past 30 days**

		Caledonia North	Vermont	Notes
Grade	6th	.	8%	Too few students
	7th	7%	7%	
	8th	8%	7%	
Sex	Female	12%	9%	SU/SD statistically lower
	Male	2%	6%	
Total		7%	7%	

1.07 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months

		Caledonia North	Vermont	Notes
Grade	6th	20%	17%	SU/SD statistically higher
	7th	25%	19%	
	8th	28%	22%	
Sex	Female	33%	27%	SU/SD statistically higher
	Male	17%	13%	
Total		25%	20%	SU/SD statistically higher

1.08 Percent of students who ever seriously thought about suicide

		Caledonia North	Vermont	Notes
Grade	6th	14%	14%	SU/SD statistically higher
	7th	21%	16%	
	8th	28%	22%	
Sex	Female	33%	23%	SU/SD statistically higher
	Male	11%	12%	
Total		22%	18%	SU/SD statistically higher

*1 Personal Safety***1.09 Percent of students who ever made a suicide plan**

		Caledonia North	Vermont	Notes
Grade	6th	9%	9%	
	7th	16%	11%	SU/SD statistically higher
	8th	26%	15%	SU/SD statistically higher
Sex	Female	22%	16%	SU/SD statistically higher
	Male	13%	8%	SU/SD statistically higher
Total		17%	12%	SU/SD statistically higher

1.10 Percent of students who ever attempted suicide

		Caledonia North	Vermont	Notes
Grade	6th	8%	5%	
	7th	8%	5%	
	8th	17%	8%	SU/SD statistically higher
Sex	Female	15%	8%	SU/SD statistically higher
	Male	7%	3%	SU/SD statistically higher
Total		11%	6%	SU/SD statistically higher

1.11 Percent of students who had at least one sunburn in the past 12 months

		Caledonia North	Vermont	Notes
Grade	6th	46%	51%	
	7th	66%	55%	SU/SD statistically higher
	8th	62%	56%	
Sex	Female	58%	58%	
	Male	61%	51%	SU/SD statistically higher
Total		59%	54%	SU/SD statistically higher

*1 Personal Safety***1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months**

			Caledonia North	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	43%	26%	SU/SD statistically higher
		Sometimes wear a helmet	19%	15%	
		Most of the time / always wear a helmet	38%	59%	SU/SD statistically lower

	7th	Never / rarely wear a helmet	47%	31%	SU/SD statistically higher
		Sometimes wear a helmet	21%	16%	
		Most of the time / always wear a helmet	32%	52%	SU/SD statistically lower

	8th	Never / rarely wear a helmet	53%	41%	SU/SD statistically higher
		Sometimes wear a helmet	30%	15%	SU/SD statistically higher
		Most of the time / always wear a helmet	17%	43%	SU/SD statistically lower

Sex	Female	Never / rarely wear a helmet	40%	31%	SU/SD statistically higher
		Sometimes wear a helmet	25%	17%	SU/SD statistically higher
		Most of the time / always wear a helmet	34%	52%	SU/SD statistically lower

	Male	Never / rarely wear a helmet	54%	36%	SU/SD statistically higher
		Sometimes wear a helmet	22%	14%	SU/SD statistically higher
		Most of the time / always wear a helmet	25%	49%	SU/SD statistically lower

Total		Never / rarely wear a helmet	48%	34%	SU/SD statistically higher
		Sometimes wear a helmet	23%	16%	SU/SD statistically higher
		Most of the time / always wear a helmet	29%	51%	SU/SD statistically lower

*1 Personal Safety***1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)**

			Caledonia North	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	.	31%	Too few students
		Sometimes wear a helmet	.	11%	Too few students
		Most of the time / always wear a helmet	.	58%	Too few students

	7th	Never / rarely wear a helmet	.	42%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	45%	Too few students

	8th	Never / rarely wear a helmet	.	52%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	36%	Too few students

Sex	Female	Never / rarely wear a helmet	.	45%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	43%	Too few students

	Male	Never / rarely wear a helmet	.	41%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	47%	Too few students

Total		Never / rarely wear a helmet	.	43%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	45%	Too few students

*1 Personal Safety***1.14 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	10%	4%	SU/SD statistically higher
Sex	Female	6%	2%	SU/SD statistically higher
	Male	11%	3%	SU/SD statistically higher
Total		9%	3%	SU/SD statistically higher

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

		Caledonia North	Vermont	Notes
Grade	6th	20%	15%	
	7th	31%	19%	SU/SD statistically higher
	8th	57%	25%	SU/SD statistically higher
Sex	Female	35%	21%	SU/SD statistically higher
	Male	40%	19%	SU/SD statistically higher
Total		37%	20%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Caledonia North	Vermont	Notes
Grade	6th	14%	10%	
	7th	24%	15%	SU/SD statistically higher
	8th	52%	24%	SU/SD statistically higher
Sex	Female	31%	16%	SU/SD statistically higher
	Male	31%	18%	SU/SD statistically higher
Total		31%	17%	SU/SD statistically higher

2.02 Percent of students who drank alcohol other than a few sips before age 11

		Caledonia North	Vermont	Notes
Grade	6th	13%	7%	SU/SD statistically higher
	7th	10%	6%	SU/SD statistically higher
	8th	16%	6%	SU/SD statistically higher
Sex	Female	10%	5%	SU/SD statistically higher
	Male	16%	8%	SU/SD statistically higher
Total		13%	6%	SU/SD statistically higher

2.03 Percent of students who drank any alcohol, past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	9%	5%	SU/SD statistically higher
	8th	31%	10%	SU/SD statistically higher
Sex	Female	13%	6%	SU/SD statistically higher
	Male	17%	7%	SU/SD statistically higher
Total		15%	6%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days**

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	22%	4%	SU/SD statistically higher
Sex	Female	4%	2%	SU/SD statistically higher
	Male	12%	2%	SU/SD statistically higher
Total		9%	2%	SU/SD statistically higher

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

		Caledonia North	Vermont	Notes
Grade	6th	13%	4%	SU/SD statistically higher
	7th	21%	7%	SU/SD statistically higher
	8th	36%	13%	SU/SD statistically higher
Sex	Female	23%	9%	SU/SD statistically higher
	Male	24%	9%	SU/SD statistically higher
Total		24%	9%	SU/SD statistically higher

2.06 Percent of students who ever smoked a whole cigarette

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	10%	4%	SU/SD statistically higher
	8th	28%	8%	SU/SD statistically higher
Sex	Female	13%	5%	SU/SD statistically higher
	Male	15%	5%	SU/SD statistically higher
Total		14%	5%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked a whole cigarette by age 11**

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	9%	2%	SU/SD statistically higher
Sex	Female	.	1%	Too few students
	Male	5%	2%	SU/SD statistically higher
Total		5%	1%	SU/SD statistically higher

2.08 Percent of students who smoked cigarettes, past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	18%	3%	SU/SD statistically higher
Sex	Female	6%	2%	SU/SD statistically higher
	Male	7%	2%	SU/SD statistically higher
Total		6%	2%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.09 Percent of students who ever used electronic vapor products such as e-cigarettes**

		Caledonia North	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	16%	6%	SU/SD statistically higher
	8th	50%	11%	SU/SD statistically higher
Sex	Female	25%	7%	SU/SD statistically higher
	Male	24%	7%	SU/SD statistically higher
Total		24%	7%	SU/SD statistically higher

2.10 Percent of students who used electronic vapor products such as e-cigarettes during the past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	8%	2%	SU/SD statistically higher
	8th	43%	5%	SU/SD statistically higher
Sex	Female	15%	3%	SU/SD statistically higher
	Male	21%	3%	SU/SD statistically higher
Total		18%	3%	SU/SD statistically higher

2.11 Percent of students who used chewing tobacco, snuff, or dip, past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	22%	3%	SU/SD statistically higher
Sex	Female	6%	1%	SU/SD statistically higher
	Male	16%	3%	SU/SD statistically higher
Total		11%	2%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days**

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		.	2%	Too few students

2.13 Percent of students who used a tobacco product such as cigarettes, smokeless tobacco, or cigars, in the past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	26%	6%	SU/SD statistically higher
Sex	Female	9%	3%	SU/SD statistically higher
	Male	16%	4%	SU/SD statistically higher
Total		13%	4%	SU/SD statistically higher

2.14 Percent of students who used any tobacco products including e-cigarettes in the past 30 days

		Caledonia North	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	10%	4%	SU/SD statistically higher
	8th	43%	8%	SU/SD statistically higher
Sex	Female	17%	5%	SU/SD statistically higher
	Male	23%	6%	SU/SD statistically higher
Total		20%	5%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.15 Percent of smokers who attempted to quit smoking, past 12 months**

		Caledonia North	Vermont	Notes
Grade	6th	.	.	Too few students
	7th	.	58%	Too few students
	8th	.	45%	Too few students
Sex	Female	.	48%	Too few students
	Male	.	47%	Too few students
Total		.	48%	Too few students

2.16 Percent of students who have ever used marijuana

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	8%	5%	
	8th	33%	11%	SU/SD statistically higher
Sex	Female	15%	6%	SU/SD statistically higher
	Male	15%	7%	SU/SD statistically higher
Total		15%	7%	SU/SD statistically higher

2.17 Percent of students who used marijuana by age 11

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	5%	2%	SU/SD statistically higher
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		2%	1%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.18 Percent of students who used marijuana, past 30 days**

		Caledonia North	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	3%	Too few students
	8th	23%	6%	SU/SD statistically higher
Sex	Female	9%	3%	SU/SD statistically higher
	Male	10%	4%	SU/SD statistically higher
Total		10%	4%	SU/SD statistically higher

2.19 Percent of students who have ever used inhalants

		Caledonia North	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	15%	4%	SU/SD statistically higher
	8th	20%	6%	SU/SD statistically higher
Sex	Female	13%	5%	SU/SD statistically higher
	Male	15%	5%	SU/SD statistically higher
Total		14%	5%	SU/SD statistically higher

2.20 Percent of students who ever took a prescription drug without a doctor's prescription

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	7%	4%	
Sex	Female	.	3%	Too few students
	Male	4%	3%	
Total		4%	3%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.01 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days

		Caledonia North	Vermont	Notes
Grade	6th	21%	24%	
	7th	47%	28%	SU/SD statistically higher
	8th	49%	31%	SU/SD statistically higher
Sex	Female	45%	29%	SU/SD statistically higher
	Male	36%	27%	SU/SD statistically higher
Total		40%	28%	SU/SD statistically higher

3.02 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days

		Caledonia North	Vermont	Notes
Grade	6th	22%	17%	
	7th	30%	20%	SU/SD statistically higher
	8th	45%	23%	SU/SD statistically higher
Sex	Female	39%	22%	SU/SD statistically higher
	Male	28%	19%	SU/SD statistically higher
Total		33%	21%	SU/SD statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.03 Percent of students who, always or most of the time saw advertisements for tobacco products at supermarkets or gas stations

		Caledonia North	Vermont	Notes
Grade	6th	50%	47%	
	7th	65%	52%	SU/SD statistically higher
	8th	60%	55%	
Sex	Female	57%	52%	
	Male	61%	52%	SU/SD statistically higher
Total		59%	52%	SU/SD statistically higher

3.04 Percent of students who, in the past 12 months, were asked if they smoke by a health professional

		Caledonia North	Vermont	Notes
Grade	6th	.	15%	Too few students
	7th	32%	26%	
	8th	37%	35%	
Sex	Female	32%	28%	
	Male	27%	26%	
Total		29%	27%	

3.05 Students perceptions about out of 100 Vermont high school students the number who smoke cigarettes

	Caledonia North	Vermont	Notes
15 or less students	14%	16%	
16 to 25 students	20%	25%	SU/SD statistically lower
26 to 45 students	21%	24%	
46 to 55 students	17%	16%	
56 to 75 students	13%	9%	SU/SD statistically higher
76 or more students	14%	10%	SU/SD statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.06 Percent of students who think their parents would think it is wrong or very wrong for them to smoke cigarettes

		Caledonia North	Vermont	Notes
Grade	6th	93%	96%	
	7th	95%	96%	
	8th	92%	96%	SU/SD statistically lower
Sex	Female	96%	97%	
	Male	92%	96%	SU/SD statistically lower
Total		94%	96%	SU/SD statistically lower

3.07 Percent of students who think their parents would think it is wrong or very wrong for them to drink alcohol

		Caledonia North	Vermont	Notes
Grade	6th	91%	92%	
	7th	84%	92%	SU/SD statistically lower
	8th	84%	90%	SU/SD statistically lower
Sex	Female	88%	93%	SU/SD statistically lower
	Male	84%	90%	SU/SD statistically lower
Total		86%	91%	SU/SD statistically lower

3.08 Percent of students who think their parents would think it is wrong or very wrong for them to smoke marijuana

		Caledonia North	Vermont	Notes
Grade	6th	94%	96%	
	7th	91%	95%	SU/SD statistically lower
	8th	88%	92%	SU/SD statistically lower
Sex	Female	91%	94%	SU/SD statistically lower
	Male	91%	94%	
Total		91%	94%	SU/SD statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.09 Percent of students who think it would be wrong or very wrong for someone their age to smoke cigarettes

		Caledonia North	Vermont	Notes
Grade	6th	89%	97%	SU/SD statistically lower
	7th	86%	95%	SU/SD statistically lower
	8th	76%	92%	SU/SD statistically lower
Sex	Female	88%	95%	SU/SD statistically lower
	Male	80%	94%	SU/SD statistically lower
Total		84%	94%	SU/SD statistically lower

3.10 Percent of students who think it would be wrong or very wrong for someone their age to drink alcohol

		Caledonia North	Vermont	Notes
Grade	6th	90%	94%	
	7th	81%	90%	SU/SD statistically lower
	8th	62%	83%	SU/SD statistically lower
Sex	Female	81%	90%	SU/SD statistically lower
	Male	73%	87%	SU/SD statistically lower
Total		77%	88%	SU/SD statistically lower

3.11 Percent of students who think it would be wrong or very wrong for someone their age to smoke marijuana

		Caledonia North	Vermont	Notes
Grade	6th	96%	97%	
	7th	80%	92%	SU/SD statistically lower
	8th	62%	83%	SU/SD statistically lower
Sex	Female	78%	91%	SU/SD statistically lower
	Male	78%	89%	SU/SD statistically lower
Total		78%	90%	SU/SD statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.12 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day

		Caledonia North	Vermont	Notes
Grade	6th	66%	70%	
	7th	59%	72%	SU/SD statistically lower
	8th	50%	72%	SU/SD statistically lower
Sex	Female	66%	71%	SU/SD statistically lower
	Male	50%	72%	SU/SD statistically lower
Total		58%	71%	SU/SD statistically lower

3.13 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend

		Caledonia North	Vermont	Notes
Grade	6th	50%	49%	
	7th	39%	49%	SU/SD statistically lower
	8th	31%	46%	SU/SD statistically lower
Sex	Female	44%	49%	
	Male	34%	46%	SU/SD statistically lower
Total		39%	48%	SU/SD statistically lower

3.14 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly

		Caledonia North	Vermont	Notes
Grade	6th	71%	67%	
	7th	49%	61%	SU/SD statistically lower
	8th	26%	51%	SU/SD statistically lower
Sex	Female	53%	60%	SU/SD statistically lower
	Male	41%	58%	SU/SD statistically lower
Total		47%	59%	SU/SD statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.15 Percent of students who report that it would be easy or very easy to get cigarettes

		Caledonia North	Vermont	Notes
Grade	6th	11%	18%	SU/SD statistically lower
	7th	31%	24%	SU/SD statistically higher
	8th	52%	34%	SU/SD statistically higher
Sex	Female	32%	25%	SU/SD statistically higher
	Male	33%	29%	
Total		33%	27%	SU/SD statistically higher

3.16 Percent of students who report that it would be easy or very easy to get alcohol

		Caledonia North	Vermont	Notes
Grade	6th	22%	24%	
	7th	52%	33%	SU/SD statistically higher
	8th	56%	46%	SU/SD statistically higher
Sex	Female	41%	35%	SU/SD statistically higher
	Male	49%	37%	
Total		45%	36%	SU/SD statistically higher

3.17 Percent of students who report that it would be easy or very easy to get marijuana

		Caledonia North	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	14%	12%	
	8th	32%	22%	SU/SD statistically higher
Sex	Female	18%	13%	SU/SD statistically higher
	Male	17%	16%	
Total		17%	14%	

*4 Sexual Behavior***4.01 Percent of students who have ever had sexual intercourse**

		Caledonia North	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	10%	4%	SU/SD statistically higher
	8th	20%	8%	SU/SD statistically higher
Sex	Female	13%	4%	SU/SD statistically higher
	Male	9%	7%	
Total		11%	6%	SU/SD statistically higher

4.02 Percent of students who have ever had oral sex

		Caledonia North	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	7%	3%	SU/SD statistically higher
	8th	21%	9%	SU/SD statistically higher
Sex	Female	9%	5%	SU/SD statistically higher
	Male	12%	6%	SU/SD statistically higher
Total		10%	5%	SU/SD statistically higher

5 Nutrition and Physical Activity

5.01 Number of times during the past 7 days students ate breakfast

			Caledonia North	Vermont	Notes
Grade	6th	Never	7%	4%	
		1 to 3 times	9%	13%	
		4 to 6 times	22%	22%	
		Everyday	62%	61%	

	7th	Never	4%	7%	
		1 to 3 times	21%	16%	
		4 to 6 times	26%	25%	
		Everyday	49%	51%	

	8th	Never	9%	8%	
		1 to 3 times	24%	20%	
		4 to 6 times	27%	25%	
		Everyday	41%	48%	

Sex	Female	Never	7%	8%	
		1 to 3 times	25%	21%	
		4 to 6 times	20%	26%	SU/SD statistically lower
		Everyday	49%	45%	

	Male	Never	7%	6%	
		1 to 3 times	12%	13%	
		4 to 6 times	31%	23%	SU/SD statistically higher
		Everyday	50%	59%	SU/SD statistically lower

Total		Never	7%	7%	
		1 to 3 times	18%	17%	
		4 to 6 times	25%	24%	
		Everyday	50%	52%	

*5 Nutrition and Physical Activity***5.02 Percent of students who reported drinking at least four bottles or glasses of water a day**

		Caledonia North	Vermont	Notes
Grade	6th	47%	45%	
	7th	38%	41%	
	8th	33%	39%	
Sex	Female	31%	38%	SU/SD statistically lower
	Male	46%	44%	
Total		38%	41%	

5 Nutrition and Physical Activity

5.03 Number of days students participated in at least 60 minutes of physical activity in the past 7 days

			Caledonia North	Vermont	Notes
Grade	6th	Never	14%	8%	SU/SD statistically higher
		1 to 4 days	37%	32%	
		5 to 6 days	27%	27%	
		Everyday	22%	33%	SU/SD statistically lower
7th	Never	12%	7%	SU/SD statistically higher	
	1 to 4 days	39%	34%		
	5 to 6 days	21%	28%	SU/SD statistically lower	
	Everyday	28%	31%		
8th	Never	8%	8%		
	1 to 4 days	40%	36%		
	5 to 6 days	28%	27%		
	Everyday	25%	29%		
Sex	Female	Never	13%	8%	SU/SD statistically higher
		1 to 4 days	49%	39%	SU/SD statistically higher
		5 to 6 days	26%	30%	
		Everyday	13%	23%	SU/SD statistically lower
Male	Never	9%	8%		
	1 to 4 days	29%	29%		
	5 to 6 days	25%	25%		
	Everyday	37%	38%		
Total	Never	11%	8%	SU/SD statistically higher	
	1 to 4 days	39%	34%	SU/SD statistically higher	
	5 to 6 days	25%	27%		
	Everyday	25%	31%	SU/SD statistically lower	

5 Nutrition and Physical Activity

5.04 Number of times students participated in physical activity breaks outside of physical education courses in an average school week

			Caledonia North	Vermont	Notes
Grade	6th	0 days	13%	18%	
		1 to 2 days	20%	15%	
		3 to 4 days	.	19%	Too few students
		Everyday	63%	48%	SU/SD statistically higher

	7th	0 days	10%	30%	SU/SD statistically lower
		1 to 2 days	25%	17%	SU/SD statistically higher
		3 to 4 days	15%	17%	
		Everyday	50%	36%	SU/SD statistically higher

	8th	0 days	20%	33%	SU/SD statistically lower
		1 to 2 days	17%	16%	
		3 to 4 days	12%	16%	
		Everyday	51%	35%	SU/SD statistically higher

Sex	Female	0 days	18%	28%	SU/SD statistically lower
		1 to 2 days	21%	18%	
		3 to 4 days	15%	17%	
		Everyday	46%	38%	SU/SD statistically higher

	Male	0 days	11%	28%	SU/SD statistically lower
		1 to 2 days	21%	15%	SU/SD statistically higher
		3 to 4 days	7%	17%	SU/SD statistically lower
		Everyday	62%	40%	SU/SD statistically higher

Total		0 days	14%	28%	SU/SD statistically lower
		1 to 2 days	21%	16%	SU/SD statistically higher
		3 to 4 days	11%	17%	SU/SD statistically lower
		Everyday	54%	39%	SU/SD statistically higher

5 Nutrition and Physical Activity

5.05 Number of hours spent watching TV on an average school day

			Caledonia North	Vermont	Notes
Grade	6th	1 hour or less per day	51%	60%	SU/SD statistically lower
		2 to 4 hours per day	38%	34%	
		5 or more hours per day	11%	6%	SU/SD statistically higher

	7th	1 hour or less per day	50%	57%	SU/SD statistically lower
		2 to 4 hours per day	41%	37%	
		5 or more hours per day	9%	6%	

	8th	1 hour or less per day	52%	57%	
		2 to 4 hours per day	42%	37%	
		5 or more hours per day	7%	7%	

Sex	Female	1 hour or less per day	53%	57%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	8%	6%	

	Male	1 hour or less per day	48%	58%	SU/SD statistically lower
		2 to 4 hours per day	42%	35%	SU/SD statistically higher
		5 or more hours per day	10%	7%	

Total		1 hour or less per day	51%	58%	SU/SD statistically lower
		2 to 4 hours per day	40%	36%	
		5 or more hours per day	9%	6%	SU/SD statistically higher

5 Nutrition and Physical Activity

5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day

			Caledonia North	Vermont	Notes
Grade	6th	1 hour or less per day	51%	55%	
		2 to 4 hours per day	45%	33%	SU/SD statistically higher
		5 or more hours per day	.	12%	Too few students

	7th	1 hour or less per day	55%	46%	SU/SD statistically higher
		2 to 4 hours per day	31%	40%	SU/SD statistically lower
		5 or more hours per day	14%	14%	

	8th	1 hour or less per day	44%	40%	
		2 to 4 hours per day	44%	41%	
		5 or more hours per day	12%	19%	SU/SD statistically lower

Sex	Female	1 hour or less per day	51%	48%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	11%	15%	

	Male	1 hour or less per day	49%	44%	
		2 to 4 hours per day	41%	41%	
		5 or more hours per day	10%	15%	SU/SD statistically lower

Total	1 hour or less per day		50%	46%	
	2 to 4 hours per day		39%	39%	
	5 or more hours per day		11%	15%	SU/SD statistically lower

5 Nutrition and Physical Activity

5.07 Number of days in the average week students went online for something not school-related

			Caledonia North	Vermont	Notes
Grade	6th	Never	21%	22%	
		1 to 5 days	45%	45%	
		At least six days	34%	33%	

	7th	Never	22%	16%	SU/SD statistically higher
		1 to 5 days	45%	41%	
		At least six days	33%	42%	SU/SD statistically lower

	8th	Never	10%	11%	
		1 to 5 days	41%	34%	
		At least six days	49%	55%	

Sex	Female	Never	17%	13%	
		1 to 5 days	45%	41%	
		At least six days	38%	46%	SU/SD statistically lower

	Male	Never	18%	18%	
		1 to 5 days	42%	38%	
		At least six days	39%	44%	

Total	Never		18%	15%	
	1 to 5 days		44%	39%	SU/SD statistically higher
	At least six days		39%	45%	SU/SD statistically lower

*6 Youth Assets***6.01 Percent of students who talk to their parents about school at least weekly**

		Caledonia North	Vermont	Notes
Grade	6th	79%	81%	
	7th	78%	80%	
	8th	68%	78%	SU/SD statistically lower
Sex	Female	79%	80%	
	Male	71%	79%	SU/SD statistically lower
Total		75%	79%	SU/SD statistically lower

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

		Caledonia North	Vermont	Notes
Grade	6th	59%	60%	
	7th	41%	56%	SU/SD statistically lower
	8th	45%	51%	
Sex	Female	43%	50%	SU/SD statistically lower
	Male	51%	59%	SU/SD statistically lower
Total		47%	55%	SU/SD statistically lower

*6 Youth Assets***6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement**

		Caledonia North	Vermont	Notes
Grade	6th	56%	69%	SU/SD statistically lower
	7th	31%	62%	SU/SD statistically lower
	8th	38%	59%	SU/SD statistically lower
Sex	Female	44%	62%	SU/SD statistically lower
	Male	37%	64%	SU/SD statistically lower
Total		40%	63%	SU/SD statistically lower

6.04 Percent of students who agree or strongly agree that students help decide what goes on in school

		Caledonia North	Vermont	Notes
Grade	6th	56%	45%	SU/SD statistically higher
	7th	35%	44%	SU/SD statistically lower
	8th	37%	39%	
Sex	Female	42%	42%	
	Male	41%	43%	
Total		41%	43%	