

## Students in grades 4 and 5 who reported that, on average, they spend 2 hours or less of screen time per day during their free time

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
<b>Province</b>				
New Brunswick	23.5	23.6	25.8	22.0
<b>Health zones</b>				
Zone 1 - Moncton and South-East Area	25.0	22.8	26.7	22.2
Zone 2 - Fundy Shore and Saint John Area	22.7	23.5	25.5	23.4
Zone 3 - Fredericton and River Valley Area	23.4	24.5	25.5	21.5
Zone 4 - Madawaska and North-West Area	S	31.7	33.2	23.6
Zone 5 - Restigouche Area	22.5	19.5	21.7	20.6
Zone 6 - Bathurst and Acadian Peninsula Area	23.9	23.1	24.7	19.2
Zone 7 - Miramichi Area	15.5	18.8	18.2	19.2
<b>Communities</b>				
Bathurst, Beresford, Petit-Rocher Area	23.5	27.7	23.6	22.0
Bouctouche, Richibucto, Saint-Antoine Area	23.6	19.8	21.6	14.9
Campbellton, Atholville, Tide Head Area	20.9	21.1	24.8	23.0
Caraquet, Paquetville, Bertrand Area	25.4	21.0	33.7	19.7
Dalhousie, Balmoral, Belledune Area	24.7	17.4	17.6	17.4
Dieppe and Memramcook	30.4	27.2	31.0	22.6
Douglas, Saint Marys, Doaktown Area	22.1	28.5	23.5	14.1
Edmundston, Rivière-Verte, Lac Baker Area	S	33.3	34.8	26.0
Florenceville-Bristol, Woodstock, Wakefield Area	23.2	26.5	26.8	21.1
Fredericton	27.0	26.0	27.4	23.9
Grand Bay-Westfield, Westfield, Greenwich Area	32.6	18.8	22.9	21.8

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Grand Falls, Saint-Léonard, Drummond Area	S	32.4	31.9	21.5
Hillsborough, Riverside-Albert, Alma Area	S	23.7	13.1	15.6
Kedgwick, Saint-Quentin and Grimmer	S	23.1	31.1	22.3
Minto, Chipman, Cambridge-Narrows Area	18.0	19.1	16.8	13.2
Miramichi, Rogersville, Blackville Area	15.8	19.2	18.9	20.0
Moncton	23.6	22.4	26.0	24.1
Nackawic, McAdam, Canterbury Area	13.9	19.5	24.5	26.2
Neguac, Alnwick, Esgenoopetitj Area	13.9	15.5	S	S
New Maryland, Kingsclear, Lincoln Area	27.2	24.3	28.2	23.0
Oromocto, Gagetown, Fredericton Junction Area	16.6	21.0	21.1	17.0
Perth-Andover, Plaster Rock, Tobique Area	16.5	17.4	17.9	22.7
Quispamsis, Rothesay, Hampton Area	27.7	27.9	32.9	26.5
Riverview and Coverdale	21.3	23.5	21.6	19.5
Sackville, Dorchester, Port Elgin Area	30.5	21.4	29.2	28.6
Saint John, Simonds and Musquash	18.3	21.8	21.6	21.3
Salisbury and Petitcodiac	25.5	21.1	34.2	24.5
Shediac, Beaubassin East and Cap-Pelé	22.4	18.2	31.5	14.7
Shippagan, Lamèque, Inkerman Area	17.1	14.9	17.1	16.9
St. George, Grand Manan, Blacks Harbour Area	17.1	20.8	20.6	16.4
St. Stephen, Saint Andrews, Campobello Island Area	21.3	19.7	24.0	20.0
Sussex, Norton, Sussex Corner Area	27.8	25.6	25.5	29.1
Tracadie and Saint-Isidore	28.7	20.8	24.9	16.8
<b>School districts</b>				
Anglophone East School District	20.1	21.3	23.5	22.4

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone North School District	16.7	19.6	19.4	19.9
Anglophone South School District	22.3	23.5	25.7	23.0
Anglophone West School District	23.0	24.3	24.5	20.8
Anglophone sector	21.4	22.8	24.1	21.8
District scolaire francophone Nord-Est	25.7	22.7	24.3	18.8
District scolaire francophone Nord-Ouest	S	31.9	35.5	25.1
District scolaire francophone Sud	30.5	25.4	30.6	23.3
Francophone sector	28.5	25.7	29.7	22.3
<b>Grades</b>				
Grade 4	24.4	24.6	26.8	23.2
Grade 5	22.6	22.8	24.8	20.8
<b>Gender</b>				
Female	30.0	30.7	34.2	29.0
Male	17.5	17.6	18.6	15.9
Non-binary	22.4	n/a	n/a	19.3
<b>Indigenous identity</b>				
Indigenous	15.9	19.9	21.9	18.8
<b>Immigrant</b>				
Immigrants	21.3	22.5	25.5	23.7

## About

This indicator is the percentage of students in grades 4 and 5 who reported that, on average, they spend 2 hours or less of screen time per day during their free time. This indicator is based on the Canadian 24 Hour Movement Guidelines for Children and Youth.

## Source

Student Wellness and Education Survey, Grades 4-5

## Calculations

This indicator adds the responses to the following 4 individual questions: 'On most days, how much time do you spend watching TV/movies?', 'On most days, how much time do you spend using a smart phone or tablet (for games, YouTube, FaceTime, etc.)?', 'On most days, how much time do you spend playing video games?' and 'On most days, how much time do you spend using the computer (not for school)?'. The response options for these 4 individual questions are: none, less than 30 min, 30 min, 1 hour, 1 hour and 30 min, 2 hours, 3 hours or more and I do not know. This indicator is calculated by dividing the number of respondents who have a total of '2 hours or less' by the number of respondents who answered all 4 individual questions.

## Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), Grand Falls, Saint-Léonard, Drummond Area (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). The 2019-2020 edition of this survey was conducted during the COVID-19 pandemic. Since the number of schools that participated in 2019-2020 is much lower than other editions of the survey, results at the provincial level were deemed not representative of the total student population. Therefore, survey results for New Brunswick, health zones and demographic groups are not available for the 2019-2020 edition. However, 2019-2020 results are available for communities in which the number of participating schools was deemed sufficient to be representative of the student population in that community.

Unit	Interpretation	NBHC code
%	Higher is better	SE_DAA01_2

## Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size