STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Social and Emotional Development



**Province**
New Brunswick

## Mental fitness

**Mental fitness encompasses the psychological needs for competence, autonomy, and relatedness.**

### Levels of mental fitness

| | |
|---|---|
| High level of mental fitness % \| 2025-2026 | **28.0** |
| Moderate level of mental fitness % \| 2025-2026 | **54.8** |
| Low level of mental fitness % \| 2025-2026 | **17.3** |

### Mental fitness needs

| | |
|---|---|
| Need for autonomy highly satisfied % \| 2025-2026 | **71.0** |
| Need for competence highly satisfied % \| 2025-2026 | **79.7** |
| Need for relatedness highly satisfied % \| 2025-2026 | **84.8** |

### Life domains of mental fitness

Below are students reporting "Really true for me" for the scale items.

| | |
|---|---|
| Needs highly satisfied by family % \| 2025-2026 | **83.3** |
| I feel free to express myself at home % \| 2025-2026 | **57.3** |
| I have a choice about when and how to do my household chores % \| 2025-2026 | **38.6** |
| I feel I do things well at home % \| 2025-2026 | **48.5** |
| I feel my parent(s)/guardian(s) think that I am good at things. % \| 2025-2026 | **61.6** |
| My parent(s)/guardian(s) like me and care about me. % \| 2025-2026 | **78.2** |
| I like to spend time with my parent(s)/guardian(s). % \| 2025-2026 | **59.9** |

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|---|---|
| Needs highly satisfied by friends % \| 2025-2026 | **84.4** |
| I feel free to express myself with my friends % \| 2025-2026 | **54.8** |
| I have a choice about which activities to do with my friends % \| 2025-2026 | **48.2** |
| I feel I do things well when I am with my friends % \| 2025-2026 | **48.7** |
| I feel my friends think I am good at things % \| 2025-2026 | **45.9** |
| My friends like me and care about me % \| 2025-2026 | **54.8** |
| I like to spend time with my friends % \| 2025-2026 | **72.2** |
| Needs highly satisfied by school % \| 2025-2026 | **62.2** |
| I feel free to express myself at school % \| 2025-2026 | **27.5** |
| I have a choice about when and how to do my schoolwork % \| 2025-2026 | **36.5** |
| I feel I do things well at school % \| 2025-2026 | **37.3** |
| I feel my teachers think I am good at things % \| 2025-2026 | **33.8** |
| My teachers like me and care about me % \| 2025-2026 | **37.4** |
| I like to be with my teachers % \| 2025-2026 | **24.4** |

## Social factors

### Resilience

Resilience is a strength that will help youth bounce back from adversity, but it is not solely something residing inside the individual. Rather, it a socio-ecological model where individual strengths, along with one's caregivers and community, make it possible for a youth to find and access the right supports, programs and services for their needs. Below the average score are students reporting " Yes" for the scale items. © 2019 by Philip Jefferies, Ph.D., Lisa McGarrigle, Ph.D., and Michael Ungar, Ph.D.

| | |
|---|---|
| Average resilience score (scale from 17 to 51) Number \| 2025-2026 | **45.2** |
| I get along with people around me % \| 2025-2026 | **56.2** |
| Getting an education is important to me % \| 2025-2026 | **76.0** |
| I know how to behave in different situations % \| 2025-2026 | **78.1** |
| My parents(s)/caregiver(s) really look out for me % \| 2025-2026 | **85.1** |

| | Province<br>New Brunswick |
|---|---|
| My parent(s)/caregiver(s) know a lot about me % \| 2025-2026 | **72.3** |
| If I am hungry, I can get food to eat % \| 2025-2026 | **89.0** |
| People like to spend time with me % \| 2025-2026 | **63.3** |
| I talk to my family/caregiver(s) about how I feel % \| 2025-2026 | **46.6** |
| I feel supported by my friends % \| 2025-2026 | **63.9** |
| I feel that I belong at my school % \| 2025-2026 | **50.9** |
| My family/caregiver(s) stand by me during difficult times % \| 2025-2026 | **75.6** |
| My friends stand by me during difficult times % \| 2025-2026 | **62.8** |
| I am treated fairly in my community % \| 2025-2026 | **67.0** |
| I have chances to show others that I am responsible and can do things by myself % \| 2025-2026 | **73.0** |
| I feel safe when I am with my family/caregiver(s) % \| 2025-2026 | **85.6** |
| I have chances to learn things that will be useful when I am older % \| 2025-2026 | **80.6** |
| I like the way my family/caregiver(s) celebrate things % \| 2025-2026 | **82.3** |

## Organized sports, clubs or activities

| | |
|---|---|
| Participated in organized sports, clubs, or activities, last 12 months % \| 2025-2026 | **76.8** |

## Bullying at school, last 2 months

It is BULLYING when a person or group of people hurts or upsets someone on purpose, and more than once. It is different from an argument, conflict or fight because the person being bullied has difficulty defending herself or himself.

| | |
|---|---|
| Victim of bullying at school, last 2 months % \| 2025-2026 | **47.3** |
| Physical attacks % \| 2025-2026 | **9.3** |
| Verbal attacks % \| 2025-2026 | **29.2** |
| Online bullying % \| 2025-2026 | **12.6** |
| Exclusion % \| 2025-2026 | **26.1** |
| Theft/vandalism % \| 2025-2026 | **14.0** |
| Comments on personal features % \| 2025-2026 | **19.5** |

| | Province<br>New Brunswick |
|---|---|
| Sexual comments/gestures % \| 2025-2026 | **16.6** |
| Bullied another student, last 2 months % \| 2025-2026 | **11.3** |

# Mental health

## General mental health

| | |
|---|---|
| Life satisfaction (scale from 0-10) Number \| 2025-2026 | **7.4** |
| Perceived mental health, very good or excellent % \| 2025-2026 | **42.0** |

## Mental health risk factors

| | |
|---|---|
| Spends 3 hours or more per day on social media % \| 2025-2026 | **59.5** |
| Lonely, most or all of the time, last 12 months % \| 2025-2026 | **20.1** |
| Difficulty sleeping, most or all of the time % \| 2025-2026 | **53.7** |

## Symptoms of anxiety and depression

| | |
|---|---|
| Symptoms of anxiety, last 12 months % \| 2025-2026 | **41.4** |
| Symptoms of depression, last 12 months % \| 2025-2026 | **34.8** |
| Symptoms of anxiety or depression, last 12 months % \| 2025-2026 | **46.4** |

# Resources

## Mental and emotional support, last 12 months

| | |
|---|---|
| Needed to see someone for a mental or emotional problem % \| 2025-2026 | **33.3** |
| Needed to see someone for a mental or emotional problem, but did not see someone % \| 2025-2026 | **7.5** |

# About this Table

**Content and description**
This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness and Education Survey (SWES). It contains self-reported information regarding the social and emotional development of New Brunswick students in grades 6 to 12. Topics include mental fitness, resilience, bullying, and mental health. The questionnaire previously comprised modules, which means that certain questions were asked every other cycle.

**Why it is important**
Only when we understand who our students are and what their needs are can we better plan for services and allocate resources to meet their health and educational needs.

**Availability of the data**
The information in this data table is available by school district, school sector and overall New Brunswick, by the seven (7) New Brunswick health zones and 33 communities created by the NBHC, as well as by demographic groups. More information is available on our New Brunswick Student Wellness and Education Survey page.

**Note about demographic groups**
In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

**Caption**

n/a = Not applicable / not available

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

Above-average performance

Below-average performance