STUDENT WELLNESS AND EDUCATION SURVEY
Grades 6-12: Social and Emotional Development

Community
Moncton

Zone 1
Moncton and
South-East Area

Province
New Brunswick

Mental fitness

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

Levels of mental fitness

	Community	Zone 1	Province
High level of mental fitness % | 2023-2024	27.3	27.1	24.6
Moderate level of mental fitness % | 2023-2024	54.6	54.4	55.8
Low level of mental fitness % | 2023-2024	18.1	18.4	19.6

Mental fitness needs

	Community	Zone 1	Province
Need for autonomy highly satisfied % | 2023-2024	70.4	70.2	67.9
Need for competence highly satisfied % | 2023-2024	78.7	78.4	77.6
Need for relatedness highly satisfied % | 2023-2024	85.0	84.6	83.1

Life domains of mental fitness
Students reporting "Really true for me."

	Community	Zone 1	Province
Needs highly satisfied by family % | 2023-2024	81.8	82.0	81.3
I feel free to express myself at home % | 2023-2024	55.8	56.8	56.0
I have a choice about when and how to do my household chores % | 2023-2024	37.6	37.4	36.2
I feel I do things well at home % | 2023-2024	46.4	46.0	45.8
I feel my parents think that I am good at things % | 2023-2024	58.8	58.2	59.0
My parents like me and care about me % | 2023-2024	77.8	77.8	77.3

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
I like to spend time with my parents % | 2023-2024	57.9	58.9	57.6
Needs highly satisfied by friends % | 2023-2024	84.3	84.7	83.8
I feel free to express myself with my friends % | 2023-2024	55.7	56.0	54.3
I have a choice about which activities to do with my friends % | 2023-2024	49.4	48.4	46.6
I feel I do things well when I am with my friends % | 2023-2024	48.4	48.4	48.3
I feel my friends think I am good at things % | 2023-2024	46.6	45.7	43.7
My friends like me and care about me % | 2023-2024	55.2	55.0	54.3
I like to spend time with my friends % | 2023-2024	72.5	73.4	72.6
Needs highly satisfied by school % | 2023-2024	64.2	62.0	58.5
I feel free to express myself at school % | 2023-2024	27.8	26.9	24.8
I have a choice about when and how to do my schoolwork % | 2023-2024	37.5	36.3	34.0
I feel I do things well at school % | 2023-2024	38.6	37.8	36.2
I feel my teachers think I am good at things % | 2023-2024	34.0	33.9	31.8
My teachers like me and care about me % | 2023-2024	40.1	38.6	35.9
I like to be with my teachers % | 2023-2024	26.0	25.0	22.2

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 are students reporting "A lot."

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
High and moderate levels of resilience % | 2023-2024	72.2	70.7	69.5
I am able to solve my problems % | 2023-2024	57.4	54.0	54.6
I know where to go for help % | 2023-2024	29.2	27.7	27.1

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Education is important to me %	2023-2024	61.7	57.5	56.8
I try to finish what I start %	2023-2024	43.0	40.2	40.7
I have people I look up to %	2023-2024	48.0	45.9	46.0
My parents know a lot about me %	2023-2024	50.9	51.3	51.0
My family stands by me %	2023-2024	52.1	50.1	51.0
My friends stand by me %	2023-2024	39.9	39.5	39.6
I have opportunities to develop skills %	2023-2024	43.5	40.9	40.6
I am treated fairly in my community %	2023-2024	37.3	35.5	34.9
I feel I belong at my school %	2023-2024	28.8	26.8	26.3
I enjoy my traditions %	2023-2024	57.2	54.5	53.3

Pro-social behaviours

Pro-social behaviours are actions intended to benefit others. Below are students reporting 4, 5 or 6 on a scale ranging from 1 to 6, where 1 is "Definitely not like me" and 6 is "Definitely like me."

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
High level of pro-social behaviour %	2022-2023	83.2	83.9	83.1
I do favours for people %	2022-2023	68.2	69.7	67.9
I lend things to people %	2022-2023	55.7	57.2	56.1
I help people %	2022-2023	73.3	74.1	72.5
I compliment people %	2022-2023	68.2	68.5	67.7
I share things with people %	2022-2023	62.9	64.7	62.9

Oppositional behaviours

Oppositional behaviours are disruptive actions that can be a nuisance to the individual or to others. Below are students reporting 3, 4, 5 or 6 on a scale ranging from 1 to 6, where 1 is "Definitely not like me" and 6 is "Definitely like me."

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
High level of oppositional behaviour %	2022-2023	18.7	21.4	21.3
I cut classes or skip school %	2022-2023	11.5	13.6	15.3
I make other people do what I want %	2022-2023	17.8	19.7	17.5
I disobey my parents %	2022-2023	17.9	19.0	19.9

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
I talk back to my teachers % | 2022-2023	13.0	15.7	15.3
I get into fights % | 2022-2023	11.8	13.4	13.6
I often say mean things to people to get what I want % | 2022-2023	7.7	8.8	8.9
I take things that are not mine % | 2022-2023	6.8	8.0	7.7

Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

Victim of bullying, last 2 months % | 2023-2024	46.8	46.7	48.2
Physical attacks % | 2023-2024	9.4	9.7	10.3
Verbal attacks % | 2023-2024	27.8	28.0	30.1
Cyber-attacks % | 2023-2024	12.8	12.9	14.2
Exclusion % | 2023-2024	23.9	24.7	25.8
Theft/vandalism % | 2023-2024	14.7	14.7	15.0
Comments on personal features % | 2023-2024	18.8	18.6	19.1
Sexual comments/gestures % | 2023-2024	17.9	17.4	18.3
Bullied another student, last 2 months % | 2023-2024	10.9	11.0	12.1

Responses when victim of bullying

Among students who have been bullied

I ignored it % | 2023-2024	49.4	51.1	50.7
I stood up to the bully or fought back % | 2023-2024	26.9	26.0	26.4
I tried talking to the bully % | 2023-2024	9.2	8.3	8.4
I told an adult at the school about it % | 2023-2024	15.4	14.4	14.0
I told an another adult outside of school about it % | 2023-2024	19.7	19.4	19.7
I told another student about it % | 2023-2024	15.2	14.8	14.5
I called a helpline or other support service % | 2023-2024	1.0	1.1	1.1

	Community Moncton	**Zone 1** Moncton and South-East Area	**Province** New Brunswick
Responses when witness of bullying Among students who saw or heard another student being bullied			
I ignored it % | 2023-2024	38.3	40.4	41.1
I stood up to the bully or fought back % | 2023-2024	18.2	18.7	19.0
I tried talking to the bully % | 2023-2024	13.9	12.5	12.4
I told an adult at the school about it % | 2023-2024	20.0	17.8	17.4
I told another adult outside of school about it % | 2023-2024	15.0	13.8	13.7
I told another student about it % | 2023-2024	18.5	18.0	16.9
I tried to help the person being bullied % | 2023-2024	25.6	23.5	22.8

Mental health

General mental health

	Community Moncton	**Zone 1** Moncton and South-East Area	**Province** New Brunswick
Life satisfaction (scale from 0-10) Number | 2023-2024	7.2	7.2	7.1
Perceived mental health, very good or excellent % | 2023-2024	44.9	44.8	43.0

Mental health risk factors

Spends 3 hours or more per day on social media % | 2023-2024	44.1	44.6	46.8
Lonely, most or all of the time % | 2023-2024	22.8	22.3	23.4
Difficulty sleeping, most or all of the time % | 2023-2024	58.4	59.9	60.9

Anxiety and depression

Symptoms of anxiety % | 2023-2024	42.7	42.4	44.1
Symptoms of depression % | 2023-2024	36.1	34.6	36.8
Symptoms of anxiety or depression % | 2023-2024	48.3	47.6	49.5

Resources

	Community Moncton	**Zone 1** Moncton and South-East Area	**Province** New Brunswick
Mental and emotional support			
Needed to see someone for a mental or emotional problem % | 2023-2024	33.3	32.7	33.1
Needed to see someone for a mental or emotional problem, but did not see someone % | 2023-2024	7.4	7.1	7.0
Reasons for not seeing someone			
I am waiting for my first appointment % | 2023-2024	8.3	9.8	9.1
I did not feel help was available % | 2023-2024	22.5	21.6	20.7
I thought the problem would go away on its own % | 2023-2024	38.5	37.8	36.3
I was told the wait time would be too long % | 2023-2024	4.1	6.0	5.8
I felt uncomfortable going for help % | 2023-2024	52.1	52.1	51.8
I did not know where to go to get help % | 2023-2024	23.3	22.2	23.3
Other % | 2023-2024	19.8	18.1	18.5
Awareness of resources			
Aware of the LINK Program % | 2023-2024	15.4	16.2	25.9
And has used it % | 2023-2024	1.6	1.5	1.9
But has not used it % | 2023-2024	13.9	14.8	24.0
Aware of Bridge the GAPP % | 2023-2024	11.8	11.1	15.1
And has used it % | 2023-2024	1.1	1.0	1.3
But has not used it % | 2023-2024	10.7	10.1	13.8
Aware of Kids Help Phone % | 2023-2024	47.2	49.0	54.5
And has used it % | 2023-2024	3.6	3.7	4.3
But has not used it % | 2023-2024	43.6	45.3	50.1

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, social factors like resilience, pro-social behaviours, oppositional behaviours and bullying, mental health, and resources for mental and emotional health.

The questionnaire comprises modules, which means that certain questions are 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