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

High level of mental fitness % | 2025-2026	**30.2**	**30.9**	**28.0**
Moderate level of mental fitness % | 2025-2026	**54.2**	**53.5**	**54.8**
Low level of mental fitness % | 2025-2026	**15.7**	**15.6**	**17.3**

Mental fitness needs

Need for autonomy highly satisfied % | 2025-2026	**73.5**	**73.6**	**71.0**
Need for competence highly satisfied % | 2025-2026	**81.4**	**81.2**	**79.7**
Need for relatedness highly satisfied % | 2025-2026	**86.2**	**86.1**	**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	**83.6**	**84.1**	**83.3**
I feel free to express myself at home % | 2025-2026	**57.4**	**58.5**	**57.3**
I have a choice about when and how to do my household chores % | 2025-2026	**39.8**	**40.2**	**38.6**
I feel I do things well at home % | 2025-2026	**49.3**	**49.8**	**48.5**
I feel my parent(s)/guardian(s) think that I am good at things. % | 2025-2026	**61.6**	**61.2**	**61.6**

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
My parent(s)/guardian(s) like me and care about me. % | 2025-2026	78.8	78.1	78.2
I like to spend time with my parent(s)/guardian(s). % | 2025-2026	60.5	60.8	59.9
Needs highly satisfied by friends % | 2025-2026	85.7	85.8	84.4
I feel free to express myself with my friends % | 2025-2026	55.1	56.4	54.8
I have a choice about which activities to do with my friends % | 2025-2026	51.1	50.4	48.2
I feel I do things well when I am with my friends % | 2025-2026	50.2	50.4	48.7
I feel my friends think I am good at things % | 2025-2026	48.1	48.1	45.9
My friends like me and care about me % | 2025-2026	56.0	55.9	54.8
I like to spend time with my friends % | 2025-2026	72.7	73.6	72.2
Needs highly satisfied by school % | 2025-2026	66.6	65.9	62.2
I feel free to express myself at school % | 2025-2026	31.0	30.1	27.5
I have a choice about when and how to do my schoolwork % | 2025-2026	40.0	39.8	36.5
I feel I do things well at school % | 2025-2026	38.6	39.7	37.3
I feel my teachers think I am good at things % | 2025-2026	34.5	35.9	33.8
My teachers like me and care about me % | 2025-2026	38.9	39.3	37.4
I like to be with my teachers % | 2025-2026	27.1	27.0	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	45.5	45.4	45.2

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I get along with people around me % | 2025-2026	**56.9**	**58.0**	**56.2**
Getting an education is important to me % | 2025-2026	**80.3**	**76.8**	**76.0**
I know how to behave in different situations % | 2025-2026	**80.8**	**79.6**	**78.1**
My parents(s)/caregiver(s) really look out for me % | 2025-2026	**86.5**	**85.8**	**85.1**
My parent(s)/caregiver(s) know a lot about me % | 2025-2026	**71.1**	**72.4**	**72.3**
If I am hungry, I can get food to eat % | 2025-2026	**89.8**	**89.6**	**89.0**
People like to spend time with me % | 2025-2026	**64.6**	**65.1**	**63.3**
I talk to my family/caregiver(s) about how I feel % | 2025-2026	**47.4**	**47.5**	**46.6**
I feel supported by my friends % | 2025-2026	**64.9**	**65.2**	**63.9**
I feel that I belong at my school % | 2025-2026	**52.5**	**52.2**	**50.9**
My family/caregiver(s) stand by me during difficult times % | 2025-2026	**76.7**	**76.2**	**75.6**
My friends stand by me during difficult times % | 2025-2026	**63.0**	**63.6**	**62.8**
I am treated fairly in my community % | 2025-2026	**68.3**	**68.2**	**67.0**
I have chances to show others that I am responsible and can do things by myself % | 2025-2026	**73.9**	**73.4**	**73.0**
I feel safe when I am with my family/caregiver(s) % | 2025-2026	**86.6**	**86.2**	**85.6**
I have chances to learn things that will be useful when I am older % | 2025-2026	**82.5**	**82.0**	**80.6**
I like the way my family/caregiver(s) celebrate things % | 2025-2026	**82.3**	**82.2**	**82.3**

Organized sports, clubs or activities

Participated in organized sports, clubs, or activities, last 12 months % | 2025-2026	**77.5**	**77.7**	**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.

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Victim of bullying at school, last 2 months % | 2025-2026	45.7	45.2	47.3
Physical attacks % | 2025-2026	8.7	8.7	9.3
Verbal attacks % | 2025-2026	26.7	27.0	29.2
Online bullying % | 2025-2026	11.5	11.5	12.6
Exclusion % | 2025-2026	24.2	24.3	26.1
Theft/vandalism % | 2025-2026	13.6	13.2	14.0
Comments on personal features % | 2025-2026	19.5	18.4	19.5
Sexual comments/gestures % | 2025-2026	15.7	15.5	16.6
Bullied another student, last 2 months % | 2025-2026	10.2	10.4	11.3

Mental health

General mental health

Life satisfaction (scale from 0-10) Number | 2025-2026	7.3	7.4	7.4
Perceived mental health, very good or excellent % | 2025-2026	45.4	44.5	42.0

Mental health risk factors

Spends 3 hours or more per day on social media % | 2025-2026	56.1	57.8	59.5
Lonely, most or all of the time, last 12 months % | 2025-2026	19.2	18.8	20.1
Difficulty sleeping, most or all of the time % | 2025-2026	50.8	52.0	53.7

Symptoms of anxiety and depression

Symptoms of anxiety, last 12 months % | 2025-2026	39.5	39.3	41.4
Symptoms of depression, last 12 months % | 2025-2026	33.5	32.4	34.8
Symptoms of anxiety or depression, last 12 months % | 2025-2026	44.8	44.0	46.4

Resources

	Community Moncton	Zone 1 Moncton and South-East Area	Province New Brunswick
Mental and emotional support, last 12 months			
Needed to see someone for a mental or emotional problem % | 2025-2026	**31.9**	**32.3**	**33.3**
Needed to see someone for a mental or emotional problem, but did not see someone % | 2025-2026	**8.5**	**7.6**	**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