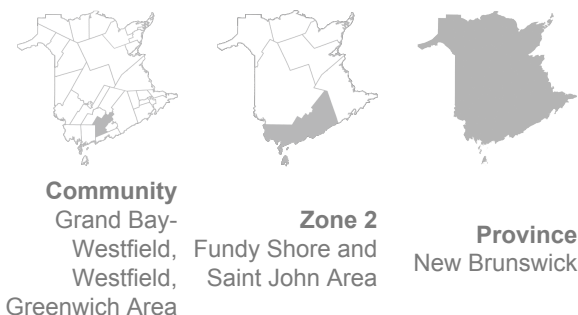


STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Social and Emotional Development



Mental fitness

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

Levels of mental fitness

High level of mental fitness % 2021-2022	25.8	20.0	22.1
Moderate level of mental fitness % 2021-2022	53.6	55.2	55.6
Low level of mental fitness % 2021-2022	20.6	24.8	22.2

Mental fitness needs

Need for autonomy highly satisfied % 2021-2022	64.5	62.8	65.1
Need for competence highly satisfied % 2021-2022	79.0	72.6	74.5
Need for relatedness highly satisfied % 2021-2022	79.4	78.4	81.3

Life domains of mental fitness

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

Needs highly satisfied by family % 2021-2022	79.7	75.5	78.0
I feel free to express myself at home % 2021-2022	56.7	50.0	52.8
I have a choice about when and how to do my household chores % 2021-2022	32.4	31.9	33.9
I feel I do things well at home % 2021-2022	50.0	40.1	41.2
I feel my parent(s)/guardian(s) think that I am good at things. % 2021-2022	63.2	56.6	57.5

	Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
My parent(s)/guardian(s) like me and care about me. % 2021-2022	76.1	74.3	77.0
I like to spend time with my parent(s)/guardian(s). % 2021-2022	55.0	48.1	52.7
Needs highly satisfied by friends % 2021-2022	82.3	82.1	82.8
I feel free to express myself with my friends % 2021-2022	55.1	52.0	53.9
I have a choice about which activities to do with my friends % 2021-2022	50.0	46.8	47.0
I feel I do things well when I am with my friends % 2021-2022	50.8	46.5	46.9
I feel my friends think I am good at things % 2021-2022	44.6	41.5	42.4
My friends like me and care about me % 2021-2022	55.0	56.1	54.3
I like to spend time with my friends % 2021-2022	71.4	72.0	73.7
Needs highly satisfied by school % 2021-2022	57.1	52.4	55.8
I feel free to express myself at school % 2021-2022	26.6	21.9	23.0
I have a choice about when and how to do my schoolwork % 2021-2022	26.9	31.9	32.6
I feel I do things well at school % 2021-2022	36.7	32.2	34.8
I feel my teachers think I am good at things % 2021-2022	33.0	28.1	31.3
My teachers like me and care about me % 2021-2022	37.6	31.5	35.4
I like to be with my teachers % 2021-2022	24.1	18.2	21.9

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 is 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) %	n/a	n/a	n/a
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	Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
I get along with people around me %	n/a	n/a	n/a
Getting an education is important to me %	n/a	n/a	n/a
I know how to behave in different situations %	n/a	n/a	n/a
My parents(s)/caregiver(s) really look out for me %	n/a	n/a	n/a
My parent(s)/caregiver(s) know a lot about me %	n/a	n/a	n/a
If I am hungry, I can get food to eat %	n/a	n/a	n/a
People like to spend time with me %	n/a	n/a	n/a
I talk to my family/caregiver(s) about how I feel %	n/a	n/a	n/a
I feel supported by my friends %	n/a	n/a	n/a
I feel that I belong at my school %	n/a	n/a	n/a
My family/caregiver(s) stand by me during difficult times %	n/a	n/a	n/a
My friends stand by me during difficult times %	n/a	n/a	n/a
I am treated fairly in my community %	n/a	n/a	n/a
I have chances to show others that I am responsible and can do things by myself %	n/a	n/a	n/a
I feel safe when I am with my family/caregiver(s) %	n/a	n/a	n/a
I have chances to learn things that will be useful when I am older %	n/a	n/a	n/a
I like the way my family/caregiver(s) celebrate things %	n/a	n/a	n/a

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.”

High level of pro-social behaviour % 2018-2019	86.9	84.6	85.0
I do favours for people % 2018-2019	65.9	68.5	70.7
I lend things to people % 2018-2019	53.7	55.8	57.4

	Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
I help people % 2018-2019	76.1	73.4	74.0
I compliment people % 2018-2019	73.8	69.9	69.3
I share things with people % 2018-2019	66.7	66.8	66.5

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."

High level of oppositional behaviour % 2018-2019	4.2	16.6	15.2
I cut classes or skip school % 2018-2019	3.2	14.1	12.7
I make other people do what I want % 2018-2019	3.2	10.6	11.5
I disobey my parent(s)/guardians. % 2018-2019	6.3	17.3	16.8
I talk back to my teachers % 2018-2019	3.8	13.7	12.9
I get into fights % 2018-2019	7.7	10.8	9.6
I often say mean things to people to get what I want % 2022-2023	n/a	9.5	8.9
I take things that are not mine % 2018-2019	0.0	4.4	4.1

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 % 2021-2022	53.9	46.2	46.3
Physical attacks % 2021-2022	10.6	9.9	9.7
Verbal attacks % 2021-2022	39.0	27.9	27.6
Online bullying % 2021-2022	19.4	14.2	14.6
Exclusion % 2021-2022	33.0	25.0	24.8
Theft/vandalism % 2021-2022	24.7	13.1	12.5
Comments on personal features % 2021-2022	15.6	15.5	15.7
Sexual comments/gestures % 2021-2022	19.8	19.4	18.2

	Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Bullied another student, last 2 months % 2021-2022	12.8	10.1	9.7

Responses when victim of bullying

Among students who have been bullied

I ignored it % 2021-2022	45.1	47.3	48.1
I stood up to the bully or fought back % 2021-2022	25.9	27.2	26.7
I tried talking to the bully % 2021-2022	7.6	8.3	8.2
I told an adult at the school about it % 2021-2022	14.5	13.0	14.1
I told an another adult outside of school about it % 2021-2022	20.8	19.5	19.5
I told another student about it % 2021-2022	11.5	14.2	14.4
I called a helpline or other support service % 2022-2023	n/a	1.2	1.1

Mental health

General mental health

Life satisfaction (scale from 0-10) Number 2021-2022	7.1	6.7	6.9
Perceived mental health, very good or excellent % 2021-2022	44.5	33.3	38.3

Mental health risk factors

Spends 3 hours or more per day on social media % 2021-2022	45.2	47.7	47.7
Lonely, most or all of the time, last 12 months % 2021-2022	22.2	30.1	28.3
Difficulty sleeping, most or all of the time % 2021-2022	72.5	65.7	65.1

Symptoms of anxiety and depression

Symptoms of anxiety, last 12 months % 2021-2022	51.4	50.1	47.8
Symptoms of depression, last 12 months % 2021-2022	42.1	45.1	41.7
Symptoms of anxiety or depression, last 12 months % 2021-2022	55.7	56.3	53.9

Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
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Resources

Mental and emotional support, last 12 months

Needed to see someone for a mental or emotional problem % 2021-2022	34.9	35.7	34.1
Needed to see someone for a mental or emotional problem, but did not see someone % 2021-2022	6.0	7.1	6.5

Reasons for not seeing someone

I am waiting for my first appointment % 2021-2022	S	6.9	7.9
I did not feel help was available % 2021-2022	S	17.0	19.2
I thought the problem would go away on its own % 2021-2022	S	36.0	34.8
I was told the wait time would be too long % 2021-2022	S	4.9	6.0
I felt uncomfortable going for help % 2021-2022	S	51.0	52.1
I did not know where to go to get help % 2021-2022	S	20.5	21.7
Other % 2021-2022	S	18.2	17.6

Awareness of resources

Aware of the LINK Program % 2021-2022	12.1	32.9	30.2
And has used it % 2021-2022	S	1.5	1.8
But has not used it % 2021-2022	11.3	31.4	28.4
Aware of Bridge the GAPP % 2021-2022	10.5	15.5	12.5
And has used it % 2021-2022	0.0	1.0	0.9
But has not used it % 2021-2022	10.5	14.5	11.6
Aware of Kids Help Phone % 2021-2022	35.6	53.5	53.1
And has used it % 2021-2022	S	3.7	4.1

Community Grand Bay- Westfield, Westfield, Greenwich Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
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But has not used it % | 2021-2022

34.1**49.8****49.0**

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