

STUDENT WELLNESS AND EDUCATION SURVEY

Grades 6-12: Social and Emotional Development







Community Campbellton, Atholville, Tide Restigouche Area Head Area

Zone 5

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 % 2024-2025	25.9	24.5	25.6
Moderate level of mental fitness % 2024-2025	53.7	55.5	55.7
Low level of mental fitness % 2024-2025	20.4	20.0	18.8
Mental fitness needs			
Need for autonomy highly satisfied $\% \mid$ 2024-2025	67.9	66.7	68.7
Need for competence highly satisfied % 2024-2025	78.5	78.0	78.6
Need for relatedness highly satisfied % 2024-2025	79.9	81.4	83.8
Life domains of mental fitness Below are students reporting "Really true for me" for the scale items.			
Needs highly satisfied by family $\%\mid$ 2024-2025	81.8	81.9	82.3
I feel free to express myself at home % 2024-2025	57.5	55.5	56.8
I have a choice about when and how to do my household chores $\%$ \mid 2024-2025	36.9	36.5	37.3
I feel I do things well at home % 2024-2025	46.8	46.0	47.6
I feel my parent(s)/guardian(s) think that I am good at things. % 2024-2025	58.4	57.8	60.3



I like to spend time with my parent(s)/guardian(s). % 2024-2025 56.9 56.8 59.7 Needs highly satisfied by friends % 2024-2025 81.7 82.5 83.9 I feel free to express myself with my friends % 2024-2025 53.3 51.5 54.3 I have a choice about which activities to do with my friends % 2024-2025 45.1 44.5 46.5 I feel I do things well when I am with my friends % 2024-2025 48.3 45.7 48.2 I feel my friends think I am good at things % 2024-2025 42.5 42.0 44.0 My friends like me and care about me % 2024-2025 48.4 49.4 54.1 I like to spend time with my friends % 2024-2025 70.7 71.0 72.0 Needs highly satisfied by school % 2024-2025 60.1 59.3 59.4 I feel free to express myself at school % 2024-2025 25.1 24.1 25.5 I have a choice about when and how to do my schoolwork % 2024-2025 37.5 35.1 33.3		Community Campbellton, Atholville, Tide Head Area	Zone 5 Restigouche Area	Province New Brunswick
Needs highly satisfied by friends % 2024-2025 81.7 82.5 83.9 I feel free to express myself with my friends % 2024-2025 53.3 51.5 54.3 I have a choice about which activities to do with my friends % 2024-2025 45.1 44.5 46.5 I feel I do things well when I am with my friends % 2024-2025 48.3 45.7 48.2 I feel my friends think I am good at things % 2024-2025 42.5 42.0 44.0 My friends like me and care about me % 2024-2025 48.4 49.4 54.1 I like to spend time with my friends % 2024-2025 70.7 71.0 72.0 Needs highly satisfied by school % 2024-2025 60.1 59.3 59.4 I feel free to express myself at school % 2024-2025 25.1 24.1 25.5 I have a choice about when and how to do my schoolwork % 2024-2025 37.5 35.1 33.3	My parent(s)/guardian(s) like me and care about me. % 2024-2025	77.6	77.6	78.5
I feel free to express myself with my friends % 2024-2025 53.3 51.5 54.3 I have a choice about which activities to do with my friends % 2024-2025 45.1 44.5 46.5 I feel I do things well when I am with my friends % 2024-2025 48.3 45.7 48.2 I feel my friends think I am good at things % 2024-2025 42.5 42.0 44.0 My friends like me and care about me % 2024-2025 48.4 49.4 54.1 I like to spend time with my friends % 2024-2025 70.7 71.0 72.0 Needs highly satisfied by school % 2024-2025 60.1 59.3 59.4 I feel free to express myself at school % 2024-2025 25.1 24.1 25.5 I have a choice about when and how to do my schoolwork % 2024-2025 37.5 35.1 33.3	I like to spend time with my parent(s)/guardian(s). % 2024-2025	56.9	56.8	59.7
I have a choice about which activities to do with my friends % 2024-2025	Needs highly satisfied by friends % 2024-2025	81.7	82.5	83.9
1 1 2024-2025 2024-2025 248.3 245.7 248.2 1 1 1 2024-2025 248.3 245.7 248.2 1 1 1 2024-2025 242.5 242.0 244.0 My friends like me and care about me % 2024-2025 248.4 29.4 24.1 1 1 1 1 2024-2025 248.4 249.4 249.4 Needs highly satisfied by school % 2024-2025 269.1 249.3 299.4 1 1 1 2024-2025 259.3 299.4 1 1 2024-2025 259.3 299.4 1 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025 259.3 299.4 2024-2025	I feel free to express myself with my friends % 2024-2025	53.3	51.5	54.3
I feel my friends think I am good at things % 2024-2025		45.1	44.5	46.5
My friends like me and care about me % 2024-2025 48.4 49.4 54.1 I like to spend time with my friends % 2024-2025 70.7 71.0 72.0 Needs highly satisfied by school % 2024-2025 60.1 59.3 59.4 I feel free to express myself at school % 2024-2025 25.1 24.1 25.5 I have a choice about when and how to do my schoolwork % 2024-2025 37.5 35.1 33.3	I feel I do things well when I am with my friends % 2024-2025	48.3	45.7	48.2
I like to spend time with my friends % 2024-2025 70.7 71.0 72.0	I feel my friends think I am good at things % 2024-2025	42.5	42.0	44.0
Needs highly satisfied by school % 2024-2025 60.1 59.3 59.4 I feel free to express myself at school % 2024-2025 25.1 24.1 25.5 I have a choice about when and how to do my schoolwork % 2024-2025 37.5 35.1 33.3	My friends like me and care about me % 2024-2025	48.4	49.4	54.1
I feel free to express myself at school % 2024-2025	I like to spend time with my friends % 2024-2025	70.7	71.0	72.0
I have a choice about when and how to do my schoolwork % 37.5 35.1 33.3	Needs highly satisfied by school % 2024-2025	60.1	59.3	59.4
2024-2025	I feel free to express myself at school % 2024-2025	25.1	24.1	25.5
I feel I do things well at school % 2024-2025 35.9 36.6 37.2	· · · · · · · · · · · · · · · · · · ·	37.5	35.1	33.3
	I feel I do things well at school % 2024-2025	35.9	36.6	37.2
I feel my teachers think I am good at things % 2024-2025 34.2 34.6 32.3	I feel my teachers think I am good at things % 2024-2025	34.2	34.6	32.3
My teachers like me and care about me % 2024-2025 35.5 38.7 36.0	My teachers like me and care about me % 2024-2025	35.5	38.7	36.0
I like to be with my teachers % 2024-2025 23.6 23.5 23.0	I like to be with my teachers % 2024-2025	23.6	23.5	23.0

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) % 2024-2025	44.6	44.3	44.8
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	Community Campbellton, Atholville, Tide R Head Area	Zone 5 Restigouche Area	Province New Brunswick
I get along with people around me $\% \mid$ 2024-2025	54.6	52.6	53.9
Getting an education is important to me % 2024-2025	71.1	69.4	75.2
I know how to behave in different situations % 2024-2025	74.5	72.4	76.0
My parents(s)/caregiver(s) really look out for me % 2024-2025	83.2	82.4	83.8
My parent(s)/caregiver(s) know a lot about me % 2024-2025	72.1	70.4	70.8
If I am hungry, I can get food to eat % 2024-2025	85.9	87.0	87.1
People like to spend time with me % 2024-2025	61.3	58.8	61.3
I talk to my family/caregiver(s) about how I feel % 2024-2025	43.8	41.1	44.7
I feel supported by my friends % 2024-2025	62.1	60.2	62.2
I feel that I belong at my school % 2024-2025	49.3	46.8	48.1
My family/caregiver(s) stand by me during difficult times % 2024-2025	72.5	70.3	73.3
My friends stand by me during difficult times % 2024-2025	62.4	60.1	61.5
I am treated fairly in my community % 2024-2025	65.4	63.6	64.5
I have chances to show others that I am responsible and can do things by myself $\% \mid 2024\text{-}2025$	72.1	69.9	71.0
I feel safe when I am with my family/caregiver(s) % 2024-2025	83.2	83.5	84.6
I have chances to learn things that will be useful when I am older $\%$ \mid $2024\text{-}2025$	77.1	74.9	78.0
I like the way my family/caregiver(s) celebrate things % 2024-2025	76.6	76.8	81.3

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."

High level of pro-social behaviour % 2024-2025	89.1	88.7	89.0
I do favours for people % 2024-2025	76.4	76.6	74.8
I lend things to people % 2024-2025	61.9	61.6	62.1



	Community Campbellton, Atholville, Tide Res Head Area	Zone 5 stigouche Area	Province New Brunswick
I help people % 2024-2025	76.1	76.4	78.0
I compliment people % 2024-2025	73.1	72.7	76.2
I share things with people % 2024-2025	65.0	65.6	68.0

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 % 2024-2025	24.6	25.8	21.7
I cut classes or skip school % 2024-2025	20.6	20.3	17.1
I make other people do what I want % 2024-2025	22.0	23.7	19.1
I disobey my parent(s)/guardians. % 2024-2025	20.0	19.6	18.1
I talk back to my teachers % 2024-2025	18.4	20.6	16.2
I get into fights % 2024-2025	13.2	14.4	13.2
I often say mean things to people to get what I want % 2024-2025	10.4	9.9	8.8
I take things that are not mine % 2024-2025	9.0	8.8	7.6

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 % 2024-2025	40.8	43.7	47.3
Physical attacks % 2024-2025	6.3	7.9	10.0
Verbal attacks % 2024-2025	25.0	26.4	29.4
Online bullying % 2024-2025	11.8	12.5	13.0
Exclusion % 2024-2025	21.0	22.9	24.7
Theft/vandalism % 2024-2025	10.4	12.0	14.4
Comments on personal features % 2024-2025	17.8	17.6	19.5
Sexual comments/gestures % 2024-2025	14.9	15.5	18.1



	Community Campbellton, Atholville, Tide Head Area	Zone 5 Restigouche Area	Province New Brunswick
Bullied another student, last 2 months % 2023-2024	13.4	13.4	12.1
Responses when victim of bullying Among students who have been bullied			
I ignored it % 2024-2025	54.3	54.5	56.4
I stood up to the bully or fought back % 2024-2025	28.3	28.8	26.2
I tried talking to the bully % 2024-2025	6.6	6.5	8.4
I told an adult at the school about it % 2024-2025	13.4	12.8	14.2
I told an another adult outside of school about it % 2024-2025	17.7	18.3	21.0
I told another student about it % 2024-2025	11.5	12.7	16.0
I called a helpline or other support service % 2021-2022	1.6	1.3	0.9
General mental health			
Life satisfaction (scale from 0-10) Number 2024-2025	7.3	7.2	7.2
Perceived mental health, very good or excellent % 2024-2025	42.1	38.5	38.7
Mental health risk factors			
Spends 3 hours or more per day on social media % 2024-2025	66.7	67.3	57.2
Lonely, most or all of the time, last 12 months % 2023-2024	25.1	25.2	23.4
Difficulty sleeping, most or all of the time % 2023-2024	61.9	62.4	60.9
Symptoms of anxiety and depression			
Symptoms of anxiety, last 12 months % 2024-2025	43.3	45.9	45.0
Symptoms of depression, last 12 months % 2024-2025	39.0	40.4	39.4
Symptoms of anxiety or depression, last 12 months % 2024-2025	49.8	52.0	51.1



Community Campbellton, Zone 5 Atholville, Tide Restigouche Area New Brunswick Head Area

Province

Resources			
Montal and amotional support last 12 months			
Mental and emotional support, last 12 months			
Needed to see someone for a mental or emotional problem % 2023-2024	33.8	34.2	33.1
Needed to see someone for a mental or emotional problem, but did not see someone $\% \mid 2023\text{-}2024$	6.7	7.2	7.0
Reasons for not seeing someone			
I am waiting for my first appointment % 2023-2024	S	6.9	9.1
I did not feel help was available % 2023-2024	25.4	19.3	20.7
I thought the problem would go away on its own % 2023-2024	33.7	32.4	36.3
I was told the wait time would be too long % 2023-2024	S	8.4	5.8
I felt uncomfortable going for help % 2023-2024	39.3	40.8	51.8
I did not know where to go to get help % 2023-2024	19.3	17.0	23.3
Other % 2023-2024	19.6	21.5	18.5
Awareness of resources			
Aware of the LINK Program % 2023-2024	37.7	42.8	25.9
And has used it % 2023-2024	3.1	3.5	1.9
But has not used it % 2023-2024	34.6	39.4	24.0
Aware of Bridge the GAPP % 2023-2024	15.5	15.6	15.1
And has used it % 2023-2024	1.9	2.0	1.3
But has not used it % 2023-2024	13.6	13.6	13.8
Aware of Kids Help Phone % 2023-2024	41.9	44.8	54.5
And has used it % 2023-2024	4.1	5.3	4.3



Community

Campbellton, Zone 5 Province Atholville, Tide Restigouche Area New Brunswick

Head Area

But has not used it % | 2023-2024 37.8 39.5 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

P Below-average performance