

## STUDENT WELLNESS AND EDUCATION SURVEY

# **Grades 6-12: Social and Emotional Development**



Community
Caraquet,
Paquetville,
Bertrand Area



Zone 6
Bathurst and
Acadian
Peninsula 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 %   2024-2025	29.7	29.7	25.6
Moderate level of mental fitness %   2024-2025	59.9	53.9	55.7
Low level of mental fitness %   2024-2025	10.4	16.4	18.8
Mental fitness needs			
Need for autonomy highly satisfied $\% \mid$ 2024-2025	78.4	72.0	68.7
Need for competence highly satisfied %   2024-2025	83.6	79.9	78.6
Need for relatedness highly satisfied %   2024-2025	87.7	85.4	83.8
Life domains of mental fitness Below are students reporting "Really true for me" for the scale items.			
Needs highly satisfied by family $\% \mid 2024\text{-}2025$	89.6	85.0	82.3
I feel free to express myself at home %   2024-2025	64.5	61.4	56.8
I have a choice about when and how to do my household chores %   2024-2025	42.2	42.7	37.3
I feel I do things well at home %   2024-2025	49.4	49.8	47.6
I feel my parent(s)/guardian(s) think that I am good at things. %   2024-2025	61.5	63.3	60.3



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84.1	81.5	78.5
67.4	64.7	59.7
87.7	84.2	83.9
60.1	57.1	54.3
47.0	47.5	46.5
46.5	48.5	48.2
43.3	45.0	44.0
51.5	52.3	54.1
76.0	74.8	72.0
66.9	64.4	59.4
28.2	27.1	25.5
35.9	41.0	33.3
44.3	44.8	37.2
40.8	39.0	32.3
41.1	41.0	36.0
25.2	28.2	23.0
	84.1 67.4 87.7 60.1 47.0 46.5 43.3 51.5 76.0 66.9 28.2 35.9 44.3 40.8	And Area       Peninsula Area         84.1       81.5         67.4       64.7         87.7       84.2         60.1       57.1         47.0       47.5         46.5       48.5         43.3       45.0         51.5       52.3         76.0       74.8         66.9       64.4         28.2       27.1         35.9       41.0         44.3       44.8         40.8       39.0         41.1       41.0

## **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	45.9	45.2	44.8
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I get along with people around me %   2024-2025	65.5	61.6	53.9
Getting an education is important to me %   2024-2025	75.0	72.0	75.2
I know how to behave in different situations %   2024-2025	76.6	75.5	76.0
My parents(s)/caregiver(s) really look out for me %   2024-2025	88.4	86.2	83.8
My parent(s)/caregiver(s) know a lot about me %   2024-2025	76.2	72.7	70.8
If I am hungry, I can get food to eat %   2024-2025	92.1	90.3	87.1
People like to spend time with me %   2024-2025	68.5	65.0	61.3
I talk to my family/caregiver(s) about how I feel %   2024-2025	50.4	44.6	44.7
I feel supported by my friends %   2024-2025	66.4	62.2	62.2
I feel that I belong at my school %   2024-2025	59.7	52.7	48.1
My family/caregiver(s) stand by me during difficult times %   2024-2025	76.8	74.3	73.3
My friends stand by me during difficult times %   2024-2025	65.2	61.8	61.5
I am treated fairly in my community %   2024-2025	75.8	69.8	64.5
I have chances to show others that I am responsible and can do things by myself $\% \mid 2024\text{-}2025$	74.1	72.7	71.0
I feel safe when I am with my family/caregiver(s) %   2024-2025	89.2	86.7	84.6
I have chances to learn things that will be useful when I am older $\%$ $\mid$ 2024-2025	82.2	78.7	78.0
I like the way my family/caregiver(s) celebrate things %   2024-2025	82.0	80.1	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	94.4	92.5	89.0
I do favours for people %   2024-2025	89.3	84.1	74.8
I lend things to people %   2024-2025	71.8	70.3	62.1



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I help people %   2024-2025	84.1	82.6	78.0
I compliment people %   2024-2025	79.3	78.1	76.2
I share things with people %   2024-2025	73.1	73.3	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	24.2	22.4	21.7
I cut classes or skip school %   2024-2025	16.8	16.8	17.1
I make other people do what I want %   2024-2025	33.7	23.6	19.1
I disobey my parent(s)/guardians. %   2024-2025	15.1	16.4	18.1
I talk back to my teachers %   2024-2025	16.6	17.5	16.2
I get into fights %   2024-2025	10.3	11.8	13.2
I often say mean things to people to get what I want %   2024-2025	8.1	7.7	8.8
I take things that are not mine %   2024-2025	8.0	8.0	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	34.3	43.7	47.3
Physical attacks %   2024-2025	8.4	8.6	10.0
Verbal attacks %   2024-2025	21.0	27.2	29.4
Online bullying %   2024-2025	9.5	12.8	13.0
Exclusion %   2024-2025	19.7	23.7	24.7
Theft/vandalism %   2024-2025	11.2	11.8	14.4
Comments on personal features %   2024-2025	10.9	15.6	19.5
Sexual comments/gestures %   2024-2025	11.9	15.2	18.1



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Bullied another student, last 2 months %   2023-2024	5.8	9.1	12.1
Responses when victim of bullying Among students who have been bullied			
I ignored it %   2024-2025	52.8	55.8	56.4
I stood up to the bully or fought back %   2024-2025	27.1	25.2	26.2
I tried talking to the bully %   2024-2025	8.3	8.0	8.4
I told an adult at the school about it %   2024-2025	18.1	14.4	14.2
I told an another adult outside of school about it %   2024-2025	21.9	21.5	21.0
I told another student about it %   2024-2025	16.0	14.9	16.0
I called a helpline or other support service %   2024-2025	S	1.0	1.2
General mental health			
Life satisfaction (scale from 0-10) Number   2024-2025	7.7	7.5	7.2
Perceived mental health, very good or excellent %   2024-2025	56.6	48.1	38.7
Mental health risk factors			
Spends 3 hours or more per day on social media %   2024-2025	54.5	59.4	57.2
Lonely, most or all of the time, last 12 months %   2023-2024	19.9	22.0	23.4
Difficulty sleeping, most or all of the time %   2023-2024	59.9	62.0	60.9
Symptoms of anxiety and depression			
Symptoms of anxiety, last 12 months %   2024-2025	36.7	40.6	45.0
Symptoms of depression, last 12 months %   2024-2025	29.9	34.6	39.4
Symptoms of anxiety or depression, last 12 months %   2024-2025	42.7	46.3	51.1



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## Resources

Needed to see someone for a mental or emotional problem %   2023-2024	29.8	29.6	33.1
Needed to see someone for a mental or emotional problem, but did not see someone %   2023-2024	3.8	4.7	7.0
easons for not seeing someone			
I am waiting for my first appointment %   2023-2024	S	12.7	9.1
I did not feel help was available %   2023-2024	S	15.9	20.7
I thought the problem would go away on its own %   2023-2024	S	32.7	36.3
I was told the wait time would be too long %   2023-2024	S	8.9	5.8
I felt uncomfortable going for help %   2023-2024	S	40.2	51.8
I did not know where to go to get help %   2023-2024	S	22.4	23.3
Other %   2023-2024	S	20.8	18.5
vareness of resources			
Aware of the LINK Program %   2023-2024	56.0	44.1	25.9
And has used it %   2023-2024	1.6	2.4	1.9
But has not used it %   2023-2024	54.4	41.7	24.0
Aware of Bridge the GAPP %   2023-2024	15.0	19.0	15.1
And has used it %   2023-2024	S	1.3	1.3
But has not used it %   2023-2024	14.3	17.7	13.8
Aware of Kids Help Phone %   2023-2024	72.2	57.7	54.5
And has used it %   2023-2024	4.6	4.5	4.3



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50.1	53.1	67.6	But has not used it $\%$   2023-2024



## **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