

## STUDENT WELLNESS AND EDUCATION SURVEY

## Grades 6-12: Social and Emotional Development



**Zone 3**  
Fredericton and  
River Valley 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	24.7	28.0
Moderate level of mental fitness %   2025-2026	56.0	54.8
Low level of mental fitness %   2025-2026	19.3	17.3

#### Mental fitness needs

Need for autonomy highly satisfied %   2025-2026	68.1	71.0
Need for competence highly satisfied %   2025-2026	78.0	79.7
Need for relatedness highly satisfied %   2025-2026	83.4	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	81.8	83.3
I feel free to express myself at home %   2025-2026	55.4	57.3
I have a choice about when and how to do my household chores %   2025-2026	35.6	38.6
I feel I do things well at home %   2025-2026	46.9	48.5
I feel my parent(s)/guardian(s) think that I am good at things. %   2025-2026	61.1	61.6
My parent(s)/guardian(s) like me and care about me. %   2025-2026	78.3	78.2

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I like to spend time with my parent(s)/guardian(s). %   2025-2026	58.5	59.9
Needs highly satisfied by friends %   2025-2026	83.4	84.4
I feel free to express myself with my friends %   2025-2026	53.2	54.8
I have a choice about which activities to do with my friends %   2025-2026	46.6	48.2
I feel I do things well when I am with my friends %   2025-2026	47.7	48.7
I feel my friends think I am good at things %   2025-2026	44.4	45.9
My friends like me and care about me %   2025-2026	54.9	54.8
I like to spend time with my friends %   2025-2026	71.3	72.2
Needs highly satisfied by school %   2025-2026	57.7	62.2
I feel free to express myself at school %   2025-2026	24.3	27.5
I have a choice about when and how to do my schoolwork %   2025-2026	31.8	36.5
I feel I do things well at school %   2025-2026	33.8	37.3
I feel my teachers think I am good at things %   2025-2026	30.3	33.8
My teachers like me and care about me %   2025-2026	34.3	37.4
I like to be with my teachers %   2025-2026	20.6	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 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) Number   2025-2026	45.1	45.2
I get along with people around me %   2025-2026	53.8	56.2
Getting an education is important to me %   2025-2026	77.1	76.0
I know how to behave in different situations %   2025-2026	77.9	78.1

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My parents(s)/caregiver(s) really look out for me %   2025-2026	84.5	85.1
My parent(s)/caregiver(s) know a lot about me %   2025-2026	71.9	72.3
If I am hungry, I can get food to eat %   2025-2026	89.3	89.0
People like to spend time with me %   2025-2026	61.6	63.3
I talk to my family/caregiver(s) about how I feel %   2025-2026	45.0	46.6
I feel supported by my friends %   2025-2026	63.3	63.9
I feel that I belong at my school %   2025-2026	47.7	50.9
My family/caregiver(s) stand by me during difficult times %   2025-2026	75.0	75.6
My friends stand by me during difficult times %   2025-2026	62.2	62.8
I am treated fairly in my community %   2025-2026	65.8	67.0
I have chances to show others that I am responsible and can do things by myself %   2025-2026	72.7	73.0
I feel safe when I am with my family/caregiver(s) %   2025-2026	85.6	85.6
I have chances to learn things that will be useful when I am older %   2025-2026	80.1	80.6
I like the way my family/caregiver(s) celebrate things %   2025-2026	83.2	82.3

### Organized sports, clubs or activities

Participated in organized sports, clubs, or activities, last 12 months %   2025-2026	78.5	76.8
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### 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 %   2025-2026	48.9	47.3
Physical attacks %   2025-2026	9.5	9.3
Verbal attacks %   2025-2026	30.3	29.2
Online bullying %   2025-2026	12.9	12.6
Exclusion %   2025-2026	27.5	26.1

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Theft/vandalism %   2025-2026	<b>15.1</b>	<b>14.0</b>
Comments on personal features %   2025-2026	<b>20.8</b>	<b>19.5</b>
Sexual comments/gestures %   2025-2026	<b>17.2</b>	<b>16.6</b>
Bullied another student, last 2 months %   2025-2026	<b>11.4</b>	<b>11.3</b>

## Mental health

### General mental health

Life satisfaction (scale from 0-10) Number   2025-2026	<b>7.3</b>	<b>7.4</b>
Perceived mental health, very good or excellent %   2025-2026	<b>39.2</b>	<b>42.0</b>

### Mental health risk factors

Spends 3 hours or more per day on social media %   2025-2026	<b>58.9</b>	<b>59.5</b>
Lonely, most or all of the time, last 12 months %   2025-2026	<b>21.9</b>	<b>20.1</b>
Difficulty sleeping, most or all of the time %   2025-2026	<b>55.3</b>	<b>53.7</b>

### Symptoms of anxiety and depression

Symptoms of anxiety, last 12 months %   2025-2026	<b>43.2</b>	<b>41.4</b>
Symptoms of depression, last 12 months %   2025-2026	<b>37.4</b>	<b>34.8</b>
Symptoms of anxiety or depression, last 12 months %   2025-2026	<b>48.6</b>	<b>46.4</b>

## Resources

### Mental and emotional support, last 12 months

Needed to see someone for a mental or emotional problem %   2025-2026	<b>34.7</b>	<b>33.3</b>
Needed to see someone for a mental or emotional problem, but did not see someone %   2025-2026	<b>8.5</b>	<b>7.5</b>

## 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.


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### 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