

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Social and Emotional Development



**Zone 4**  
Madawaska and  
North-West 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	29.4	25.6
Moderate level of mental fitness %   2024-2025	55.8	55.7
Low level of mental fitness %   2024-2025	14.8	18.8

### Mental fitness needs

Need for autonomy highly satisfied %   2024-2025	73.6	68.7
Need for competence highly satisfied %   2024-2025	82.5	78.6
Need for relatedness highly satisfied %   2024-2025	86.1	83.8

### Life domains of mental fitness

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

Needs highly satisfied by family %   2024-2025	85.4	82.3
I feel free to express myself at home %   2024-2025	61.7	56.8
I have a choice about when and how to do my household chores %   2024-2025	41.3	37.3
I feel I do things well at home %   2024-2025	49.1	47.6
I feel my parent(s)/guardian(s) think that I am good at things. %   2024-2025	61.4	60.3
My parent(s)/guardian(s) like me and care about me. %   2024-2025	79.1	78.5

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I like to spend time with my parent(s)/guardian(s). %   2024-2025	<b>63.1</b>	<b>59.7</b>
Needs highly satisfied by friends %   2024-2025	<b>84.3</b>	<b>83.9</b>
I feel free to express myself with my friends %   2024-2025	<b>54.9</b>	<b>54.3</b>
I have a choice about which activities to do with my friends %   2024-2025	<b>47.4</b>	<b>46.5</b>
I feel I do things well when I am with my friends %   2024-2025	<b>46.7</b>	<b>48.2</b>
I feel my friends think I am good at things %   2024-2025	<b>44.8</b>	<b>44.0</b>
My friends like me and care about me %   2024-2025	<b>49.1</b>	<b>54.1</b>
I like to spend time with my friends %   2024-2025	<b>68.9</b>	<b>72.0</b>
Needs highly satisfied by school %   2024-2025	<b>68.3</b>	<b>59.4</b>
I feel free to express myself at school %   2024-2025	<b>30.1</b>	<b>25.5</b>
I have a choice about when and how to do my schoolwork %   2024-2025	<b>42.0</b>	<b>33.3</b>
I feel I do things well at school %   2024-2025	<b>45.2</b>	<b>37.2</b>
I feel my teachers think I am good at things %   2024-2025	<b>39.5</b>	<b>32.3</b>
My teachers like me and care about me %   2024-2025	<b>43.9</b>	<b>36.0</b>
I like to be with my teachers %   2024-2025	<b>29.5</b>	<b>23.0</b>

## 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   2024-2025	<b>45.1</b>	<b>44.8</b>
I get along with people around me %   2024-2025	<b>59.2</b>	<b>53.9</b>
Getting an education is important to me %   2024-2025	<b>70.3</b>	<b>75.2</b>
I know how to behave in different situations %   2024-2025	<b>73.7</b>	<b>76.0</b>

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My parents(s)/caregiver(s) really look out for me %   2024-2025	84.7	83.8
My parent(s)/caregiver(s) know a lot about me %   2024-2025	73.0	70.8
If I am hungry, I can get food to eat %   2024-2025	88.3	87.1
People like to spend time with me %   2024-2025	64.2	61.3
I talk to my family/caregiver(s) about how I feel %   2024-2025	46.7	44.7
I feel supported by my friends %   2024-2025	62.5	62.2
I feel that I belong at my school %   2024-2025	52.7	48.1
My family/caregiver(s) stand by me during difficult times %   2024-2025	74.1	73.3
My friends stand by me during difficult times %   2024-2025	61.1	61.5
I am treated fairly in my community %   2024-2025	68.3	64.5
I have chances to show others that I am responsible and can do things by myself %   2024-2025	72.3	71.0
I feel safe when I am with my family/caregiver(s) %   2024-2025	85.7	84.6
I have chances to learn things that will be useful when I am older %   2024-2025	77.7	78.0
I like the way my family/caregiver(s) celebrate things %   2024-2025	78.7	81.3

### Organized sports, clubs or activities

Participated in organized sports, clubs, or activities, last 12 months %   2025-2026	S	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 %   2024-2025	46.4	47.3
Physical attacks %   2024-2025	10.6	10.0
Verbal attacks %   2024-2025	30.2	29.4
Online bullying %   2024-2025	13.8	13.0
Exclusion %   2024-2025	23.6	24.7

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Theft/vandalism %   2024-2025	13.2	14.4
Comments on personal features %   2024-2025	18.4	19.5
Sexual comments/gestures %   2024-2025	16.9	18.1
Bullied another student, last 2 months %   2023-2024	12.7	12.1

## Mental health

### General mental health

Life satisfaction (scale from 0-10) Number   2024-2025	7.5	7.2
Perceived mental health, very good or excellent %   2024-2025	45.0	38.7

### Mental health risk factors

Spends 3 hours or more per day on social media %   2024-2025	59.6	57.2
Lonely, most or all of the time, last 12 months %   2023-2024	18.3	23.4
Difficulty sleeping, most or all of the time %   2023-2024	59.0	60.9

### Symptoms of anxiety and depression

Symptoms of anxiety, last 12 months %   2024-2025	41.0	45.0
Symptoms of depression, last 12 months %   2024-2025	34.3	39.4
Symptoms of anxiety or depression, last 12 months %   2024-2025	47.1	51.1

## Resources

### Mental and emotional support, last 12 months

Needed to see someone for a mental or emotional problem %   2023-2024	27.5	33.1
Needed to see someone for a mental or emotional problem, but did not see someone %   2023-2024	4.9	7.0

## 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, 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