

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Social and Emotional Development



**Zone 5**  
Restigouche 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 %   2023-2024	23.2	24.6
Moderate level of mental fitness %   2023-2024	56.6	55.8
Low level of mental fitness %   2023-2024	20.2	19.6

### Mental fitness needs

Need for autonomy highly satisfied %   2023-2024	65.8	67.9
Need for competence highly satisfied %   2023-2024	75.6	77.6
Need for relatedness highly satisfied %   2023-2024	82.7	83.1

### Life domains of mental fitness

Students reporting "Really true for me."

Needs highly satisfied by family %   2023-2024	78.8	81.3
I feel free to express myself at home %   2023-2024	54.3	56.0
I have a choice about when and how to do my household chores %   2023-2024	35.9	36.2
I feel I do things well at home %   2023-2024	44.0	45.8
I feel my parents think that I am good at things %   2023-2024	57.1	59.0
My parents like me and care about me %   2023-2024	73.5	77.3
I like to spend time with my parents %   2023-2024	55.7	57.6

	Zone 5 Restigouche Area	Province New Brunswick
Needs highly satisfied by friends %   2023-2024	81.8	83.8
I feel free to express myself with my friends %   2023-2024	52.2	54.3
I have a choice about which activities to do with my friends %   2023-2024	44.3	46.6
I feel I do things well when I am with my friends %   2023-2024	45.0	48.3
I feel my friends think I am good at things %   2023-2024	41.1	43.7
My friends like me and care about me %   2023-2024	51.4	54.3
I like to spend time with my friends %   2023-2024	72.1	72.6
Needs highly satisfied by school %   2023-2024	58.9	58.5
I feel free to express myself at school %   2023-2024	22.9	24.8
I have a choice about when and how to do my schoolwork %   2023-2024	34.7	34.0
I feel I do things well at school %   2023-2024	35.2	36.2
I feel my teachers think I am good at things %   2023-2024	34.6	31.8
My teachers like me and care about me %   2023-2024	39.4	35.9
I like to be with my teachers %   2023-2024	25.4	22.2

## 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 are students reporting "A lot."

High and moderate levels of resilience %   2023-2024	64.1	69.5
I am able to solve my problems %   2023-2024	49.8	54.6
I know where to go for help %   2023-2024	26.1	27.1
Education is important to me %   2023-2024	57.0	56.8
I try to finish what I start %   2023-2024	38.9	40.7

	Zone 5 Restigouche Area	Province New Brunswick
I have people I look up to %   2023-2024	44.2	46.0
My parents know a lot about me %   2023-2024	48.5	51.0
My family stands by me %   2023-2024	46.8	51.0
My friends stand by me %   2023-2024	39.8	39.6
I have opportunities to develop skills %   2023-2024	37.1	40.6
I am treated fairly in my community %   2023-2024	33.1	34.9
I feel I belong at my school %   2023-2024	23.5	26.3
I enjoy my traditions %   2023-2024	48.6	53.3

### 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 %   2022-2023	82.7	83.1
I do favours for people %   2022-2023	69.7	67.9
I lend things to people %   2022-2023	56.5	56.1
I help people %   2022-2023	72.6	72.5
I compliment people %   2022-2023	65.0	67.7
I share things with people %   2022-2023	60.3	62.9

### 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 %   2022-2023	26.8	21.3
I cut classes or skip school %   2022-2023	20.7	15.3
I make other people do what I want %   2022-2023	20.9	17.5
I disobey my parents %   2022-2023	24.5	19.9
I talk back to my teachers %   2022-2023	20.9	15.3
I get into fights %   2022-2023	17.3	13.6

	Zone 5 Restigouche Area	Province New Brunswick
I often say mean things to people to get what I want %   2022-2023	11.5	8.9
I take things that are not mine %   2022-2023	9.8	7.7

## Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

Victim of bullying, last 2 months %   2023-2024	48.6	48.2
Physical attacks %   2023-2024	10.8	10.3
Verbal attacks %   2023-2024	30.2	30.1
Cyber-attacks %   2023-2024	17.4	14.2
Exclusion %   2023-2024	26.7	25.8
Theft/vandalism %   2023-2024	15.1	15.0
Comments on personal features %   2023-2024	19.7	19.1
Sexual comments/gestures %   2023-2024	18.1	18.3
Bullied another student, last 2 months %   2023-2024	13.4	12.1

## Responses when victim of bullying

Among students who have been bullied

I ignored it %   2023-2024	49.7	50.7
I stood up to the bully or fought back %   2023-2024	26.4	26.4
I tried talking to the bully %   2023-2024	5.9	8.4
I told an adult at the school about it %   2023-2024	12.4	14.0
I told an another adult outside of school about it %   2023-2024	18.2	19.7
I told another student about it %   2023-2024	12.2	14.5
I called a helpline or other support service %   2023-2024	1.0	1.1

## Responses when witness of bullying

Among students who saw or heard another student being bullied

I ignored it %   2023-2024	42.4	41.1
----------------------------	------	------

	Zone 5 Restigouche Area	Province New Brunswick
I stood up to the bully or fought back %   2023-2024	22.6	19.0
I tried talking to the bully %   2023-2024	9.9	12.4
I told an adult at the school about it %   2023-2024	15.5	17.4
I told another adult outside of school about it %   2023-2024	11.1	13.7
I told another student about it %   2023-2024	14.0	16.9
I tried to help the person being bullied %   2023-2024	23.1	22.8

## Mental health

### General mental health

Life satisfaction (scale from 0-10) Number   2023-2024	7.2	7.1
Perceived mental health, very good or excellent %   2023-2024	44.9	43.0

### Mental health risk factors

Spends 3 hours or more per day on social media %   2023-2024	57.4	46.8
Lonely, most or all of the time %   2023-2024	25.2	23.4
Difficulty sleeping, most or all of the time %   2023-2024	62.4	60.9

### Anxiety and depression

Symptoms of anxiety %   2023-2024	45.1	44.1
Symptoms of depression %   2023-2024	37.4	36.8
Symptoms of anxiety or depression %   2023-2024	50.7	49.5

## Resources

### Mental and emotional support

Needed to see someone for a mental or emotional problem %   2023-2024	34.2	33.1
Needed to see someone for a mental or emotional problem, but did not see someone %   2023-2024	7.2	7.0

**Zone 5**  
Restigouche Area

**Province**  
New Brunswick

### Reasons for not seeing someone

I am waiting for my first appointment %   2023-2024	<b>6.9</b>	<b>9.1</b>
I did not feel help was available %   2023-2024	<b>19.3</b>	<b>20.7</b>
I thought the problem would go away on its own %   2023-2024	<b>32.4</b>	<b>36.3</b>
I was told the wait time would be too long %   2023-2024	<b>8.4</b>	<b>5.8</b>
I felt uncomfortable going for help %   2023-2024	<b>40.8</b>	<b>51.8</b>
I did not know where to go to get help %   2023-2024	<b>17.0</b>	<b>23.3</b>
Other %   2023-2024	<b>21.5</b>	<b>18.5</b>

### Awareness of resources

Aware of the LINK Program %   2023-2024	<b>42.8</b>	<b>25.9</b>
And has used it %   2023-2024	<b>3.5</b>	<b>1.9</b>
But has not used it %   2023-2024	<b>39.4</b>	<b>24.0</b>
Aware of Bridge the GAPP %   2023-2024	<b>15.6</b>	<b>15.1</b>
And has used it %   2023-2024	<b>2.0</b>	<b>1.3</b>
But has not used it %   2023-2024	<b>13.6</b>	<b>13.8</b>
Aware of Kids Help Phone %   2023-2024	<b>44.8</b>	<b>54.5</b>
And has used it %   2023-2024	<b>5.3</b>	<b>4.3</b>
But has not used it %   2023-2024	<b>39.5</b>	<b>50.1</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, 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