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 % | 2024-2025	**24.5**	**25.6**
Moderate level of mental fitness % | 2024-2025	**55.5**	**55.7**
Low level of mental fitness % | 2024-2025	**20.0**	**18.8**

Mental fitness needs

Need for autonomy highly satisfied % | 2024-2025	**66.7**	**68.7**
Need for competence highly satisfied % | 2024-2025	**78.0**	**78.6**
Need for relatedness highly satisfied % | 2024-2025	**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 % | 2024-2025	**81.9**	**82.3**
I feel free to express myself at home % | 2024-2025	**55.5**	**56.8**
I have a choice about when and how to do my household chores % | 2024-2025	**36.5**	**37.3**
I feel I do things well at home % | 2024-2025	**46.0**	**47.6**
I feel my parent(s)/guardian(s) think that I am good at things. % | 2024-2025	**57.8**	**60.3**
My parent(s)/guardian(s) like me and care about me. % | 2024-2025	**77.6**	**78.5**
I like to spend time with my parent(s)/guardian(s). % | 2024-2025	**56.8**	**59.7**

	Zone 5 Restigouche Area	Province New Brunswick
Needs highly satisfied by friends % | 2024-2025	82.5	83.9
I feel free to express myself with my friends % | 2024-2025	51.5	54.3
I have a choice about which activities to do with my friends % | 2024-2025	44.5	46.5
I feel I do things well when I am with my friends % | 2024-2025	45.7	48.2
I feel my friends think I am good at things % | 2024-2025	42.0	44.0
My friends like me and care about me % | 2024-2025	49.4	54.1
I like to spend time with my friends % | 2024-2025	71.0	72.0
Needs highly satisfied by school % | 2024-2025	59.3	59.4
I feel free to express myself at school % | 2024-2025	24.1	25.5
I have a choice about when and how to do my schoolwork % | 2024-2025	35.1	33.3
I feel I do things well at school % | 2024-2025	36.6	37.2
I feel my teachers think I am good at things % | 2024-2025	34.6	32.3
My teachers like me and care about me % | 2024-2025	38.7	36.0
I like to be with my teachers % | 2024-2025	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.

	Zone 5 Restigouche Area	Province New Brunswick
Average resilience score (scale from 17 to 51) % | 2024-2025	44.3	44.8
I get along with people around me % | 2024-2025	52.6	53.9
Getting an education is important to me % | 2024-2025	69.4	75.2
I know how to behave in different situations % | 2024-2025	72.4	76.0
My parents(s)/caregiver(s) really look out for me % | 2024-2025	82.4	83.8

	Zone 5 Restigouche Area	Province New Brunswick
My parent(s)/caregiver(s) know a lot about me % | 2024-2025	70.4	70.8
If I am hungry, I can get food to eat % | 2024-2025	87.0	87.1
People like to spend time with me % | 2024-2025	58.8	61.3
I talk to my family/caregiver(s) about how I feel % | 2024-2025	41.1	44.7
I feel supported by my friends % | 2024-2025	60.2	62.2
I feel that I belong at my school % | 2024-2025	46.8	48.1
My family/caregiver(s) stand by me during difficult times % | 2024-2025	70.3	73.3
My friends stand by me during difficult times % | 2024-2025	60.1	61.5
I am treated fairly in my community % | 2024-2025	63.6	64.5
I have chances to show others that I am responsible and can do things by myself % | 2024-2025	69.9	71.0
I feel safe when I am with my family/caregiver(s) % | 2024-2025	83.5	84.6
I have chances to learn things that will be useful when I am older % | 2024-2025	74.9	78.0
I like the way my family/caregiver(s) celebrate things % | 2024-2025	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	88.7	89.0
I do favours for people % | 2024-2025	76.6	74.8
I lend things to people % | 2024-2025	61.6	62.1
I help people % | 2024-2025	76.4	78.0
I compliment people % | 2024-2025	72.7	76.2
I share things with people % | 2024-2025	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	25.8	21.7

	Zone 5 Restigouche Area	Province New Brunswick
I cut classes or skip school % | 2024-2025	20.3	17.1
I make other people do what I want % | 2024-2025	23.7	19.1
I disobey my parent(s)/guardians. % | 2024-2025	19.6	18.1
I talk back to my teachers % | 2024-2025	20.6	16.2
I get into fights % | 2024-2025	14.4	13.2
I often say mean things to people to get what I want % | 2024-2025	9.9	8.8
I take things that are not mine % | 2024-2025	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.

	Zone 5 Restigouche Area	Province New Brunswick
Victim of bullying at school, last 2 months % | 2024-2025	43.7	47.3
Physical attacks % | 2024-2025	7.9	10.0
Verbal attacks % | 2024-2025	26.4	29.4
Online bullying % | 2024-2025	12.5	13.0
Exclusion % | 2024-2025	22.9	24.7
Theft/vandalism % | 2024-2025	12.0	14.4
Comments on personal features % | 2024-2025	17.6	19.5
Sexual comments/gestures % | 2024-2025	15.5	18.1
Bullied another student, last 2 months % | 2023-2024	13.4	12.1

Responses when victim of bullying

Among students who have been bullied

	Zone 5 Restigouche Area	Province New Brunswick
I ignored it % | 2024-2025	54.5	56.4
I stood up to the bully or fought back % | 2024-2025	28.8	26.2
I tried talking to the bully % | 2024-2025	6.5	8.4
I told an adult at the school about it % | 2024-2025	12.8	14.2
I told an another adult outside of school about it % | 2024-2025	18.3	21.0

	Zone 5 Restigouche Area	Province New Brunswick
I told another student about it % | 2024-2025	12.7	16.0
I called a helpline or other support service % | 2024-2025	1.1	1.2

Mental health

General mental health

Life satisfaction (scale from 0-10) Number | 2024-2025	7.2	7.2
Perceived mental health, very good or excellent % | 2024-2025	38.5	38.7

Mental health risk factors

Spends 3 hours or more per day on social media % | 2024-2025	67.3	57.2
Lonely, most or all of the time, last 12 months % | 2023-2024	25.2	23.4
Difficulty sleeping, most or all of the time % | 2023-2024	62.4	60.9

Symptoms of anxiety and depression

Symptoms of anxiety, last 12 months % | 2024-2025	45.9	45.0
Symptoms of depression, last 12 months % | 2024-2025	40.4	39.4
Symptoms of anxiety or depression, last 12 months % | 2024-2025	52.0	51.1

Resources

Mental and emotional support, last 12 months

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

Reasons for not seeing someone

I am waiting for my first appointment % | 2023-2024	6.9	9.1
I did not feel help was available % | 2023-2024	19.3	20.7
I thought the problem would go away on its own % | 2023-2024	32.4	36.3

	Zone 5 Restigouche Area	Province New Brunswick
I was told the wait time would be too long %	2023-2024	8.4	5.8
I felt uncomfortable going for help %	2023-2024	40.8	51.8
I did not know where to go to get help %	2023-2024	17.0	23.3
Other %	2023-2024	21.5	18.5

Awareness of resources

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

🚩 Below-average performance