

## STUDENT WELLNESS AND EDUCATION SURVEY

## Grades 6-12: Substance Use



**Zone 5**  
Restigouche Area



**Province**  
New Brunswick

### Smoking and vaping

#### Cigarette

This section includes tobacco cigarettes that are bought ready-made and cigarettes that are made by students. This section does not include e-cigarettes, vaping devices and other tobacco products.

Has tried cigarette smoking %   2025-2026	19.7	14.4
Daily or occasional smoker %   2025-2026	9.8	6.3
Daily smoker %   2025-2026	3.3	2.2

#### Vaping

This section includes vaping e-liquid with nicotine, without nicotine, or when students didn't know whether it contained nicotine. It includes all e-cigarettes, vaporizers and vape pens. This section does not include vaping cannabis.

Has tried vaping %   2025-2026	27.1	20.7
Daily or occasional vaper %   2025-2026	14.8	11.1
Daily vaper %   2025-2026	8.3	5.8

### Alcohol and cannabis

#### Alcohol

Has tried alcohol %   2025-2026	45.7	37.4
Had a drink of alcohol at least once a month, last 12 months %   2025-2026	18.6	15.5
Heavy drinking, once a month or more, last 12 months %   2025-2026	10.9	8.3

**Zone 5** **Province**  
Restigouche Area New Brunswick

## Cannabis

This section includes marijuana and any other products made from the cannabis plant, such as dry cannabis and cannabis that is mixed or processed into another product.

Has tried cannabis %   2025-2026	<b>18.4</b>	<b>14.2</b>
Has used cannabis, last 12 months %   2025-2026	<b>13.9</b>	<b>10.8</b>
Daily cannabis user, last 12 months %   2025-2026	<b>5.2</b>	<b>3.2</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 use of substances among New Brunswick students in grades 6 to 12. Substances include cigarettes, electronic cigarettes, alcohol, and cannabis.

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.


---

### 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