Average number of hours and minutes per day of screen time that students in grades 6 to 12 reported spending in their free time

Unit : Number

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Province				
New Brunswick	**4.8**	**4.7**	**4.7**	**4.7**
Health zones				
Zone 1 - Moncton and South-East Area	**4.7**	**4.6**	**4.6**	**4.6**
Zone 2 - Fundy Shore and Saint John Area	**4.8**	**4.8**	**4.7**	**4.8**
Zone 3 - Fredericton and River Valley Area	**4.8**	**4.8**	**4.7**	**4.8**
Zone 4 - Madawaska and North-West Area	S	**4.5**	**4.5**	**4.5**
Zone 5 - Restigouche Area	**5.1**	**5.0**	**4.9**	**5.0**
Zone 6 - Bathurst and Acadian Peninsula Area	**4.7**	**4.6**	**4.6**	**4.7**
Zone 7 - Miramichi Area	**5.0**	**5.0**	**4.9**	**5.0**
Communities				
Bathurst, Beresford, Petit-Rocher Area	**4.6**	**4.6**	**4.5**	**4.7**
Bouctouche, Richibucto, Saint-Antoine Area	**5.0**	**4.8**	**4.8**	**4.8**
Campbellton, Atholville, Tide Head Area	**5.1**	**5.0**	**4.8**	**5.2**
Caraquet, Paquetville, Bertrand Area	**4.6**	**4.4**	**4.7**	**4.7**
Dalhousie, Balmoral, Belledune Area	**5.2**	**5.1**	**4.9**	**4.8**
Dieppe and Memramcook	**4.2**	**4.0**	**4.2**	**4.0**
Douglas, Saint Marys, Doaktown Area	**4.9**	**5.2**	**5.0**	**5.4**
Edmundston, Rivière-Verte, Lac Baker Area	S	**4.5**	**4.5**	**4.6**
Florenceville-Bristol, Woodstock, Wakefield Area	**4.9**	**4.8**	**4.7**	**4.8**
Fredericton	**4.6**	**4.5**	**4.5**	**4.6**
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Grand Falls, Saint-Léonard, Drummond Area	**4.5**	**4.5**	**4.6**	**4.4**
Hillsborough, Riverside-Albert, Alma Area	**5.4**	**5.1**	**5.2**	**5.4**
Kedgwick, Saint-Quentin and Grimmer	S	**4.7**	**4.5**	**4.5**
Minto, Chipman, Cambridge-Narrows Area	**5.5**	**5.2**	**5.3**	**5.4**
Miramichi, Rogersville, Blackville Area	**5.0**	**5.0**	**5.0**	**5.0**
Moncton	**4.7**	**4.5**	**4.6**	**4.6**
Nackawic, McAdam, Canterbury Area	**5.0**	**5.0**	**4.8**	**4.8**
Neguac, Alnwick, Esgenoopetitj Area	**4.6**	**4.7**	**4.6**	**5.0**
New Maryland, Kingsclear, Lincoln Area	**4.7**	**4.5**	**4.5**	**4.6**
Oromocto, Gagetown, Fredericton Junction Area	**5.2**	**5.1**	**5.1**	**5.1**
Perth-Andover, Plaster Rock, Tobique Area	**5.4**	**5.1**	**4.8**	**5.1**
Quispamsis, Rothesay, Hampton Area	**4.4**	**4.4**	**4.4**	**4.5**
Riverview and Coverdale	**4.9**	**4.9**	**4.7**	**4.9**
Sackville, Dorchester, Port Elgin Area	**4.9**	**4.8**	**4.9**	**5.0**
Saint John, Simonds and Musquash	**4.9**	**5.1**	**4.9**	**5.0**
Salisbury and Petitcodiac	**4.8**	**4.8**	**4.7**	**4.7**
Shediac, Beaubassin East and Cap-Pelé	**4.5**	**4.6**	**4.5**	**4.6**
Shippagan, Lamèque, Inkerman Area	**4.8**	**4.8**	**4.9**	**4.8**
St. George, Grand Manan, Blacks Harbour Area	**5.1**	**4.9**	**4.9**	**4.9**
St. Stephen, Saint Andrews, Campobello Island Area	**5.0**	**4.9**	**4.7**	**5.0**
Sussex, Norton, Sussex Corner Area	**4.7**	**4.7**	**4.6**	**4.7**
Tracadie and Saint-Isidore	**4.8**	**4.6**	**4.7**	**4.6**
School districts				
Anglophone East School District	**4.9**	**4.8**	**4.8**	**4.9**

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Anglophone North School District	**5.2**	**5.1**	**5.0**	**5.1**
Anglophone South School District	**4.8**	**4.8**	**4.7**	**4.9**
Anglophone West School District	**4.9**	**4.8**	**4.7**	**4.8**
Anglophone sector	**4.9**	**4.8**	**4.8**	**4.9**
District scolaire francophone Nord-Est	**4.6**	**4.6**	**4.6**	**4.7**
District scolaire francophone Nord-Ouest	S	**4.4**	**4.4**	**4.4**
District scolaire francophone Sud	**4.2**	**4.1**	**4.3**	**4.2**
Francophone sector	**4.4**	**4.3**	**4.4**	**4.4**
Grades				
Grades 6 to 8	**4.7**	**4.6**	**4.7**	**4.6**
Grades 9 to 12	**4.8**	**4.7**	**4.7**	**4.8**
Gender				
Female	**4.5**	**4.5**	**4.5**	**4.5**
Male	**4.9**	**4.8**	**4.8**	**4.8**
Non-binary	**5.7**	**5.6**	**5.5**	**5.7**
Sex at birth				
Female	**4.6**	**4.6**	**4.5**	**4.6**
Male	**4.9**	**4.8**	**4.8**	**4.8**
2SLGBTQIA+ status				
2SLGBTQIA+	**5.6**	**5.5**	**5.4**	n/a
Indigenous identity				
Indigenous	**5.2**	**5.2**	**5.1**	**5.2**
Immigrant				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2022-2023
Immigrants	**4.7**	**4.6**	**4.5**	**4.4**
Disability or special need				
Disability or special need	**5.4**	**5.4**	**5.2**	n/a
Racialized groups				
Racialized groups	**4.7**	**4.6**	**4.6**	n/a
Socioeconomic status				
High socioeconomic status	**4.4**	n/a	n/a	n/a
Low socioeconomic status	**5.2**	n/a	n/a	n/a

About

This indicator is the percentage of average number of hours and minutes per day of screen time that students in grades 6 to 12 reported spending in their free time.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator adds the responses to the following 6 individual questions: Question #1 'Playing games on an electronic device (not including moving or fitness games)? Weekends', question #2 'Watching TV, movies or videos (including YouTube and similar services) on any type of screen? Weekends', question #3 'Using electronic devices for other purposes like: social media, chatting, instant messaging, emailing or surfing the Internet? Weekends', question #4 'Playing games on an electronic device (not including moving or fitness games)? Weekend', question #5 'Watching TV, movies or videos (including YouTube and similar services) on any type of screen? Weekend' and question #6 'Using electronic devices for other purposes like: social media, chatting, instant messaging, emailing or surfing the Internet? Weekend'. The response options for these 6 individual questions are: '0. None at all, 1. About half an hour a day, 2. About 1 hour a day, 3. About 2 hours a day and 4. About 3 or more hours a day'. This indicator is calculated by summing up the 6 separate questions, after adjusting the response scale to a proportional scale of hours. The average sum of the total number of hours per week thus obtained is then divided by 7 to reflect a daily number of hours.

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

Unit	Interpretation	NBHC code

Number	Lower is better	SH_LSTDA_2

Caption
n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size