

## 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<br>2025-2026 | Academic Year<br>2024-2025 | Academic Year<br>2023-2024 | Academic Year<br>2022-2023 |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| <b>Province</b>                                  |                            |                            |                            |                            |
| New Brunswick                                    | 4.8                        | 4.7                        | 4.7                        | 4.7                        |
| <b>Health zones</b>                              |                            |                            |                            |                            |
| 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                        |
| <b>Communities</b>                               |                            |                            |                            |                            |
| 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                        |

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| 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                        |
| <b>School districts</b>                            |                            |                            |                            |                            |
| Anglophone East School District                    | 4.9                        | 4.8                        | 4.8                        | 4.9                        |

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|--|----------------------------|----------------------------|----------------------------|----------------------------|
| 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                        |
| <b>Grades</b>                            |                            |                            |                            |                            |
| Grades 6 to 8                            | 4.7                        | 4.6                        | 4.7                        | 4.6                        |
| Grades 9 to 12                           | 4.8                        | 4.7                        | 4.7                        | 4.8                        |
| <b>Gender</b>                            |                            |                            |                            |                            |
| 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                        |
| <b>Sex at birth</b>                      |                            |                            |                            |                            |
| Female                                   | 4.6                        | 4.6                        | 4.5                        | 4.6                        |
| Male                                     | 4.9                        | 4.8                        | 4.8                        | 4.8                        |
| <b>2SLGBTQIA+ status</b>                 |                            |                            |                            |                            |
| 2SLGBTQIA+                               | 5.6                        | 5.5                        | 5.4                        | n/a                        |
| <b>Indigenous identity</b>               |                            |                            |                            |                            |
| Indigenous                               | 5.2                        | 5.2                        | 5.1                        | 5.2                        |
| <b>Immigrant</b>                         |                            |                            |                            |                            |

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|-----------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Immigrants                        | 4.7                        | 4.6                        | 4.5                        | 4.4                        |
| <b>Disability or special need</b> |                            |                            |                            |                            |
| Disability or special need        | 5.4                        | 5.4                        | 5.2                        | n/a                        |
| <b>Racialized groups</b>          |                            |                            |                            |                            |
| Racialized groups                 | 4.7                        | 4.6                        | 4.6                        | n/a                        |
| <b>Socioeconomic status</b>       |                            |                            |                            |                            |
| 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