



New Brunswick Student Wellness and Education Survey Student Questionnaire: 4-5

WELCOME PAGE

New Brunswick Student Wellness and Education Survey 2024-2025

Dear student,

The New Brunswick Health Council (NBHC), in partnership with the Department of Education and Early Childhood Development as well as the Department of Health, need to hear from students. We want to better understand how students in New Brunswick are doing and what they need. We would like to ask you some questions about your health and your experience in school.

You have the choice to participate or not, and you can choose to stop participating at any time. If you do not want to participate, you can tell your teacher.

THIS IS NOT A TEST. There are no right or wrong answers.

Your answers are private and anonymous, which means that no one will be able to know what you answered. So, please be honest. Your answers are very important.

If you do not want to answer a question, leave it blank.

Thank you!

To begin answering the questions, please enter the PIN code provided by your teacher.

Begin the Survey

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ABOUT YOU

1 What grade are you in?

- 3rd grade
- 4th grade
- 5th grade
- 6th grade

2 You picked grade [SELECTED GRADE], is that right?

- No
- Yes

[GO TO 1]
[CONTINUE]

3 Which of the following best describes you?

- A boy
- A girl
- In another way as _____
- I prefer not to answer

4 Were you born in Canada?

- No
- Yes
- I do not know

5 Are you Indigenous? (Indigenous means all of these: Mi'kmaw, Wəlastəkewiyik /Wolastoqew/Maliseet, Peskotomuhkati, First Nation, Inuk, and Métis.)

- No
- Yes
- I do not know
- I prefer not to answer

6 For each sentence, chose what best describes your feelings and ideas.

	Not like me	A little like me	A lot like me
a) I feel I do things well at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I like to spend time with my parents/guardians.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I feel I do things well at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I feel I have a choice about when and how to do my schoolwork.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I like to spend time with my teachers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I feel I have a choice about which activities to do with my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



- g) I like to spend time with my friends.
- h) I feel like I have a choice about when and how to do my household chores.

7 For each sentence, chose what best describes your feelings and ideas.

- | | Not like me | A little like me | A lot like me |
|---|-----------------------|-----------------------|-----------------------|
| a) I often do favours for people without being asked. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) I often lend things to people without being asked. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) I often help people without being asked. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) I often compliment or say nice things to people without being asked. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e) I often share things with people without being asked. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

8 For each sentence, chose what best describes your feelings and ideas.

- | | Not like me | A little like me | A lot like me |
|---|-----------------------|-----------------------|-----------------------|
| a) I make other people do what I want. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) I disobey or don't listen to my parents/guardians. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) I talk back to my teachers. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) I get into fights. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e) I often say mean things to people to get what I want. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f) I take things that are not mine from home, school, or elsewhere. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



YOU AND SCHOOL

9 For each sentence, chose what best describes your feelings and ideas.

	Not like me	A little like me	A lot like me
a) I feel close to people at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I feel I am part of my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I am happy to be at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I feel teachers at my school treat me fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I feel safe at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10 How are things going for you at school? Pick the answer below that best describes how true each statement is for you this school year.

	Really false for me	Sort of false for me	Sort of true for me	Really true for me
a) I can work at my own pace at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Teachers/adults in this school listen to my ideas and opinions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) There is at least one adult at school I can go to for help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) My teachers like me and care about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I feel I belong at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I can be myself at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I feel free to express myself at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I can succeed in my schoolwork.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11 How hard do you find your schoolwork? The work I am given at school is....

- Too hard
- A little hard
- Just right
- A little easy
- Too easy



12 What do you think of the following statements about learning in your school?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a) In the past two weeks, I learned at least one thing in school that made me want to know more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) The things I learn at school are important for my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I am learning things in school that I can use outside of school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13 In the past two weeks, how often did you notice these things in class?

	Not at all	Once or twice	At least once every day	Many times each day
a) The teacher checked at least once to make sure I understood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I worked with a partner, or in a small group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) The teacher gave me a chance to explain my thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) The teacher let me show what I learned in different ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I got feedback from the teacher that helped me to improve what I was working on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I understood what was taught.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I could have learned my schoolwork just as well by reading or looking it up on my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) It was hard to pay attention because of students interrupting the class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) The teacher expected me to work hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14 What program are you in?

English program
French immersion



YOU AND EATING

15 Last week, how many times did you:

	Number of times							
	None	1	2	3	4	5	6	7+
a) eat breakfast?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) eat at a breakfast or snack program at school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOU AND YOUR HABITS

16 On most days, how much time do you spend:

	None	Less than 30 min	30 min	1 hour	1 hour and 30 min	2 hours	3 hours or more	I do not know
a) Watching TV/Movies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Using a smart phone or tablet (for games, YouTube, FaceTime, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Playing video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Using a computer (not for school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Reading (not for school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Being physically active at school (walking/biking to school, open gyms in the morning or lunch time, intramurals, physical education class, fitness breaks, yoga, Mornings in Motion, school-sports team or clubs.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) Playing outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ABOUT BULLYING

It is BULLYING when a person or group of people say or do unfriendly things to hurt others. It is done 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.

17 I have been bullied this year.

- No
Yes



18 I feel I can tell adults in this school when there are bullying problems.

No
Yes

19 In the last two months, have you been bullied at school in the ways listed below?

- | | No | Yes |
|--|-----------------------|-----------------------|
| a) Physical attacks (for example, getting beaten up, pushed, or kicked). | <input type="radio"/> | <input type="radio"/> |
| b) Verbal attacks (for example, being called mean names, made fun of or teased in a hurtful way, threatened, or having lies told or rumours spread about you). | <input type="radio"/> | <input type="radio"/> |
| c) Online bullying (for example, receiving mean text messages or having rumours spread about you on the Internet or on social media). | <input type="radio"/> | <input type="radio"/> |
| d) Exclusion (for example, being left out of things on purpose, being excluded from a group of friends or completely ignored). | <input type="radio"/> | <input type="radio"/> |
| e) Someone stole from you or damaged your things. | <input type="radio"/> | <input type="radio"/> |
| f) Someone made mean comments about your race, religion or personal features. | <input type="radio"/> | <input type="radio"/> |

20 Do you stay away from any places in your school because of bullying?

Classrooms (including library and computer rooms)

Hallways

Gym

Change rooms or locker rooms

Washrooms

Lunchroom or cafeteria

Outside on school property (for example, playground, parking lot)

Bus

SAFETY

21 I did not want to go to school because I was afraid someone would physically hurt me.

Not at all true
Only a little true
Mostly true
Very true

22 I did not want to go to school because I was afraid other students would be mean to me.

Not at all true
Only a little true
Mostly true
Very true



CLOSING PAGE

Thank you very much for your time!

By doing this survey, you have helped us get a better understanding of how things are going for students and families in New Brunswick.

Please push submit to finish your survey.

Submit