

# New Brunswick Student Wellness and Education Survey 2023-2024 edition

## Anglophone West



### About this survey

The New Brunswick Student Wellness and Education Survey is a joint initiative of the New Brunswick Health Council (NBHC) and the Government of New Brunswick's Department of Health and Department of Education & Early Childhood Development. It is conducted in all public schools across New Brunswick. It aims to evaluate several aspects of students' wellness, including their social and emotional development, physical health, substance use, and experiences at school and in the community. The New Brunswick Student Wellness and Education Survey allows the NBHC to inform citizens, schools, districts, and decision-makers about the wellness of students in our province.

### Participation

The 2023-2024 edition surveyed over 14,000 students in grades 4 and 5, and over 48,000 students in grades 6 to 12. It also surveyed over 7,000 parents and guardians of students in grades K to 5.

For grades 4 and 5, this year, 99.5% of eligible public schools participated. From those schools, 91.6% of enrolled students completed the survey. For grades 6 to 12, this year, 100% of eligible public schools participated. From those schools, 80% of enrolled students completed the survey.

### Available data tables

To present survey results, we produced the following data tables.

- Grades 6-12: Key Indicators
- Grades 6-12: Demographics
- Grades 6-12: Social and Emotional Development
- Grades 6-12: Physical Health
- Grades 6-12: Substance Use
- Grades 6-12: School and Community
- Grades 6-12: Education
- Grades 4-5: Education
- Grades 4-5: Wellness
- Grades K-5: Parent/Guardian Perspective\*

\*Please note: Due to the extremely low number of parents who responded, K-5 results are deemed not to be representative of the overall student and parent population. Therefore, they are not to be used for planning or compared to previous editions of the survey.

### Legend

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

## STUDENT WELLNESS AND EDUCATION SURVEY

### Grades 6-12: Key Indicators



#### General health

Perceived health, very good or excellent %   2023-2024	51.3	50.0	54.3
Overweight or obese %   2023-2024	27.7	27.5	26.9

#### Mental health

Perceived mental health, very good or excellent %   2023-2024	39.1	38.6	43.0
Symptoms of anxiety or depression %   2023-2024	52.4	52.7	49.5
Life satisfaction (scale from 0-10) Number   2023-2024	7.0	7.0	7.1
High level of mental fitness %   2023-2024	21.0	21.5	24.6
High and moderate levels of resilience %   2023-2024	68.0	68.2	69.5

#### School and community

Victim of bullying, last 2 months %   2023-2024	49.7	50.4	48.2
High level of school connectedness %   2023-2024	84.4	85.8	86.6
Average score of community belonging (scale from 5-25) Number   2023-2024	17.9	17.9	18.1

#### Movement and rest

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Daily physical activity, 1 hour or more %   2023-2024	25.6	25.0	24.8
Has 2 hours or less of screen time, weekdays %   2023-2024	15.6	15.0	15.8
Sleeps 8 hours or more %   2023-2024	52.1	52.0	55.6

## Healthy eating

Eats vegetables or fruits 5 times or more per day %   2023-2024	48.0	47.6	49.1
Eats breakfast, daily %   2023-2024	31.6	33.4	35.6

## Substance use

Daily smoker %   2023-2024	2.4	2.3	2.2
Heavy drinking %   2023-2024	11.7	11.9	12.0
Daily cannabis user, last 12 months %   2023-2024	4.5	4.4	3.8

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Demographics



### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	n/a	97.0
Number of students who participated Number   2023-2024	10,851	34,170	48,103
Percentage of students who participated %   2023-2024	78.7	78.9	80.0

### Language most spoken at home

English %   2023-2024	87.9	85.8	65.6
French %   2023-2024	0.9	0.8	16.3
English and French %   2023-2024	2.6	3.0	9.1
Indigenous language %   2023-2024	0.6	0.4	0.3
Another language or combination %   2023-2024	8.0	9.9	8.6

### Sex at birth

Sex at birth refers to sex assigned at birth. It is typically assigned based on a person's reproductive system and other physical characteristics.

Male %   2023-2024	49.0	49.7	49.7
Female %   2023-2024	51.0	50.3	50.3

School district  
Anglophone West

Education sector  
Anglophone

Province  
New Brunswick

## Gender identity

Gender identity refers to the gender that a person feels internally and individually.

Male %   2023-2024	49.7	50.3	50.0
Female %   2023-2024	48.1	47.4	48.1
Non-binary %   2023-2024	2.2	2.3	1.9

## Population groups

People with different backgrounds may have different experiences in their daily lives. This may include the way they are treated. The following are groups with which students identify.

Self-identifies as Indigenous %   2023-2024	10.1	9.1	8.0
Self-identifies as 2SLGBTQIA+ %   2023-2024	14.8	14.7	13.3
Self-identifies as immigrant, newcomer or refugee %   2023-2024	12.8	15.5	13.7
Newcomer, 2 years or less %   2023-2024	37.1	45.4	43.7
Recent immigrant, 5 years or less %   2023-2024	56.5	64.0	62.1
Self-identifies as a person with a disability or special need %   2023-2024	8.9	9.5	8.0
Identifies with racialized groups %   2023-2024	16.5	19.2	17.3

## Food poverty

Food poverty refers to youth who report ever going to school or to bed hungry because there is not enough food at home.

Experiencing food poverty %   2023-2024	5.9	6.4	7.0
---	-----	-----	-----

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Social and Emotional Development



## Mental fitness

Mental fitness encompasses the psychological needs for competence, autonomy, and relatedness.

### Levels of mental fitness

High level of mental fitness %   2023-2024	21.0	21.5	24.6
Moderate level of mental fitness %   2023-2024	57.2	56.5	55.8
Low level of mental fitness %   2023-2024	21.8	22.0	19.6

### Mental fitness needs

Need for autonomy highly satisfied %   2023-2024	64.4	64.8	67.9
Need for competence highly satisfied %   2023-2024	75.4	75.4	77.6
Need for relatedness highly satisfied %   2023-2024	81.1	81.1	83.1

### Life domains of mental fitness

Students reporting "Really true for me."

Needs highly satisfied by family %   2023-2024	79.3	79.0	81.3
I feel free to express myself at home %   2023-2024	53.7	53.1	56.0
I have a choice about when and how to do my household chores %   2023-2024	32.9	33.8	36.2
I feel I do things well at home %   2023-2024	45.2	44.1	45.8
I feel my parents think that I am good at things %   2023-2024	58.2	57.5	59.0

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
My parents like me and care about me %   2023-2024	76.4	75.5	77.3
I like to spend time with my parents %   2023-2024	54.4	53.6	57.6
Needs highly satisfied by friends %   2023-2024	83.4	82.9	83.8
I feel free to express myself with my friends %   2023-2024	53.3	52.4	54.3
I have a choice about which activities to do with my friends %   2023-2024	44.5	45.0	46.6
I feel I do things well when I am with my friends %   2023-2024	48.7	47.7	48.3
I feel my friends think I am good at things %   2023-2024	41.8	41.9	43.7
My friends like me and care about me %   2023-2024	54.9	54.5	54.3
I like to spend time with my friends %   2023-2024	71.9	71.1	72.6
Needs highly satisfied by school %   2023-2024	52.9	54.5	58.5
I feel free to express myself at school %   2023-2024	21.8	23.2	24.8
I have a choice about when and how to do my schoolwork %   2023-2024	29.0	30.6	34.0
I feel I do things well at school %   2023-2024	31.7	32.1	36.2
I feel my teachers think I am good at things %   2023-2024	27.0	27.9	31.8
My teachers like me and care about me %   2023-2024	31.7	32.5	35.9
I like to be with my teachers %   2023-2024	18.0	19.2	22.2

## 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 is 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 are students reporting "A lot."

High and moderate levels of resilience %   2023-2024	68.0	68.2	69.5
--	------	------	------

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I am able to solve my problems %   2023-2024	57.6	57.4	54.6
I know where to go for help %   2023-2024	26.9	26.9	27.1
Education is important to me %   2023-2024	54.9	57.0	56.8
I try to finish what I start %   2023-2024	39.7	41.0	40.7
I have people I look up to %   2023-2024	45.0	46.4	46.0
My parents know a lot about me %   2023-2024	48.8	49.2	51.0
My family stands by me %   2023-2024	51.9	51.8	51.0
My friends stand by me %   2023-2024	39.2	39.9	39.6
I have opportunities to develop skills %   2023-2024	40.7	41.1	40.6
I am treated fairly in my community %   2023-2024	34.8	34.8	34.9
I feel I belong at my school %   2023-2024	25.3	27.0	26.3
I enjoy my traditions %   2023-2024	53.5	54.1	53.3

### 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 %   2022-2023	81.5	80.8	83.1
I do favours for people %   2022-2023	63.1	62.8	67.9
I lend things to people %   2022-2023	52.5	52.4	56.1
I help people %   2022-2023	69.4	69.5	72.5
I compliment people %   2022-2023	66.8	66.5	67.7
I share things with people %   2022-2023	61.0	61.1	62.9

### 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 %   2022-2023	19.1	19.5	21.3
--	------	------	------

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I cut classes or skip school %   2022-2023	14.9	14.6	15.3
I make other people do what I want %   2022-2023	13.8	14.0	17.5
I disobey my parents %   2022-2023	19.6	19.2	19.9
I talk back to my teachers %   2022-2023	13.8	14.0	15.3
I get into fights %   2022-2023	13.2	13.3	13.6
I often say mean things to people to get what I want %   2022-2023	8.3	8.9	8.9
I take things that are not mine %   2022-2023	7.1	7.4	7.7

## Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

Victim of bullying, last 2 months %   2023-2024	49.7	50.4	48.2
Physical attacks %   2023-2024	9.9	10.8	10.3
Verbal attacks %   2023-2024	31.7	32.0	30.1
Cyber-attacks %   2023-2024	15.4	15.4	14.2
Exclusion %   2023-2024	26.3	26.9	25.8
Theft/vandalism %   2023-2024	15.5	16.3	15.0
Comments on personal features %   2023-2024	20.3	20.6	19.1
Sexual comments/gestures %   2023-2024	19.8	20.5	18.3
Bullied another student, last 2 months %   2023-2024	13.0	13.5	12.1

## Responses when victim of bullying

Among students who have been bullied

I ignored it %   2023-2024	49.9	50.1	50.7
I stood up to the bully or fought back %   2023-2024	26.3	26.6	26.4
I tried talking to the bully %   2023-2024	8.4	8.5	8.4

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I told an adult at the school about it %   2023-2024	14.1	13.9	14.0
I told an another adult outside of school about it %   2023-2024	20.4	20.5	19.7
I told another student about it %   2023-2024	15.2	15.1	14.5
I called a helpline or other support service %   2023-2024	1.2	1.1	1.1

### Responses when witness of bullying

Among students who saw or heard another student being bullied

I ignored it %   2023-2024	41.7	41.8	41.1
I stood up to the bully or fought back %   2023-2024	16.9	17.5	19.0
I tried talking to the bully %   2023-2024	11.7	12.1	12.4
I told an adult at the school about it %   2023-2024	17.6	17.5	17.4
I told another adult outside of school about it %   2023-2024	15.3	14.5	13.7
I told another student about it %   2023-2024	17.1	17.5	16.9
I tried to help the person being bullied %   2023-2024	22.2	22.7	22.8

## Mental health

### General mental health

Life satisfaction (scale from 0-10) Number   2023-2024	7.0	7.0	7.1
Perceived mental health, very good or excellent %   2023-2024	39.1	38.6	43.0

### Mental health risk factors

Spends 3 hours or more per day on social media %   2023-2024	45.9	47.2	46.8
Lonely, most or all of the time %   2023-2024	24.9	25.4	23.4
Difficulty sleeping, most or all of the time %   2023-2024	62.1	61.4	60.9

### Anxiety and depression

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Symptoms of anxiety %   2023-2024	46.9	46.7	44.1
Symptoms of depression %   2023-2024	40.4	40.8	36.8
Symptoms of anxiety or depression %   2023-2024	52.4	52.7	49.5

## Resources

### Mental and emotional support

Needed to see someone for a mental or emotional problem %   2023-2024	35.4	35.4	33.1
Needed to see someone for a mental or emotional problem, but did not see someone %   2023-2024	7.8	8.1	7.0

### Reasons for not seeing someone

I am waiting for my first appointment %   2023-2024	8.3	8.1	9.1
I did not feel help was available %   2023-2024	19.5	21.2	20.7
I thought the problem would go away on its own %   2023-2024	34.6	37.3	36.3
I was told the wait time would be too long %   2023-2024	5.8	5.6	5.8
I felt uncomfortable going for help %   2023-2024	53.5	53.7	51.8
I did not know where to go to get help %   2023-2024	24.9	23.6	23.3
Other %   2023-2024	19.9	19.0	18.5

### Awareness of resources

Aware of the LINK Program %   2023-2024	23.5	21.1	25.9
And has used it %   2023-2024	1.9	1.7	1.9
But has not used it %   2023-2024	21.6	19.4	24.0
Aware of Bridge the GAPP %   2023-2024	18.3	16.6	15.1
And has used it %   2023-2024	1.4	1.3	1.3

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
But has not used it %   2023-2024	<b>16.9</b>	<b>15.3</b>	<b>13.8</b>
Aware of Kids Help Phone %   2023-2024	<b>65.2</b>	<b>58.1</b>	<b>54.5</b>
And has used it %   2023-2024	<b>5.4</b>	<b>4.6</b>	<b>4.3</b>
But has not used it %   2023-2024	<b>59.8</b>	<b>53.5</b>	<b>50.1</b>

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Physical Health



### General health

Perceived health, very good or excellent %   2023-2024	<b>51.3</b>	<b>50.0</b>	<b>54.3</b>
--	-------------	-------------	-------------

### Healthy weights

Overweight and obesity in childhood and adolescence have been associated with elevated health risks and morbidities, and increased mortality rates in adulthood. They are risk factors for a large number of serious diseases and conditions like high blood pressure, heart disease, diabetes, stroke, some cancers, and mental health problems.

Overweight or obese %   2023-2024	<b>27.7</b>	<b>27.5</b>	<b>26.9</b>
-----------------------------------	-------------	-------------	-------------

### Movement and rest

#### Physical activity

Daily physical activity, 1 hour or more %   2023-2024	<b>25.6</b>	<b>25.0</b>	<b>24.8</b>
---	-------------	-------------	-------------

#### School commute

Commutes actively %   2022-2023	<b>8.7</b>	<b>9.6</b>	<b>8.8</b>
---------------------------------	------------	------------	------------

Commutes inactively %   2022-2023	<b>78.0</b>	<b>75.7</b>	<b>77.7</b>
-----------------------------------	-------------	-------------	-------------

Mixed (actively and inactively) %   2022-2023	<b>13.4</b>	<b>14.8</b>	<b>13.5</b>
---	-------------	-------------	-------------

#### Leisure screen time

Has 2 hours or less of screen time, weekdays %   2023-2024	<b>15.6</b>	<b>15.0</b>	<b>15.8</b>
--	-------------	-------------	-------------

Has 2 hours or less of screen time, weekends %   2023-2024	<b>14.5</b>	<b>13.8</b>	<b>14.8</b>
--	-------------	-------------	-------------

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Spends 3 hours or more playing games on an electronic device, weekdays %   2023-2024	25.8	26.1	25.1
<b>Sleep</b>			
Sleeps 8 hours or more %   2023-2024	52.1	52.0	55.6
Average hours and minutes of sleep Number   2023-2024	8.4	8.4	8.6
Uses an electronic device before bed %   2023-2024	88.7	89.4	88.9
Uses it 1 to 3 nights a week %   2023-2024	15.0	14.9	14.7
Uses it every night %   2023-2024	62.0	62.7	62.1
Has trouble going to sleep %   2023-2024	62.1	61.4	60.9

## Healthy eating

Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits, and to limit highly processed foods. It also recommends to eat without distractions.

### Food choices

Eats vegetables or fruits 5 times or more per day %   2023-2024	48.0	47.6	49.1
Eats highly processed foods 1 time or none per day %   2023-2024	29.3	30.1	32.1
Drinks sugary drinks %   2023-2024	71.7	70.5	67.7
Drinks high energy drinks %   2023-2024	17.4	18.0	17.0

### Eating habits

Did not eat a meal from a fast food restaurant, last 7 days %   2023-2024	31.6	31.9	32.2
Ate a meal from a fast food restaurant 3 times or more, last 7 days %   2023-2024	12.5	12.5	12.6
Did not eat while using an electronic device, last 7 days %   2023-2024	20.6	20.3	24.5
Ate 7 times or more while using an electronic device, last 7 days %   2023-2024	22.2	22.8	20.3

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Eats the evening meal with family or friends, daily %   2023-2024	40.3	39.9	44.1
Eats the evening meal with family or friends, most days %   2023-2024	55.8	55.0	59.4
Eats breakfast, daily %   2023-2024	31.6	33.4	35.6
Eats breakfast, most days %   2023-2024	42.8	44.4	47.5
<b>Barriers to daily breakfast</b>			
No time %   2023-2024	29.2	28.0	26.6
Not hungry %   2023-2024	35.8	35.4	36.0
Feels sick after breakfast %   2023-2024	18.3	17.9	16.3
Tries to lose weight %   2023-2024	11.1	11.6	10.6
Has nothing to eat at home %   2023-2024	3.5	3.9	3.6

## Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2022-2023	12.4	11.0	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2022-2023	18.4	16.7	17.3
Wears a helmet when biking %   2022-2023	28.9	28.5	28.2
Has been injured and had to be treated %   2022-2023	17.2	17.1	15.6

## Sexual violence

Has been sexually violated %   2022-2023	15.1	14.7	14.1
Victim of dating violence, last 12 months (among those who dated) %   2022-2023	22.5	21.9	19.8
Knows when legally able to consent to sexual activity %   2022-2023	76.8	76.7	75.3

## STUDENT WELLNESS AND EDUCATION SURVEY Grades 6-12: Substance Use



### Smoking and vaping

#### Cigarette

Has tried cigarette smoking %   2023-2024	17.5	17.4	16.0
Onset age Number   2023-2024	13.9	13.9	14.1
Susceptible to smoking %   2023-2024	34.4	33.7	31.0
Daily or occasional smoker %   2023-2024	7.5	7.3	6.6
Daily smoker %   2023-2024	2.4	2.3	2.2
Has a close friend who smokes %   2023-2024	22.7	22.3	20.0

#### Vaping

Has tried vaping %   2023-2024	26.6	26.5	24.7
Onset age Number   2023-2024	14.0	14.0	14.1
Daily or occasional vaper %   2023-2024	15.2	14.9	14.0
Daily vaper %   2023-2024	7.3	7.5	7.1
Has a close friend who vapes %   2023-2024	42.0	41.7	38.0
Exposed to vaping smoke at home %   2023-2024	18.2	19.3	17.3

#### Second-hand smoke

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Exposed to cigarette smoke in a vehicle, last 7 days %   2023-2024	21.8	21.4	19.6
Exposed to cigarette smoke at home %   2023-2024	15.7	15.3	12.9
<b>Alternative tobacco and nicotine products</b>			
Has tried alternative tobacco and nicotine products %   2023-2024	12.5	12.7	12.3
Little cigars or cigarillos %   2023-2024	9.1	9.3	9.3
Cigars %   2023-2024	6.1	6.7	7.0
Roll-your-own cigarettes %   2023-2024	6.0	6.0	5.8
Heated tobacco products %   2023-2024	6.1	6.2	5.8
Smokeless tobacco %   2023-2024	4.1	4.4	4.0
Water pipe to smoke shisha %   2023-2024	5.0	5.0	4.7
Blunt wraps %   2023-2024	5.0	5.2	4.5

## Alcohol and drugs

### Alcohol

Has tried alcohol %   2023-2024	43.2	42.7	43.3
Onset age Number   2023-2024	14.0	14.0	14.1
Regular drinking %   2023-2024	17.1	17.1	17.8
Heavy drinking %   2023-2024	11.7	11.9	12.0
Has a close friend who drinks alcohol %   2023-2024	42.4	42.0	41.0
Onset age - getting drunk Number   2023-2024	14.6	14.7	14.7

### Cannabis

Has tried cannabis %   2023-2024	20.7	20.1	17.9
Onset age Number   2023-2024	14.5	14.5	14.5

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Has used cannabis, last 12 months %   2023-2024	16.9	16.2	14.3
Daily cannabis user, last 12 months %   2023-2024	4.5	4.4	3.8
Has a close friend who uses cannabis %   2023-2024	30.9	30.0	26.2
Exposed to cannabis smoke at home %   2023-2024	14.9	14.2	11.8

## Drugs

Has used drugs, last 12 months (excluding tobacco, alcohol and cannabis) to get high %   2022-2023	29.3	29.4	29.4
LSD and other hallucinogens %   2022-2023	5.0	5.1	4.6
Pain relievers %   2022-2023	7.4	7.2	5.8
Amphetamines %   2022-2023	2.5	2.5	2.4
Ecstasy, MDMA %   2022-2023	2.5	2.5	2.3
Cocaine %   2022-2023	3.2	3.1	2.9
Cough and cold medicines %   2022-2023	23.9	23.7	24.5
Stimulants %   2022-2023	3.9	3.8	3.7
Sedatives / tranquilizers %   2022-2023	2.9	2.9	2.7
Methamphetamines / Crystal methamphetamine %   2022-2023	2.4	2.2	2.1
Glue or solvents %   2022-2023	2.7	2.5	2.2
Heroin %   2022-2023	2.1	1.9	1.8
Other %   2022-2023	6.3	6.1	5.6

## Safety

Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months %   2022-2023	12.4	11.0	11.5
Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months %   2022-2023	18.4	16.7	17.3

**School district**  
Anglophone West

**Education sector**  
Anglophone

**Province**  
New Brunswick

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: School and Community



### School engagement

#### School connectedness

A sense of school connectedness can support students in making healthy choices. Below are students reporting “Strongly agree” or “Agree.”

High level of school connectedness %   2023-2024	84.4	85.8	86.6
I feel close to people at my school %   2023-2024	72.9	74.4	74.7
I feel I am part of my school %   2023-2024	69.1	70.5	72.3
I am happy to be at my school %   2023-2024	60.7	64.7	67.3
I feel the teachers at my school treat me fairly %   2023-2024	79.8	80.3	80.8
I feel safe in my school %   2023-2024	70.7	73.2	75.0

#### Activities inside school

Participates in activities or groups inside school %   2023-2024	64.1	62.7	62.1
Sports team %   2023-2024	40.1	38.7	38.8
Individual sport %   2023-2024	13.2	12.5	11.7
Arts group %   2023-2024	12.5	13.0	12.4
STEM - science, technology, engineering, and mathematics %   2023-2024	5.5	5.3	4.8
Religious / spiritual group %   2023-2024	6.7	6.2	5.0

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Student club or group %   2023-2024	12.0	11.5	10.1
Other activity or group %   2023-2024	13.2	13.5	13.0

## Learning

Learning needs are met at school, agree or strongly agree %   2023-2024	77.6	78.7	80.4
Reads for fun every day %   2022-2023	54.4	54.0	52.2

## Student values

Students reporting “Very important” or “Important”

Getting good grades %   2023-2024	91.0	91.4	91.9
Making friends %   2023-2024	81.0	81.3	82.2
Getting to class on time %   2023-2024	79.1	80.9	82.4
Learning new things %   2023-2024	89.9	90.4	90.3
Expressing their opinion in class %   2023-2024	58.2	58.6	59.4
Getting involved in student groups %   2023-2024	41.4	43.8	41.3
Learning about their culture/heritage %   2023-2024	66.8	67.1	66.4

## Community engagement

### Sense of community belonging

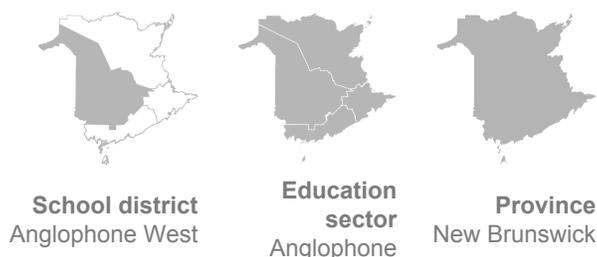
Students reporting “Strongly agree” or “Agree”

Average score of community belonging (scale from 5-25) Number   2023-2024	17.9	17.9	18.1
People say ‘hello’ and stop to talk to each other %   2023-2024	53.3	54.0	53.7
It is safe for children to play outside %   2023-2024	70.5	70.1	71.3
You can trust people around here %   2023-2024	51.3	51.4	53.2
There are good places to spend your free time %   2023-2024	58.4	59.8	60.5

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I could ask for help from neighbours %   2023-2024	64.8	63.5	65.6
Most people here would try to take advantage of you %   2023-2024	23.8	24.5	25.5
<b>Activities outside school</b>			
Participates in activities or groups outside school %   2023-2024	65.5	64.1	64.8
Sports team %   2023-2024	39.4	38.1	39.2
Individual sport %   2023-2024	18.5	17.5	17.3
Arts group %   2023-2024	11.2	11.5	11.7
STEM - science, technology, engineering, and mathematics %   2023-2024	3.5	3.3	3.0
Religious / spiritual group %   2023-2024	11.8	11.7	9.8
Community group %   2023-2024	4.4	4.5	4.0
Other activity or group %   2023-2024	11.0	11.2	10.9
<b>Volunteering</b>			
Participates in volunteer activities, last 12 months %   2023-2024	63.4	63.9	62.0
Supporting a cause %   2023-2024	23.2	23.8	21.8
Fundraising for charity %   2023-2024	22.6	24.1	21.4
Helping in my community %   2023-2024	31.1	31.3	28.4
Helping neighbours or relatives %   2023-2024	48.1	48.3	45.8
Another organized volunteer activity %   2023-2024	26.9	26.9	28.3

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 6-12: Education



### School

#### Autonomy

I can work at my own pace %   2023-2024	65.2	65.8	n/a
The teachers/adults listen to my ideas and opinions %   2023-2024	71.1	72.0	n/a
I have a choice about when and how to do my schoolwork %   2023-2024	29.0	30.6	34.0

#### Relatedness

I have at least one adult in school to go to for help %   2023-2024	79.7	80.0	n/a
My teachers like me and care about me %   2023-2024	31.7	32.5	35.9
I like to be with my teachers %   2023-2024	18.0	19.2	22.2

#### Engagement

I am disruptive in school %   2023-2024	18.2	18.7	n/a
I work hard to learn in school %   2023-2024	84.5	84.9	n/a
I pay attention in class %   2023-2024	83.8	84.6	n/a

#### Relevance

I learned at least one thing that made me want to know more (previous two weeks) %   2023-2024	54.6	56.1	n/a
--	------	------	-----

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Things I learned at school helped me to understand the world %   2023-2024	50.8	51.1	n/a
Things I learned at school are important to my future %   2023-2024	63.1	63.9	n/a
<b>Competence</b>			
I can succeed in my schoolwork %   2023-2024	85.5	85.6	n/a
Schoolwork is too hard %   2023-2024	40.3	41.1	n/a
Schoolwork is just right %   2023-2024	40.8	40.6	n/a
Schoolwork is too easy %   2023-2024	19.0	18.3	n/a
I feel my teachers think I am good at things %   2023-2024	27.0	27.9	31.8
<b>Learning Environment (past two weeks)</b>			
The purpose of the lesson was clear to me %   2023-2024	64.7	65.0	n/a
The teacher checked to make sure I understood %   2023-2024	47.4	48.4	n/a
I used a rubric to self-assess learning %   2022-2023	33.2	31.4	n/a
I co-constructed a rubric %   2022-2023	17.1	16.6	n/a
I worked with a partner or in a small group %   2023-2024	44.9	45.3	n/a
Teacher demonstrated, worked through example, and then gave us a chance to try %   2023-2024	63.4	63.0	n/a
Teacher gave a chance to explain thinking %   2023-2024	44.7	45.3	n/a
Teacher let me show what I learned in different ways %   2023-2024	40.6	41.1	n/a
Teacher took my interests / strengths into account when assigning schoolwork %   2023-2024	30.3	31.1	n/a
Got feedback from the teacher that helped improve my work %   2023-2024	47.0	48.0	n/a
I understood what was taught %   2023-2024	68.5	68.9	n/a

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I could have learned just as well by reading or researching on my own %   2023-2024	46.0	45.4	n/a
I found it hard to pay attention because of class disruptions %   2023-2024	33.7	34.6	n/a
I am expected to work hard in subjects/courses %   2023-2024	77.2	77.2	n/a

## Language and Culture

English Program %   2023-2024	67.9	63.5	n/a
French Immersion Program %   2023-2024	32.1	36.5	n/a
Respecting other cultures is something students should learn as early as possible %   2023-2024	79.4	79.2	n/a

## Bullying

Victim of bullying, last 2 months %   2023-2024	49.7	50.4	48.2
Verbal attacks %   2023-2024	31.7	32.0	30.1
Physical attacks %   2023-2024	9.9	10.8	10.3
Cyber-attacks %   2023-2024	15.4	15.4	14.2
Exclusion %   2023-2024	26.3	26.9	25.8
Theft/vandalism %   2023-2024	15.5	16.3	15.0
Comments on personal features %   2023-2024	20.3	20.6	19.1
Sexual comments/gestures %   2023-2024	19.8	20.5	18.3
Bullied another student, last 2 months %   2023-2024	13.0	13.5	12.1

## Responses when victim of bullying (among students who have been bullied)

I ignored it %   2023-2024	49.9	50.1	50.7
I stood up to the bully or fought back %   2023-2024	26.3	26.6	26.4

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
I tried talking to the bully %   2023-2024	8.4	8.5	8.4
I told an adult at the school about it %   2023-2024	14.1	13.9	14.0
I told an another adult outside of school about it %   2023-2024	20.4	20.5	19.7
I told another student about it %   2023-2024	15.2	15.1	14.5
I called a helpline or other support service %   2023-2024	1.2	1.1	1.1

### Responses when witness of bullying (among students who saw or heard another student being bullied)

I ignored it %   2023-2024	41.7	41.8	41.1
I stood up to the bully or fought back %   2023-2024	16.9	17.5	19.0
I tried talking to the bully %   2023-2024	11.7	12.1	12.4
I told an adult at the school about it %   2023-2024	17.6	17.5	17.4
I told another adult outside of school about it %   2023-2024	15.3	14.5	13.7
I told another student about it %   2023-2024	17.1	17.5	16.9
I tried to help the person being bullied %   2023-2024	22.2	22.7	22.8

### When bullying occurred

Before school %   2023-2024	11.8	10.8	n/a
During classes %   2023-2024	29.9	29.0	n/a
Between classes %   2023-2024	30.0	27.4	n/a
During recess or lunch %   2023-2024	34.8	34.7	n/a
During extra-curricular activities (for example, sports, clubs) %   2023-2024	8.9	8.6	n/a
After school %   2023-2024	41.2	41.9	n/a
Other %   2023-2024	13.4	13.1	n/a

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
<b>Avoided locations because of bullying</b>			
Classrooms (including library and computer rooms) %   2023-2024	14.7	14.2	n/a
Hallways %   2023-2024	26.7	26.6	n/a
Gym %   2023-2024	13.7	13.3	n/a
Change rooms or locker rooms %   2023-2024	21.2	20.9	n/a
Washrooms %   2023-2024	40.3	41.4	n/a
Lunchroom or cafeteria %   2023-2024	18.1	19.0	n/a
Outside on school property (e.g., playground, parking lot) %   2023-2024	28.6	29.3	n/a
Bus %   2023-2024	20.5	18.7	n/a
<b>School response to bullying</b>			
Adults notice when there is bullying %   2023-2024	30.8	31.8	n/a
There is a safe way to report bullying %   2023-2024	40.2	41.7	n/a
Adults deal with bullying quickly %   2023-2024	32.7	33.7	n/a
School is good at preventing bullying %   2023-2024	27.5	29.6	n/a
Respect for others is valued and taught %   2023-2024	53.4	55.1	n/a
Kindness is valued and taught %   2023-2024	56.7	57.9	n/a

## STUDENT WELLNESS AND EDUCATION SURVEY

# Grades 4-5: Wellness



## Demographics

### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	n/a	98.0
Number of students who participated Number   2023-2024	3,495	10,715	14,993
Percentage of students who participated %   2023-2024	92.8	93.1	91.6

### Gender identity

Gender identity refers to the gender that a person feels internally and individually.

Identifies as a boy %   2023-2024	50.3	50.4	50.3
Identifies as a girl %   2023-2024	49.3	49.2	49.4

### Indigenous identity

Self-identifies as Indigenous %   2023-2024	9.8	8.0	6.8
---	-----	-----	-----

### Immigrant

Immigrant %   2023-2024	13.6	16.7	15.7
-------------------------	------	------	------

## Social and Emotional Development

### Levels of mental fitness

Mental fitness encompasses the psychological needs for competence, autonomy, and relatedness

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
High level of mental fitness %   2023-2024	17.3	17.9	19.8
Moderate level of mental fitness %   2023-2024	64.1	63.8	63.6
Low level of mental fitness %   2023-2024	18.7	18.3	16.6
<b>Mental fitness needs</b>			
Need for autonomy highly satisfied %   2023-2024	49.5	48.6	49.4
Need for competence highly satisfied %   2023-2024	79.9	80.0	81.0
Need for relatedness highly satisfied %   2023-2024	89.8	90.0	91.6
<b>Life domains of mental fitness</b> Students reporting "A lot like me."			
Needs highly satisfied by family %   2023-2024	74.6	74.6	77.2
I have a choice about when and how to do my household chores %   2023-2024	29.3	29.1	31.5
I feel I do things well at home %   2023-2024	55.5	55.3	55.3
I like to spend time with my parents %   2023-2024	78.1	78.7	81.5
Needs highly satisfied by friends %   2023-2024	87.6	87.4	87.8
I feel I do things well when I am with my friends %   2023-2024	63.3	64.0	65.0
I have a choice about which activities to do with my friends %   2023-2024	48.3	47.7	44.4
I like to spend time with my friends %   2023-2024	88.7	89.2	89.8
Needs highly satisfied by school %   2023-2024	59.3	60.2	64.6
I have a choice about when and how to do my schoolwork %   2023-2024	28.9	29.0	30.8
I feel I do things well at school %   2023-2024	49.4	50.9	53.6
I like to spend time with my teachers %   2023-2024	41.9	42.1	47.6

School district	Education sector	Province
Anglophone West	Anglophone	New Brunswick

### Pro-social behaviours

Pro-social behaviours are actions intended to benefit others. Below are students reporting “A lot like me”.

High level of pro-social behaviour %   2022-2023	32.3	32.8	35.4
I do favours for people %   2022-2023	30.2	30.6	35.7
I lend things to people %   2022-2023	27.4	28.1	30.5
I help people %   2022-2023	53.0	52.7	53.7
I compliment people %   2022-2023	49.6	47.9	48.1
I share things with people %   2022-2023	41.3	41.5	42.3

### Oppositional behaviours

Oppositional behaviours are disruptive actions that can be a nuisance to the individual or to others. Below are students reporting “A lot like me”.

High level of oppositional behaviour %   2022-2023	16.3	15.5	19.0
I make other people do what I want %   2022-2023	2.1	2.2	3.7
I disobey my parents %   2022-2023	3.6	3.2	4.0
I talk back to my teachers %   2022-2023	3.0	2.6	3.9
I get into fights %   2022-2023	8.1	7.3	7.0
I often say mean things to people to get what I want %   2022-2023	1.6	1.6	1.8
I take things that are not mine %   2022-2023	1.4	1.4	1.8

### Bullying

A student is being bullied when another student, or a group of students, say or do unpleasant things to them. It is also bullying when a student is teased repeatedly in a way they do not like or when they are deliberately left out of things.

Victim of bullying this year %   2023-2024	37.3	35.1	35.0
I feel I can tell adults at the school about bullying problems %   2023-2024	79.0	79.6	79.4

## Healthy Lifestyles

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
<b>Movement and rest</b>			
Daily physical activity, 1 hour %   2023-2024	24.3	24.1	21.9
Commutes actively %   2023-2024	11.7	14.5	12.5
Physically active at school most days, 1 hour or more %   2023-2024	59.2	59.8	60.8
Physically active outside school most days, 1 hour or more %   2023-2024	60.6	60.3	60.9
Has 2 hours or less of screen time, most days %   2023-2024	24.5	24.1	25.8
Has more than 2 hours of screen time, most days %   2023-2024	75.5	75.9	74.2
Spends 3 hours or more playing video games, most days %   2023-2024	19.1	19.2	18.4
<b>Healthy eating</b>			
Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits.			
Eats vegetables or fruits 5 or more times per day %   2023-2024	57.9	56.9	56.5
Drinks sugary drinks %   2023-2024	71.7	70.4	67.2
Eats non nutritious foods %   2023-2024	88.9	88.3	86.0
Drinks milk 2 times or more per day %   2023-2024	52.1	49.9	48.1
Eats breakfast, daily %   2023-2024	43.9	46.5	50.5
Eats breakfast, most days %   2023-2024	60.3	61.7	65.8
Eats at a breakfast or snack program at school %   2023-2024	64.5	55.9	51.6
<b>Second-hand smoke</b>			
Smoking allowed inside home %   2023-2024	11.5	11.8	10.8
Smoking allowed inside family vehicle %   2023-2024	13.8	13.0	12.2
<b>Modeling</b>			
Lives with someone who smokes %   2023-2024	34.8	34.3	31.6

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Parent or guardian is physically active %   2023-2024	87.1	86.0	86.3
Parent or guardian eats healthy food %   2023-2024	96.9	96.6	96.9

## School

### School connectedness

A sense of school connectedness can support students in making healthy choices. Below are students reporting “A lot like me”.

High level of school connectedness %   2022-2023	62.3	62.0	60.3
I feel close to people at my school %   2022-2023	45.4	44.1	44.9
I feel I am part of my school %   2022-2023	59.0	57.9	58.8
I am happy to be at my school %   2022-2023	64.6	65.5	63.3
I feel the teachers at my school treat me fairly %   2022-2023	71.6	71.2	68.0
I feel safe in my school %   2022-2023	70.5	70.5	69.6

### Learning

Engages in leisure reading %   2023-2024	78.8	78.8	78.3
--	------	------	------

## STUDENT WELLNESS AND EDUCATION SURVEY

### Grades 4-5: Education



### School

#### Autonomy

I can work at my own pace %   2023-2024	84.7	85.0	n/a
The teachers/adults listen to my ideas and opinions %   2023-2024	75.1	75.7	n/a
I feel free to express myself at school %   2023-2024	67.9	69.4	n/a
I can succeed in my schoolwork %   2023-2024	89.7	89.9	n/a
I have a choice about when and how to do my schoolwork %   2023-2024	28.9	29.0	30.8

#### Relatedness

My teachers like me and care about me %   2023-2024	89.6	90.7	n/a
I have at least one adult in school to go to for help %   2023-2024	86.4	86.4	n/a
I like to spend time with my teachers %   2023-2024	41.9	42.1	47.6

#### Resilience

I feel I belong at my school %   2023-2024	81.5	82.0	n/a
--	------	------	-----

#### Relevance

I learned at least one thing that made me want to know more (previous two weeks) %   2023-2024	64.1	67.4	n/a
--	------	------	-----

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
Things I learned at school are important to my future %   2023-2024	78.2	79.2	n/a
<b>Competence</b>			
Schoolwork is too hard %   2023-2024	29.7	30.1	n/a
Schoolwork is just right %   2023-2024	41.8	42.0	n/a
Schoolwork is too easy %   2023-2024	28.6	27.9	n/a
I feel I do things well at school %   2023-2024	49.4	50.9	53.6
<b>Teaching and Learning</b>			
The teacher checked to make sure I understood %   2023-2024	48.8	49.8	n/a
I worked with a partner or in a small group %   2023-2024	42.1	41.3	n/a
I could have learned just as well by reading or looking it up %   2023-2024	41.5	39.6	n/a
I found it hard to pay attention because of class disruptions %   2023-2024	59.3	57.3	n/a
I was expected to work hard %   2023-2024	77.5	77.5	n/a
Teacher let me show what I learned in different ways %   2023-2024	49.9	50.0	n/a
I understood what was taught %   2023-2024	68.8	68.9	n/a
<b>Learning Environment</b>			
Teacher gave me a chance to explain my thinking %   2023-2024	47.5	49.1	n/a
Got feedback from the teacher that helped improve my work %   2023-2024	50.4	51.0	n/a
<b>Language and culture</b>			
English program %   2023-2024	64.8	65.4	n/a
French Immersion Program %   2023-2024	35.2	34.6	n/a

<b>School district</b> Anglophone West	<b>Education sector</b> Anglophone	<b>Province</b> New Brunswick
---	---------------------------------------	----------------------------------

## Bullying

### Experienced bullying in the last two months at school

Physical attacks %   2023-2024	<b>46.4</b>	<b>44.3</b>	n/a
Verbal attacks %   2023-2024	<b>77.0</b>	<b>75.3</b>	n/a
Online bullying %   2023-2024	<b>28.0</b>	<b>27.6</b>	n/a
Exclusion %   2023-2024	<b>65.3</b>	<b>62.8</b>	n/a
Someone stole from them or damaged their things %   2023-2024	<b>47.5</b>	<b>46.1</b>	n/a
Someone made mean comments about their race, religion or personal features %   2023-2024	<b>42.0</b>	<b>41.7</b>	n/a

### Avoided locations because of bullying

Classrooms (including library and computer rooms) %   2023-2024	<b>18.2</b>	<b>17.0</b>	n/a
Hallways %   2023-2024	<b>22.3</b>	<b>22.9</b>	n/a
Gym %   2023-2024	<b>15.7</b>	<b>14.3</b>	n/a
Change rooms or locker rooms %   2023-2024	<b>9.9</b>	<b>10.7</b>	n/a
Washrooms %   2023-2024	<b>23.4</b>	<b>23.0</b>	n/a
Lunchroom or cafeteria %   2023-2024	<b>13.4</b>	<b>12.3</b>	n/a
Outside on school property (e.g., playground, parking lot) %   2023-2024	<b>58.7</b>	<b>57.9</b>	n/a
Bus %   2023-2024	<b>37.5</b>	<b>34.5</b>	n/a

STUDENT WELLNESS AND EDUCATION SURVEY

# Grades K-5: Parent/Guardian Perspective



## Demographics

### Context

Percentage of eligible public schools that participated at the provincial level %   2022-2023	n/a	n/a	75.0
Number of parents who participated Number   2023-2024	1,426	4,306	7,200

### Gender identity

Gender identity refers to the gender that a person feels internally and individually.

Boy %   2023-2024	51.7	49.5	49.6
Girl %   2023-2024	47.3	49.7	49.7

## Population groups

People with different backgrounds may have different experiences in their daily lives. This may include the way they are treated. The following are groups with which students identify.

Self-identifies as Indigenous %   2023-2024	5.0	3.6	2.9
Self-identifies as immigrant, newcomer or refugee %   2023-2024	13.6	17.9	14.9
Newcomer, 2 years or less %   2023-2024	64.8	68.6	68.8
Recent immigrant, 5 years or less %   2023-2024	81.2	85.6	85.8
Self-identifies as a person with a disability or special need %   2023-2024	7.1	6.9	5.4
Identifies with racialized groups %   2023-2024	16.8	20.6	17.3

School district	Education sector	Province
Anglophone West	Anglophone	New Brunswick

## Healthy Lifestyles

### Healthy weights

Overweight and obesity in childhood and adolescence have been associated with elevated health risks and morbidities, and increased mortality rates in adulthood. They are risk factors for a large number of serious diseases and conditions like high blood pressure, heart disease, diabetes, stroke, some cancers, and mental health problems.

Overweight or obese %   2023-2024	27.5	28.0	27.4
-----------------------------------	------	------	------

### Movement and rest

Daily physical activity, 1 hour or more %   2023-2024	83.7	80.8	78.8
---	------	------	------

Sleeps 9 hours or more %   2023-2024	69.9	68.5	71.4
--------------------------------------	------	------	------

### Healthy eating

Canada's Food Guide recommends eating a variety of healthy foods each day, including plenty of vegetables and fruits. It also recommends to eat without distractions.

Eats vegetables or fruits 5 or more times per day %   2023-2024	43.9	42.2	44.4
---	------	------	------

Did not eat meals while watching TV last week %   2023-2024	37.0	36.0	40.6
---	------	------	------

Ate meals 3 times or more while watching TV last week %   2023-2024	34.9	36.4	31.9
---	------	------	------

### Second-hand smoke

People allowed to smoke inside home %   2023-2024	0.5	0.8	0.7
---	-----	-----	-----

People allowed to smoke inside family vehicle %   2023-2024	1.4	1.3	1.1
---	-----	-----	-----

### Modeling

Parent is physically active with child, often and very often %   2023-2024	33.7	31.9	29.5
--	------	------	------

Reports someone they live with smokes cigarettes %   2023-2024	13.5	14.2	13.3
--	------	------	------

Parent ate at a fast-food place with child 3 times or more, last week %   2023-2024	4.2	3.9	4.1
---	-----	-----	-----

Engages in leisure reading %   2023-2024	92.8	91.4	90.7
--	------	------	------

	School district Anglophone West	Education sector Anglophone	Province New Brunswick
<b>Parent lifestyle</b>			
Eats vegetables or fruits 5 or more times per day %   2023-2024	45.1	42.9	45.4
Eats highly processed foods 1 time or none per day %   2023-2024	42.3	43.0	46.0
Drinks sugary drinks %   2023-2024	50.0	50.0	47.7
Eats the evening meal with child, daily %   2023-2024	62.2	61.0	62.2
Eats the evening meal with child, most days %   2023-2024	86.9	84.3	84.8
Eats breakfast daily %   2023-2024	58.8	58.4	62.7
Daily moderate or vigorous physical activity %   2023-2024	74.7	73.0	72.2
Has more than 2 hours of screen time, most days, except working hours %   2023-2024	16.7	15.7	13.6
Engages in leisure activities %   2023-2024	86.6	86.2	86.7