

HOW ARE YOUTH

in Grades 6 to 12 in New Brunswick Doing?

SOURCE : 2025-2026 Edition of the New Brunswick Student Wellness and Education Survey

WHAT YOUTH SAY ABOUT THEIR HEALTH



think their **health** is **very good or excellent**

Our average **life satisfaction score** is



7.4/10



42%

think their **mental health** is **very good or excellent**

FACTORS RELATED TO YOUTH HEALTH



90%

have a high level of **school connectedness**



20%

are **feeling lonely** most or all of the time



47%

have been **bullied** at school in the last 2 months



37%

eat breakfast daily



24%

are **physically active** each day for one hour or more



11%

vape daily or occasionally



This data represents us



If you need help, you can contact...

* Kidshelpphone.ca;
1-800-668-6868

* Chimo Helpline:
1-800-667-5005

* Navigapp :
bridgethegapp.ca

* Social worker or
school psychologist

* Child and Youth Teams

* Another trusted adult (ex.,
family member, teacher)

