



Screen time and social media use among NB Youth

Results from the **2022-2023** edition
New Brunswick Student Wellness Survey (Grades 6 to 12)

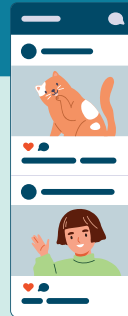


Screen time

In 2022-2023,

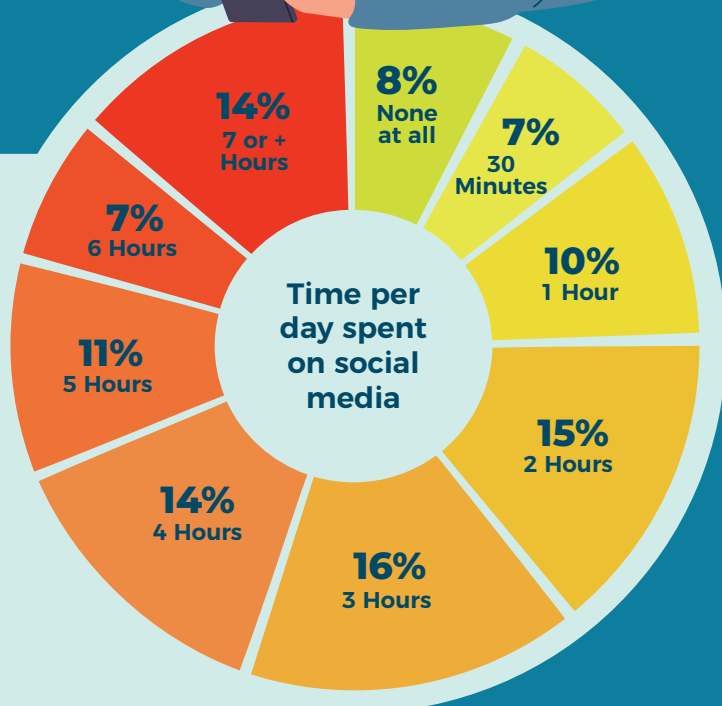
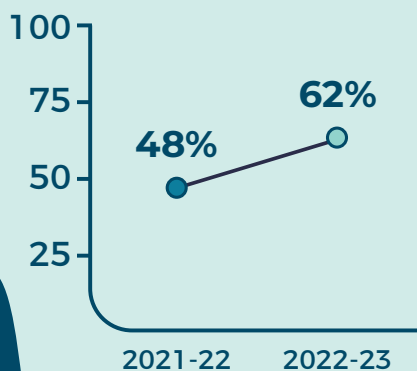
85%

of youth reported spending more than 2 hours per day of screen time, on weekdays.



Social Media

Students who spend 3 hours or more per day on social media



RESOURCE:

kidshelpphone.ca/get-info/social-media-resources-to-support-your-mental-health



New Brunswick Health Council

Conseil de la santé du Nouveau-Brunswick

nbhc.ca/sws