



SOCIAL RELATIONSHIPS AND INFLUENCES

Building healthy and positive social relationships is the foundation for learning and living. Children's earliest relationships and experiences contribute significantly to their physical and emotional development, and result in experiences that either impede or positively impact their growth (Casas, 2001).

Social Influences and Healthy Eating

- 67% of students reported eating lunch with friends.
- 70% of students reported eating at least one meal with their parent, step-parent or guardian on the previous day. The majority of these students (65%) reported having dinner with their parent, step-parent or guardian.
- 24% of those who ate dinner with their parent(s) reported eating vegetables 3 or more times compared to 19% of those who did not eat dinner with their parent(s).

Who did you eat dinner with yesterday?	Percentage of Students Reporting	
	Ate vegetables LESS THAN 3 times yesterday	Ate vegetables EQUAL OR MORE THAN 3 times yesterday
Ate dinner with parent(s)	76	24
Did not eat dinner with parent(s)	81	19

Social Influences and Physical Activity

Physically *active* students are more likely than those who are *inactive* to report that they have *active* friends. 86% of *active* students reported having 3 or more close friends who were also *active*, compared to 55% of *inactive* students.

How many of your 5 closest friends are physically active?	Percentage Reporting		
	Inactive Students	Moderately Active Students	Active Students
None	13	4	2
1 or 2	33	22	12
3 or more	55	74	86

Generally, physically *active* youth are more likely to report that they have *active* parents. 62% of *active* students reported having *active* parents, compared to 38% of *inactive* students.

Student reports about parents' physical activity levels	Percentage Reporting		
	Inactive Students	Moderately Active Students	Active Students
Parents are <i>Active</i>	38	52	62
Parents are <i>Inactive</i>	62	48	38

Social Influences and Tobacco Use

- Most students reported that none of their friends smoke.
- There are a number of students, 53%, who have at least one family member who smokes.
- Students who have a family member who smokes are almost twice as likely to report smoking.

How many of your 5 closest friends smoke?	% of Students who never smoked	% of Students who have smoked
0	83	30
1 or 2	12	27
3 or more	5	43

Family member smokes	% of Students who never smoked	% of Students who have smoked
Parent, Step-Parent, or Guardian	41	64
Sibling	10	35

- 78% of youth who have smoked in the last 30 days reported smoking by themselves on various occasions.
- In addition:
 - 32% reported that they have smoked with their parents.
 - 52% reported that they have smoked with other family members.
 - 94% indicated that they have smoked with friends.

- These results were obtained from the 2006-2007 New Brunswick Student Wellness Survey.
- The survey data were gathered from over 33,000 students in the province.
- The majority of the students surveyed were in grades 6 to 12 with some grade 5 students included.
- 184 schools were included in the survey.