UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2021–2022 S survey of Grade 6, 7, 8 students

British Columbia

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Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of school children in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. It has been a long time since we were your age, so we need you to be our “teachers”, so that we can learn more about the lives of children today. To learn about children your age, we would like to ask you some questions about how you think and feel about things in your life and about what you like to do.

Here are some things to know before getting started:

1. This is **not a test**! There are **no right or wrong answers**. Some people think or feel one thing and other people think or feel something else. We want to know what you think and how you feel. Your answers are VERY IMPORTANT and will help improve activities and programs for children your age.

2. It is your **choice** to fill out the survey. You can choose not to fill out the survey at any time before, during or after your survey is finished and you will not get in trouble or lose marks. You don’t have to answer any questions you don’t want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the “Withdraw from this survey” button on the bottom of every page.

3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents, or your friends.

Please answer each question the best you can.

Thank you for your help!

Start Survey

Withdraw from this survey
Quick review before you start (check the boxes to confirm):

- [ ] I understand this survey does not count for school marks
- [ ] I understand I can stop doing the survey at any time
- [ ] I understand I can skip a question
- [ ] I understand this is confidential (private)

Are you doing this survey from:

- School
- Home

Withdraw from this survey
Please tell us a little bit about yourself

1. What is your birth date?
   - Day
   - Month
   - Year

2. Which of these adults do you live with most of the time?
   (Check all adults you live with.)
   - Mother
   - Father
   - Stepfather
   - Stepmother
   - Grandmother
   - Grandfather
   - Two mothers
   - Two fathers
   - Part time with each parent
   - Foster parent(s) or caregiver(s)
   - Other adults

3. How many brothers and sisters do you have?
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7 or more

4. How do you describe your gender?
   - Boy
   - Girl
   - In another way

   You can check more than one box if you want to.

   If you do not want to answer, please go to the next page.

   The way I describe my gender is...
All of your family members might not be First Nations, Métis or Inuit but maybe some of them are.
We want to know about YOU.
Are you First Nations, Métis or Inuit?
If so, please answer YES.

5. Are you First Nations, Métis or Inuit?
   No  Yes  Part
   ☐   ☑   ☐

Which do you identify as?
   ☑ First Nations
   ☑ Métis
   ☐ Inuit

Please share your First Nation(s), Métis or Inuit community/communities here:

6. What is the first language you learned at home? (You can check more than one if you need to.)
   ☑ First Nations, Métis or Inuit language
   ☐ English
   ☐ Cantonese
   ☐ Filipino/Tagalog
   ☐ French
   ☐ Hindi
   ☐ Japanese
   ☐ Korean
   ☐ Mandarin
   ☐ Punjabi
   ☐ Spanish
   ☐ Vietnamese
   ☑ Other

Which First Nations, Métis or Inuit language?

Other:
7. Which language(s) do you speak at home? (You can check more than one if you need to.)

- First Nations, Métis or Inuit language
- English
- Cantonese
- Filipino/Tagalog
- French
- Hindi
- Japanese
- Korean
- Mandarin
- Punjabi
- Spanish
- Vietnamese
- Other

Which First Nations, Métis or Inuit language?

Other:

8. Were you born in Canada?

- No
- Yes
- Don’t Know

9. Was your mother (or step mother, second parent, guardian) born in Canada?

- No
- Yes
- Don’t Know
- Not applicable

10. Was your father (or step father, second parent, guardian) born in Canada?

- No
- Yes
- Don’t Know
- Not applicable

11. How difficult is it for you to read in English?

- Very hard
- Hard
- Easy
- Very easy
INSTRUCTIONS AND SAMPLE QUESTIONS

If you do not understand a question, please raise your hand and ask for help.

Make sure you understand the question and the answer options before you answer.

Here are sample questions for practice.

These questions ask you how much you agree or disagree with the statement.

I like to eat carrots.

- Disagree a lot
- Disagree a little
- Don't agree or disagree
- Agree a little
- Agree a lot

I don't like to eat pizza.

- Disagree a lot
- Disagree a little
- Don't agree or disagree
- Agree a little
- Agree a lot
Let's start now!

Remember, there are no right or wrong answers!

1. I feel sorry for other kids who don't have the things that I have.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

2. When I see someone being treated mean it bothers me.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

3. I am a person who cares about the feelings of others.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

4. I have more good times than bad times.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

5. I believe more good things than bad things will happen to me.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot
6. I start most days thinking I will have a good day.

7. In general, I like being the way I am.

8. Overall, I have a lot to be proud of.

9. A lot of things about me are good.
10. I feel unhappy a lot of the time.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot

11. I feel upset about things.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot

12. I feel that I do things wrong a lot.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot

13. I worry about what other kids might be saying about me.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot

14. I worry a lot that other people might not like me.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot

15. I worry about being teased.  
   - Disagree a lot 
   - Disagree a little 
   - Don’t agree or disagree 
   - Agree a little 
   - Agree a lot
16. In most ways my life is close to the way I would want it to be.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

17. The things in my life are excellent.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

18. I am happy with my life.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

19. So far I have gotten the important things I want in life.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

20. If I could live my life over, I would have it the same way.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot
Since the start of this school year, how often did you do this?

21. I cheered someone up who was feeling sad.
   - Not at all this school year
   - Once or a few times
   - About every month
   - About every week
   - Many times a week

22. I helped someone who was being picked on.
   - Not at all this school year
   - Once or a few times
   - About every month
   - About every week
   - Many times a week

23. I helped someone who was hurt.
   - Not at all this school year
   - Once or a few times
   - About every month
   - About every week
   - Many times a week
24. Are there any adults who are **IMPORTANT TO YOU** at your **school**?

No  Yes

If you answered 'Yes' to the question above, we would like you to put in the initial (the first letter in the person’s first OR last name) for ALL of the adults who are **important to you** at your **school**. For example, if your teacher’s name is Mr. Reed, you can just type an 'R' in the space, or if your supervision aide's name is Jane, you can just type the letter 'J' in the space. You do not have to fill in all six spaces.

Person 1  

Person 2  

Person 3  

Person 4  

Person 5  

Person 6  

Previous  Next
How true is each statement for you?

At my **school**, there is a teacher or another adult...

25. ... who really cares about me.

<table>
<thead>
<tr>
<th>Not at all true</th>
<th>A little true</th>
<th>Pretty much true</th>
<th>Very much true</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
</tr>
</tbody>
</table>

26. ... who believes that I will be a success.

<table>
<thead>
<tr>
<th>Not at all true</th>
<th>A little true</th>
<th>Pretty much true</th>
<th>Very much true</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
</tr>
</tbody>
</table>

27. ... who listens to me when I have something to say.

<table>
<thead>
<tr>
<th>Not at all true</th>
<th>A little true</th>
<th>Pretty much true</th>
<th>Very much true</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
<td><img src="false" alt="Circle" /></td>
</tr>
</tbody>
</table>
The next four questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

In my **home**, there is a parent or another adult...

28. ... who believes that I will be a success.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

29. ... who listens to me when I have something to say.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

30. ... who I can talk to about my problems.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

31. I care about what my parents (or guardians) think of me.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true
In my **neighbourhood/community** (not from your school or family), there is an adult...

32. ... who really cares about me.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

33. ... who believes that I will be a success.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

34. ... who listens to me when I have something to say.
   - Not at all true
   - A little true
   - Pretty much true
   - Very much true

35. Are there places in your **neighbourhood/community** that provide programs for kids your age, like sports (for example, swimming, soccer, hockey), art, dance, music classes, and other clubs and activities?
   - No
   - Yes
   - Don’t know

36. Are there safe places in your **neighbourhood/community** where you feel comfortable to hang out with friends, like playgrounds, parks, or community centres?
   - No
   - Yes
   - Don’t know
Please answer the following questions about you and your friend(s) and your school.

37. I feel part of a group of friends that do things together.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

38. I feel that I usually fit in with other kids around me.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

39. When I am with other kids my age, I feel I belong.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

40. I have at least one really good friend I can talk to when something is bothering me.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

41. I have a friend I can talk everything to.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

42. There is somebody my age who really understands me.
   Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot
<table>
<thead>
<tr>
<th>Question</th>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>43. I am certain I can learn the skills taught in school this year.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>44. If I have enough time, I can do a good job on all my school work.</td>
<td></td>
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</tr>
<tr>
<td>45. Even if the work in school is hard, I can learn it.</td>
<td></td>
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</tr>
</tbody>
</table>
46. Teachers and students treat each other with respect in this school.

47. People care about each other in this school.

48. Students in this school help each other, even if they are not friends.

49. I feel like I belong in this school.

50. I feel like I am important to this school.

51. When I grow up, I have goals and plans for the future.
52. How important is it to you to do the following in school:

a) Make friends?

- Not important at all
- Not very important
- Somewhat important
- Very important

b) Get good grades?

- Not important at all
- Not very important
- Somewhat important
- Very important

c) Learn new things?

- Not important at all
- Not very important
- Somewhat important
- Very important
**Important definition:** Bully - There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students will bully another student.

The next four questions might make you feel uncomfortable, but it is important for us to know. Please answer the questions honestly.

This school year, how often have you been bullied by other students in the following ways?

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all this school year</th>
<th>Once or a few times</th>
<th>About every month</th>
<th>About every week</th>
<th>Many times a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>53. Physical bullying (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).</td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
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</tr>
<tr>
<td>54. Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).</td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
</tr>
<tr>
<td>55. Social bullying (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).</td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
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</tr>
<tr>
<td>56. Cyberbullying (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).</td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
<td><img src="image" alt="Radio Button" /></td>
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</tbody>
</table>
The next questions ask about your health. Sometimes children your age may feel that these kinds of questions are uncomfortable to answer. Remember you are helping us to learn more about the health of children your age in Canada.

57. In general, how would you describe your health?

- Poor
- Fair
- Good
- Excellent

58. Who would you talk to if you were feeling sad, stressed, or worried? (Check ALL that are true for you)

- An adult at school (for example, a teacher, school counselor or another adult at school)
- A family member (for example, a parent, grandparent, aunt/uncle, older sibling or cousin, or another adult that lives with me)
- An adult in my community (for example, a coach, an elder, after-school program staff, or another adult in my community)
- A health professional (for example, a doctor, nurse, or a counselor)
- My friend(s)
- I would not know who to talk to
- I would prefer to handle it on my own
- I would talk to someone else (someone not on this list)
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>61. How often do you eat breakfast?</td>
<td>Never, Once a week, 2 times a week, 3 times a week, 4 times a week, 5 times a week, 6 times a week, Every day</td>
</tr>
<tr>
<td>62. How often do your parents or other adult family members eat meals with you?</td>
<td>Never, Once a week, 2 times a week, 3 times a week, 4 times a week, 5 times a week, 6 times a week, Every day</td>
</tr>
<tr>
<td>63. How often do you eat food like pop, candy, potato chips, or something else?</td>
<td>Never, Once a week, 2 times a week, 3 times a week, 4 times a week, 5 times a week, 6 times a week, Every day</td>
</tr>
<tr>
<td>64. How often do you get a good night's sleep?</td>
<td>Never, Once a week, 2 times a week, 3 times a week, 4 times a week, 5 times a week, 6 times a week, Every day</td>
</tr>
<tr>
<td>65. What time do you usually go to bed during the weekdays?</td>
<td>Before 9:00pm, Between 9:00pm and 10:00pm, Between 10:00pm and 11:00pm, Between 11:00pm and midnight, After 12:00am/midnight</td>
</tr>
</tbody>
</table>
ABOUT MY AFTER SCHOOL TIME

66. On school days, who are you usually with for most of the time from after school to dinner time (about 3:00 pm to 6:00 pm)? (Please check all of the people you are with after school.)

- By myself
- Friend(s) about my age
- Mother (or stepmother, foster mother)
- Father (or stepfather, foster father)
- Younger brothers/sisters
- Older brothers/sisters
- Grandparent(s)
- Other adult(s) (for example, elder, aunt or uncle, coach, babysitter)
- Other
67. How many days a week do you go to these places from after school to dinner time (about 3:00 pm to 6:00 pm)?

a) I go home.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
</tr>
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</table>

b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
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</table>

c) I go to an after school program/daycare (in my school or someplace else).

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
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</table>

d) I go to a friend’s house.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
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</table>

e) I go to a park, playground, or community centre.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
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</thead>
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</tbody>
</table>

f) I hang out at the mall or stores.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
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</tbody>
</table>

g) I go someplace else, for example, a family member’s home, or other places.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
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</tr>
</tbody>
</table>

Previous | Next
The next questions are about activities that are **organized**. That is, the questions are about activities that are planned and supervised by a teacher, instructor, adult, coach or volunteer.

We would like to know what you did after school **last week**.

68. During last week from after school to dinner time (about 3:00 pm to 6:00 pm), how many days did you participate in:

<table>
<thead>
<tr>
<th>Option</th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?</td>
<td></td>
<td></td>
<td></td>
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<td>c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?</td>
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<td>d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?</td>
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<td>e) Team sports with a coach or Instructor (for example, basketball, hockey, soccer, football, or something else)?</td>
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The next questions ask you about other activities that you might do after school. That is, these questions are about activities that are not planned and usually not supervised by a teacher, instructor, adult, coach, or volunteer.

69. During last week from after school to dinner time (about 3:00 pm to 6:00 pm), how much time did you spend doing the following activities on a normal day?

a) ... sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?

- I did not do this activity
- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- 2 or more hours

b) ... do homework?

- I did not do this activity
- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- 2 or more hours

c) ... watch TV, Netflix, YouTube, streaming videos, or something else?

- I did not do this activity
- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- 2 or more hours

d) ... play video or computer games (for example, Play Station, Wii, Xbox, multiplayer online games, or something else)?

- I did not do this activity
- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- 2 or more hours
e) ... read for fun?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

f) ... practice a musical instrument (for example, drums, clarinet, violin, or something else)?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

g) ... do arts & crafts (for example, painting, drawing, or something else)?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

h) ... hang out with friends in person?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

i) ... hang out with friends on the phone, tablet or computer?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

j) ... volunteer (either at school or in the community)?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours

k) ... work at a job (for example, babysitting, mowing the lawn, paper route)?  
I did not do this activity  
Less than 30 minutes  
30 minutes to 1 hour  
1-2 hours  
2 or more hours
70. Think about what you want to do on SCHOOL DAYS from after school to dinner time (about 3:00 pm to 6:00 pm).

☐ I am already doing the activities I want to be doing.
☐ I wish I could do additional activities.

Please list one activity you wish you could do:

Where would you like this activity to be?
☐ School
☐ Home
☐ Park or playground
☐ Community centre
☐ Other
71. What stops you from participating in the activities that you want to participate in after school? (Check all of the things that stop you.)

- Nothing stops me.
- I have to go straight home after school.
- It is too difficult to get there.
- The activity that I want is not offered.
- The schedule does not fit the times that I can attend.
- It’s not safe for me to go.
- I have too much homework to do.
- My parents do not approve.
- It costs too much.
- I need to take care of brothers or sisters or do other things at home.
- I am afraid I will not be good enough in that activity.
- I’m too busy.
- I don’t know what is available.
- None of my friends are interested or want to go.

☐ Other
72. What makes an adult in your school important to you? Please check all the responses that are most important to you.

- This person teaches me how to do things that I don't know.
- I can share personal things and private feelings with this person.
- This person likes me the way I am.
- This person encourages me to pursue my goals and future plans.
- I get to do a lot of fun things with this person or because of this person.
- This person is like who I want to be when I am an adult.
- This person is always fair to me and others.
- This person stands up for me and others when we need it.
- This person lets me make decisions for myself.
73. What makes an adult in your home important to you? This could be a parent (or guardian) or other adult who lives in your home. Please check all the responses that are most important to you.

- This person teaches me how to do things that I don’t know.
- I can share personal things and private feelings with this person.
- This person likes me the way I am.
- This person encourages me to pursue my goals and future plans.
- I get to do a lot of fun things with this person or because of this person.
- This person is like who I want to be when I am an adult.
- This person is always fair to me and others.
- This person stands up for me and others when we need it.
- This person lets me make decisions for myself.
Please answer how often these statements are true for you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
<th>Almost always</th>
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<tr>
<td>74. Once I make a plan to get something done, I stick to it.</td>
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<td>75. I keep at my schoolwork until I am done with it.</td>
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<td>76. I finish whatever I begin.</td>
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<td>77. I am a hard worker.</td>
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<td>78. I feel a sense of accomplishment from what I do.</td>
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</table>

79. I plan to graduate from high school.                                    | No           | Yes       |

80. I plan to graduate from college, university, or some other training after high school. | No           | Yes       |
The next few questions are about volunteering. Volunteering is offering to do something for someone else without being paid. This may include volunteering with a church/religious group, in your school, or in your community (for example, at the library, animal shelter, senior's home, or community centre).

81. Have you ever volunteered?  
   - No  
   - Yes

82. Are you currently volunteering?  
   - No  
   - Yes

83. Do you plan on volunteering in the future?  
   - No  
   - Yes
These questions ask you how much you agree or disagree with the statement. Remember, there are no right or wrong answers.

84. If I disagree with a friend, I tell them.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

85. If I have a reason, I will change my mind.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

86. If I don't understand something, I will ask for an explanation.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

87. When I make a decision, I think about what might happen afterward.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

88. I take responsibility for my mistakes.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot

89. I can say 'no' when someone wants me to do things that are wrong or dangerous.  Disagree a lot  Disagree a little  Don't agree or disagree  Agree a little  Agree a lot
90. When I’m sad, I can usually start doing something that will make me feel better.

91. After I’m interrupted or distracted, I can easily continue working where I left off.

92. I can calm myself down when I’m excited or upset.

93. If something isn’t going according to my plans, I change my actions to try and reach my goal.
94. When I have a serious disagreement with someone, I can talk calmly about it without losing control.

95. I work carefully when I know something will be tricky.

96. When I’m upset, I notice how I am feeling before I take action.

97. I am aware of how my moods affect the way I treat other people.

98. When difficult situations happen I can pause without immediately acting.
99. I believe I can make a difference in the world.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

100. I try to make this world a better place.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot

101. I feel I have important things to do in the future in my life.
   - Disagree a lot
   - Disagree a little
   - Don't agree or disagree
   - Agree a little
   - Agree a lot
Help for Students

Thank you for taking the Middle Years Development Instrument (MDI) survey. Some of the questions on this survey may have made you think of problems you are having, maybe with other students.

Below is an option to ask for help.

Clicking the first box below will send a private message to your teacher or principal who will follow up with you. If you would prefer not to talk to your teacher or principal, consider talking to a family member or your school counsellor. It is important for adults to know what's going on so that they can help you or other students who may be having trouble. You can also call the Kids HELP phone at 1-800-668-6868 or text CONNECT to 686868.

Would you like to talk to your teacher or principal about a problem you are having?

- Yes, I would like to talk to my teacher or principal about a problem I am having
- No, I do not need to talk to someone