



Impact of the COVID-19 pandemic on youth well-being in British Columbia: Findings from the Middle Years Development Instrument (MDI) - COVID-19 Module - Revelstoke

Students who completed the COVID-19 survey module in Revelstoke	2020-21
Total no. of students	58
Male (%)	52%
Female (%)	43%
In Another Way (%)	9%
Mean Age	13

A total of 58 students (52% male, 43% female, 9% in another way; mean age: 13) responded to the COVID-19 survey module asking questions about their experiences during the pandemic. This survey was implemented as part of the Middle Years Development Instrument survey in the school district of Revelstoke (SD19). Responses were collected in January-March 2021, approximately 10-12 months after the COVID-19 pandemic was declared. Key findings from the data are summarized below.

Mental health and coping during the COVID-19 pandemic


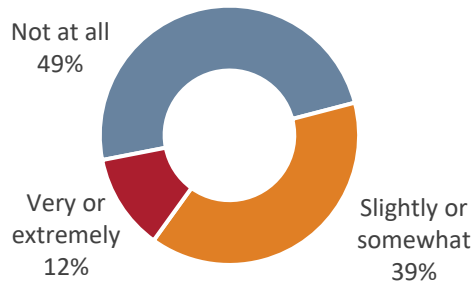
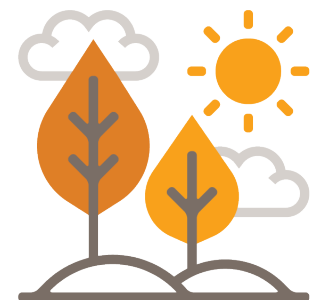
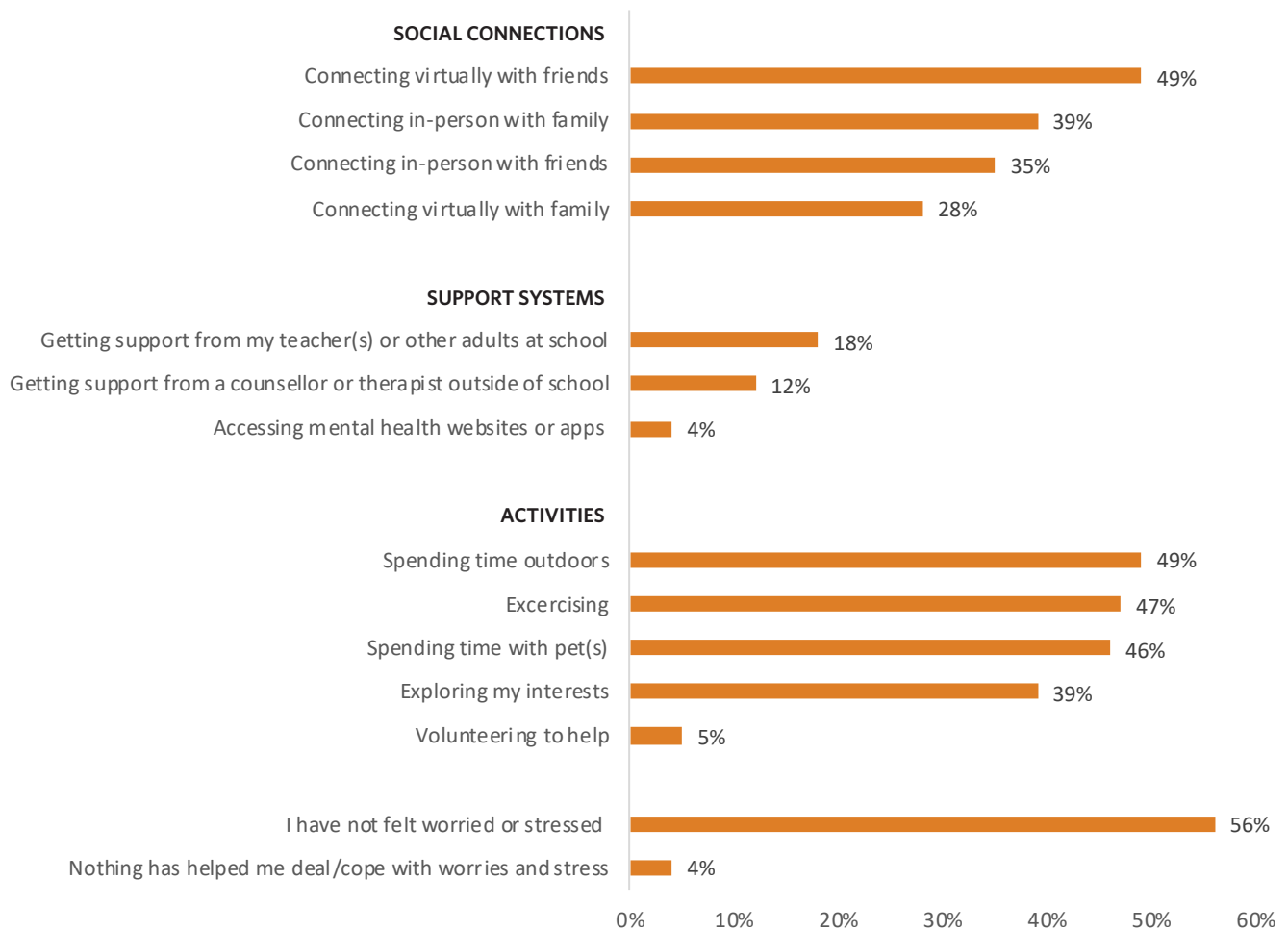
 **Key Finding :** 39% of students reported feeling either slightly or somewhat worried that their mental/emotional health was influenced by the pandemic during the past 2 weeks; 12% of students reported that they were either very or extremely worried.

Figure 1: During the past 2 weeks, how worried have you been about your mental/emotional health being influenced by the pandemic?



Activities that helped students cope with the worries and stress related to the pandemic included: connecting with friends and family either in-person or virtually or engaging in activities such as spending time outdoors, exercising, or spending time with pet(s).

Figure 2: What has helped you deal/cope with worries and stress related to the COVID-19 pandemic?
(Select all that apply)

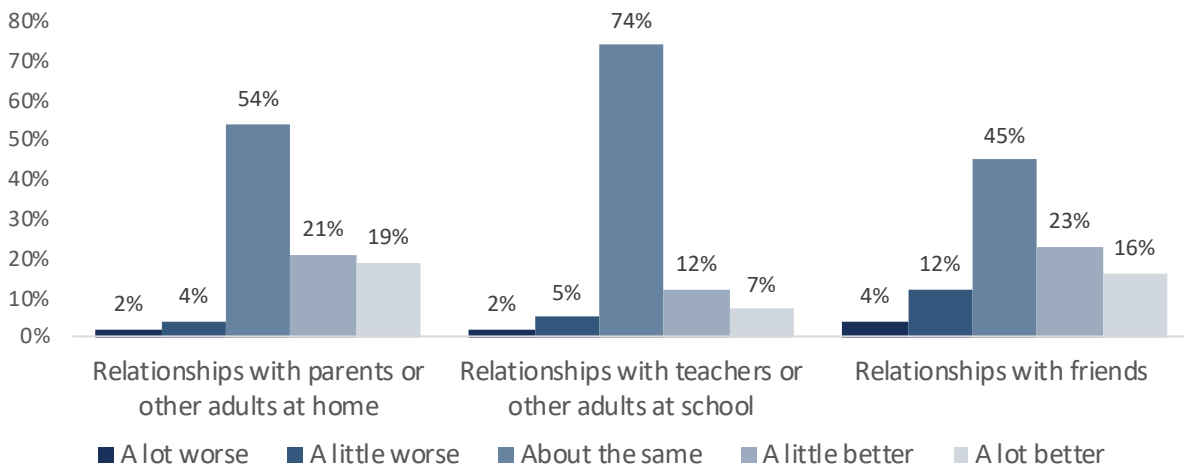


Changes in social connections during the COVID-19 pandemic

Key Finding: Despite the challenges of the pandemic, the majority of students indicated that their relationships with parents or other adults at home, and with friends, stayed about the same compared to before the pandemic (54% for adults at home; 45% with friends) or improved (40% with adults at home; 39% with friends). Regarding their relationships with teachers or other adults at school, most students (74%) reported their relationships stayed about the same. A smaller proportion of students reported that their relationships got worse with parents or other adults at home (6%), with friends (16%), or with teachers or other adults at school (7%).

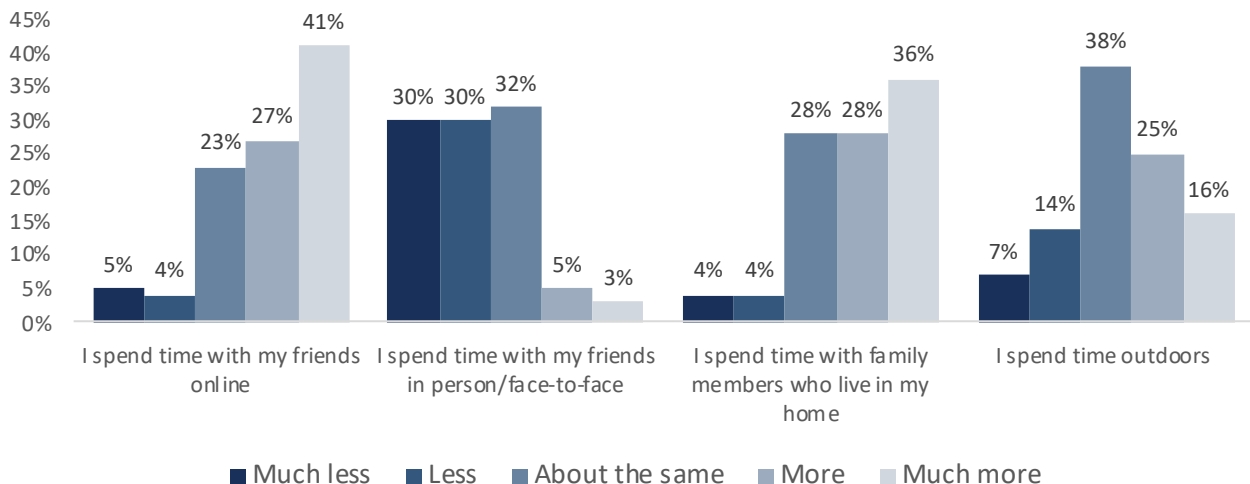


Figure 3: From before the COVID-19 pandemic to now have your relationships gotten worse or better?



Compared to before the pandemic most students reported spending less time with friends in person (60%). Students also reported spending more time with their friends online (68%) and with the family members in their home (64%). 41% of the students indicated spending more time outdoors during the pandemic in comparison to before the pandemic.

Figure 4: How did time spent change from before the pandemic to now?



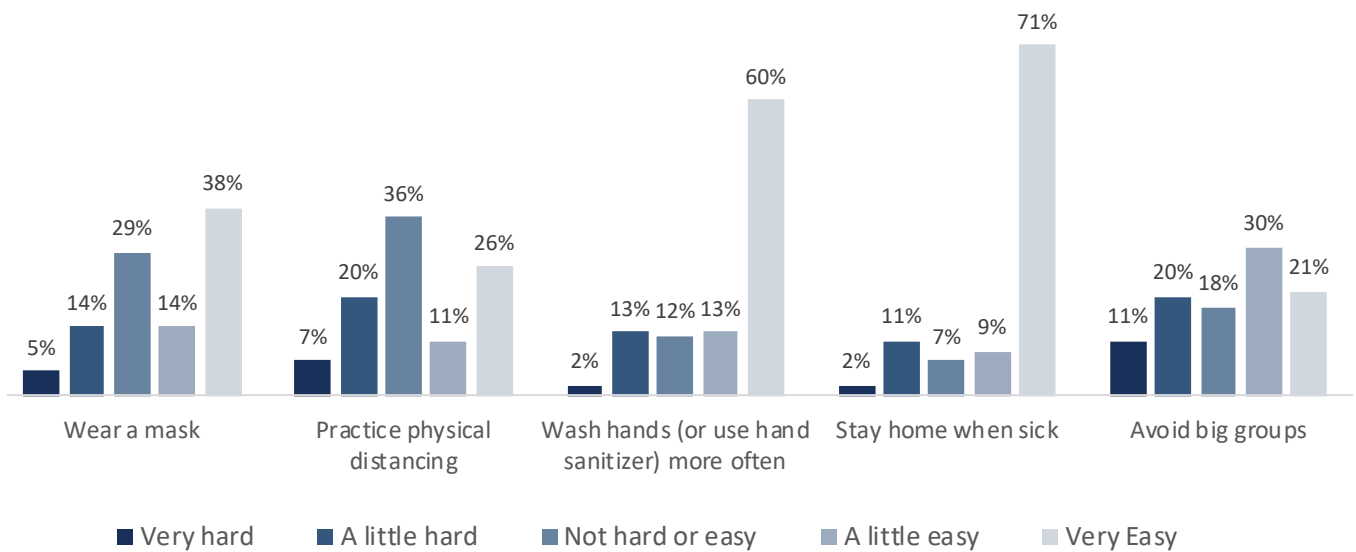
Engaging in COVID-related safety behaviours during the COVID-19 pandemic



Key Finding: A large proportion of students reported that it was a little or very easy to wash hands or use hand sanitizer (73%) or to stay home when sick (80%). Comparatively, a smaller proportion of students reported that it was a little or very easy to wear a mask (52%), practice physical distancing (37%) or to avoid big groups (51%).

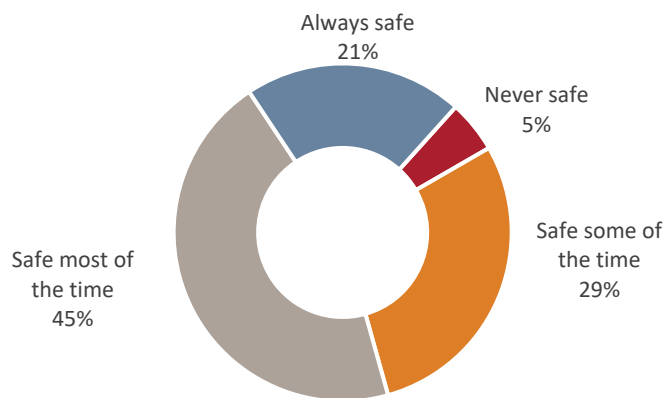
Over the course of the pandemic, provincial guidelines for schools regarding mask wearing, physical distancing, self-assessed daily health checks, and availability of sanitizing materials were implemented in BC.

Figure 5: How easy or hard is it for you to do the following behaviours at your school?



While the majority of students reported feeling always safe (21%) or safe most of the time (45%) from getting COVID-19 at school, 29% of students reported feeling safe some of the time, and 5% of students reported feeling never safe from getting COVID-19 at school.

Figure 6: How often do the COVID-19 safety measures at school make you feel safe from getting COVID-19?

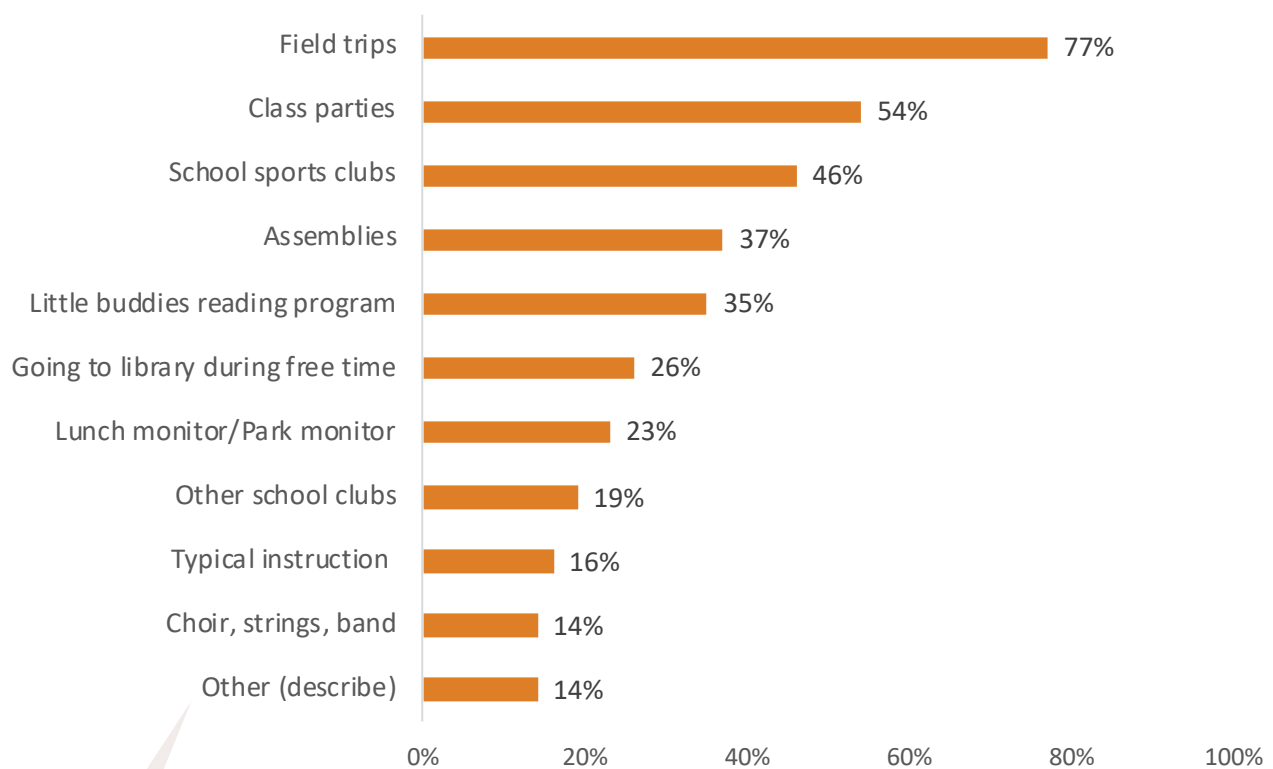


School activities students report missing during the COVID-19 pandemic



Key Finding : Students reported missing several aspects of their day-to-day life at school. Most frequently, students missed field trips (77%), class parties (54%), and participation in school sports clubs (46%).

Figure 7: What do you miss the most at school during COVID-19 pandemic?
(Select all that apply)



Voices: Examples of other aspects of school that students report missing include...

“Most art things :(”

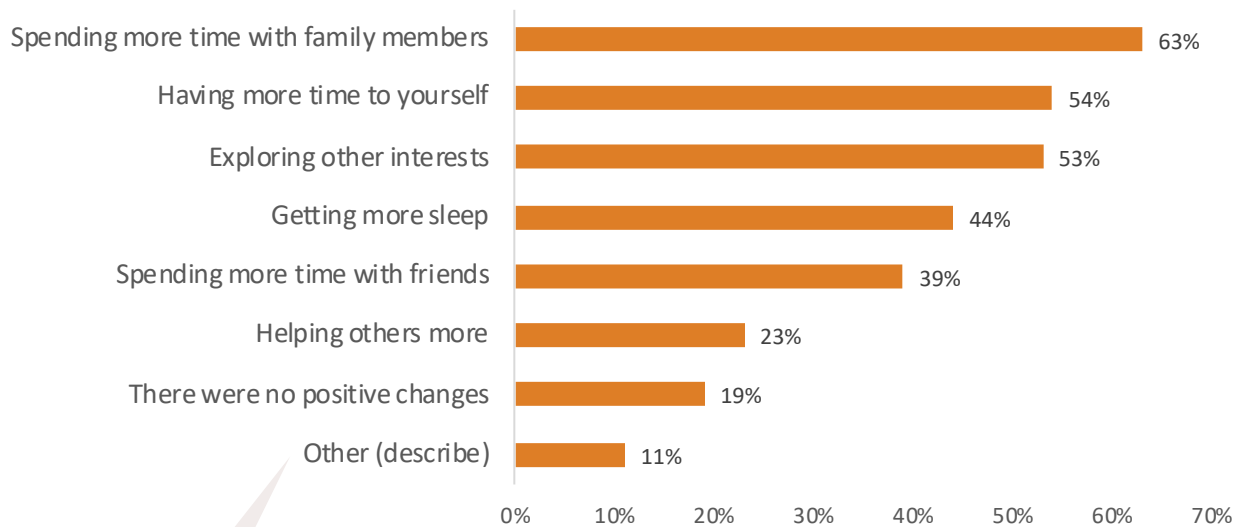
“Being able to touch people”

Positive changes that students report during the COVID-19 pandemic

Key Finding : Some students also noted positive changes that had occurred during the pandemic. The most frequently mentioned positive changes included spending more time with family members (63%), having more time to themselves (54%), and exploring other interests (53%). 19% of students reported that there were no positive changes that occurred during the pandemic.



Figure 8: What are some positive changes that have occurred in your life during the COVID-19 pandemic? (Select all that apply)



Voices: Examples of other positive changes that students report include...

“Have more time to talk to my online friends, and see what they’re usually up to :)”

“less drama”

School districts and communities can utilize data from their local [MDI reports](#) to make comparisons between MDI data collected before and during the global pandemic, as well as use their MDI data to follow groups of children over time, taking their local context into consideration. For more practical strategies, tools and resources to assist in understanding and supporting children’s well-being and positive development in the middle years, visit [Discover MDI](#) - the Field Guide for the MDI, or contact the Human Early Learning Partnership (HELP) MDI team at mdi@help.ubc.ca

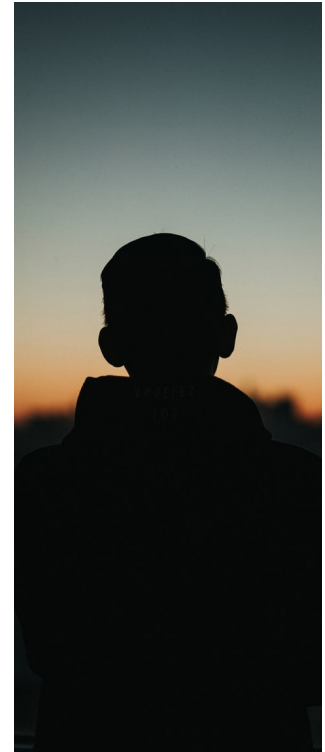
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