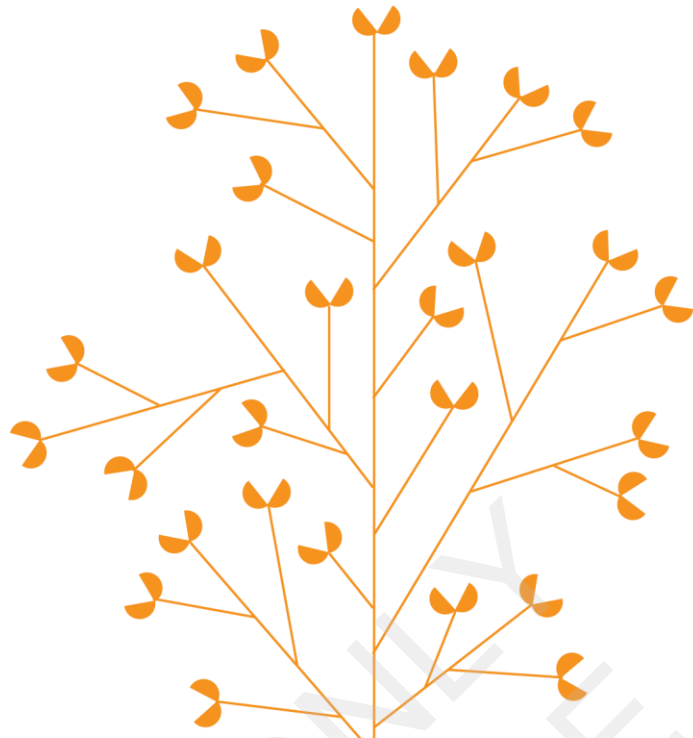




MDI



# UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2021–2022 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA

HUMAN  
EARLY LEARNING  
PARTNERSHIP



MDi

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Version: Nov 1, 2021  
H18-00507-A034

## 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!

HUMAN  
EARLY LEARNING  
PARTNERSHIP

Start Survey

Withdraw from this survey

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3% complete

### Quick review before you start (check the boxes to confirm):

☐ I understand this survey does not count for school marks

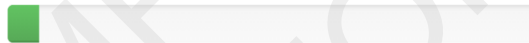
☐ I understand I can stop doing the survey at any time

☐ I understand I can skip a question

☐ I understand this is confidential (private)

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6% complete

Are you doing this survey from:

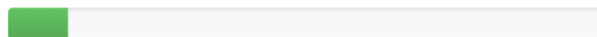
School ☐

Home ☐

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Withdraw from this survey



10% complete

## 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...

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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
- ☐ ☐ ☐ ☐

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## 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

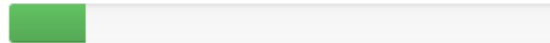
Don't agree or  
disagree

Agree a  
little

Agree  
a lot

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14% complete

## Lets 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

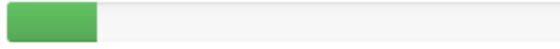
Agree a little

Agree a lot

Previous

Next



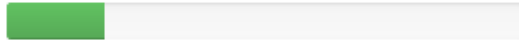


16% complete

6. I start most days thinking I will have a good day.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
7. In general, I like being the way I am.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
8. Overall, I have a lot to be proud of.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
9. A lot of things about me are good.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

Previous

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19% complete

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

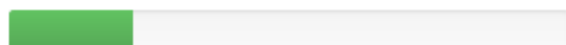
Agree a little

Agree a lot



Previous

Next

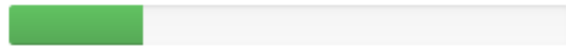


22% complete

16. In most ways my life is close to the way I would want it to be.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
17. The things in my life are excellent.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
18. I am happy with my life.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
19. So far I have gotten the important things I want in life.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
20. If I could live my life over, I would have it the same way.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

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24% complete

**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

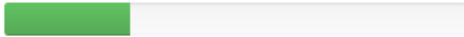


Many times a week



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Next



27% complete

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 in the letter 'J' in the space. You do not have to fill in all six spaces.

Person 1

Person 2

Person 3

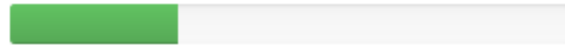
Person 4

Person 5

Person 6

Previous

Next



30% complete

## How true is each statement for you?

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

25. ... who really cares about me.

Not at  
all  
true  
☐

A  
little  
true  
☐

Pretty  
much  
true  
☐

Very  
much  
true  
☐

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

Not at  
all  
true  
☐

A  
little  
true  
☐

Pretty  
much  
true  
☐

Very  
much  
true  
☐

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

Not at  
all  
true  
☐

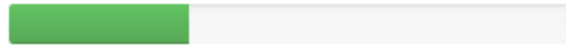
A  
little  
true  
☐

Pretty  
much  
true  
☐

Very  
much  
true  
☐

Previous

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32% complete

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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Not at all true	A little true	Pretty much true	Very much true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. ... who I can talk to about my problems.

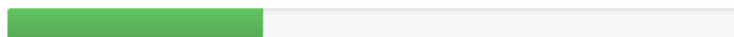
Not at all true	A little true	Pretty much true	Very much true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Previous

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35% complete

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



Previous

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38% complete

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

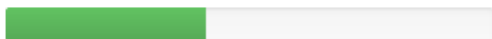
Don't know



Previous

Next





41% complete

**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 tell 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

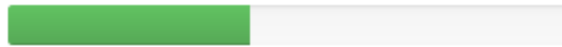
☐

Agree a lot

☐

Previous

Next



43% complete

43. I am certain I can learn the skills taught in school this year.

Disagree  
a lot



Disagree  
a little



Don't  
agree or  
disagree



Agree  
a  
little



Agree  
a lot



44. If I have enough time, I can do a good job on all my school work.

Disagree  
a lot



Disagree  
a little



Don't  
agree or  
disagree



Agree  
a  
little



Agree  
a lot



45. Even if the work in school is hard, I can learn it.

Disagree  
a lot



Disagree  
a little



Don't  
agree or  
disagree



Agree  
a  
little



Agree  
a lot



Previous

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46% complete

46. Teachers and students treat each other with respect in this school.

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

47. People care about each other in this school.

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

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

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

49. I feel like I belong in this school.

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

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

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

51. When I grow up, I have goals and plans for the future.

Disagree  
a lot

☐

Disagree  
a little

☐

Don't  
agree or  
disagree

☐

Agree  
a  
little

☐

Agree  
a lot

☐

Previous

Next



49% complete

## 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

☐      ☐      ☐      ☐

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51% complete

**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?**

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).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

54. Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55. Social bullying (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56. Cyberbullying (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).

Not at all this school year	Once or a few times	About every month	About every week	Many times a week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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55% complete

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)

Previous

Next



71% complete

59. a) How do you usually get TO school:

- |                       |                       |  |                       |  |                                  |
|-----------------------|-----------------------|--|-----------------------|--|----------------------------------|
| Car                   | School bus            | Public transportation (public bus, train or ferry) | Walk                  | Cycle, skateboard, scooter, or rollerblade | Something else                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                              | <input type="radio"/> | <input type="radio"/>                      | <input checked="" type="radio"/> |

59. b) How do you usually get home FROM school:

- |                       |                       |  |                       |  |                                  |
|-----------------------|-----------------------|--|-----------------------|--|----------------------------------|
| Car                   | School bus            | Public transportation (public bus, train or ferry) | Walk                  | Cycle, skateboard, scooter, or rollerblade | Something else                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                              | <input type="radio"/> | <input type="radio"/>                      | <input checked="" type="radio"/> |

60. If you could choose, how would you WISH to get TO and FROM school?

- |                       |                       |  |                       |  |                                  |
|-----------------------|-----------------------|--|-----------------------|--|----------------------------------|
| Car                   | School bus            | Public transportation (public bus, train or ferry) | Walk                  | Cycle, skateboard, scooter, or rollerblade | Something else                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                              | <input type="radio"/> | <input type="radio"/>                      | <input checked="" type="radio"/> |

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59% complete

61. How often do you eat breakfast?

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

☐      ☐      ☐      ☐      ☐      ☐      ☐      ☐

62. How often do your parents or other adult family members eat meals with you?

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

☐      ☐      ☐      ☐      ☐      ☐      ☐      ☐

63. How often do you eat food like pop, candy, potato chips, or something else?

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

☐      ☐      ☐      ☐      ☐      ☐      ☐      ☐

64. How often do you get a good night's sleep?

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

☐      ☐      ☐      ☐      ☐      ☐      ☐      ☐

65. What time do you usually go to bed during the weekdays?

Before 9:00pm      Between 9:00pm and 10:00pm      Between 10:00pm and 11:00pm      Between 11:00pm and midnight      After 12:00am/midnight

☐      ☐      ☐      ☐      ☐

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77% complete

## 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

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65% complete

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.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

d) I go to a friend's house.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

f) I hang out at the mall or stores.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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68% complete

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:

a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)

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70% complete

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 <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input checked="" type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
b) ... do homework?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
c) ... watch TV, Netflix, YouTube, streaming videos, or something else?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
d) ... play video or computer games (for example, Play Station, Wii, Xbox, multiuser online games, or something else)?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>

e) ... read for fun?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
f) ... practice a musical instrument (for example, drums, clarinet, violin, or something else)?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
g) ... do arts & crafts (for example, painting, drawing, or something else)?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
h) ... hang out with friends in person?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
i) ... hang out with friends on the phone, tablet or computer?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
j) ... volunteer (either at school or in the community)?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>
<hr/>					
k) ... work at a job (for example, babysitting, mowing the lawn, paper route)?	I did not do this activity <input type="radio"/>	Less than 30 minutes <input type="radio"/>	30 minutes to 1 hour <input type="radio"/>	1-2 hours <input type="radio"/>	2 or more hours <input type="radio"/>

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90% complete

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



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94% complete

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

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78% complete

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.

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81% complete

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.

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84% complete

Please answer how often these statements are true for you.

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

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86% complete

79. I plan to graduate from high school.	No	Yes
	<input type="radio"/>	<input type="radio"/>
80. I plan to graduate from college, university, or some other training after high school.	No	Yes
	<input type="radio"/>	<input type="radio"/>

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89% complete

**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  
☐ ☐

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92% complete

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

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95% complete

90. When I'm sad, I can usually start doing something that will make me feel better.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
91. After I'm interrupted or distracted, I can easily continue working where I left off.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
92. I can calm myself down when I'm excited or upset.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
93. If something isn't going according to my plans, I change my actions to try and reach my goal.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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97% complete

94. When I have a serious disagreement with someone, I can talk calmly about it without losing control.

Disagree  
a lot

Disagree  
a little

Don't  
agree or  
disagree

Agree  
a  
little

Agree  
a lot



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

Disagree  
a lot

Disagree  
a little

Don't  
agree or  
disagree

Agree  
a  
little

Agree  
a lot



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

Disagree  
a lot

Disagree  
a little

Don't  
agree or  
disagree

Agree  
a  
little

Agree  
a lot



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

Disagree  
a lot

Disagree  
a little

Don't  
agree or  
disagree

Agree  
a  
little

Agree  
a lot



98. When difficult situations happen I can pause without immediately acting.

Disagree  
a lot

Disagree  
a little

Don't  
agree or  
disagree

Agree  
a  
little

Agree  
a lot



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100% complete

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



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### 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