



Childhood Experiences Questionnaire

HUMAN
EARLY LEARNING
PARTNERSHIP



The CHEQ is a questionnaire completed by parents and caregivers at the start of the Kindergarten school year. It helps teachers, school administrators and community partners to provide and improve targeted supports for children and families.

The CHEQ is used to:

- **Develop district and community-wide programs and policies;**
- **Better understand the early experiences of children and families; and**
- **Improve classroom planning and school programming.**

The CHEQ includes questions about children's experiences with language and numeracy, nutrition and sleep habits, activities at home and in the community, and access to and use of resources and services.



The CHEQ at a glance

- Completed by parents and caregivers at the beginning of the school year.
- Completed online at school or home.
- Takes approximately 30 minutes to complete.
- Gathers information on children's experiences that are important to their healthy development and well-being. Includes COVID-19 related questions to help us understand the secondary impacts of the pandemic on children and families.
- Information is summarized in individual, classroom, school and district reports.
- Used by schools and communities to provide targeted supports and services to children and their families.



The CHEQ can be used in schools and districts to:

- Plan for the school year.
- Determine school programming needs.
- Better understand individual children's needs.

The CHEQ can be used in community to:

- Provide targeted supports and services to children and their families.
- Make decisions about programming and services that families want and need.
- Understand barriers to accessing community health services, recreation activities and childcare.

The CHEQ asks parents and caregivers about:



Physical Health & Well-Being

Their child's experiences related to physical health and overall well-being including daily physical activities, routine health care check-ups, nutrition and sleep habits.



Language & Cognitive

A variety of experiences that influence their child's language development and cognition, including reading, storytelling, engaging in conversation and pretend play, rhyming, using pens and pencils, counting and sorting, painting and more.



Social & Emotional Experiences

Different social experiences their child may have had before Kindergarten, including playing with other children, sharing and helping others. In addition, parents/caregivers are asked about opportunities their child may have had to talk about their emotions and the emotional experiences of others.



Early Learning & Care

Their child's experiences in non-parental care arrangements and preschool, as well as challenges faced when looking for care. They are also asked about their child's experience with intervention programs and supports.



Community & Context

Their perceptions of neighbourhood safety, opportunities for children to play outside in their neighbourhood, social support networks and whether neighbours can be counted on to look after children.

The Human Early Learning Partnership

The Human Early Learning Partnership (HELP) is a research institute based at the University of British Columbia. For over 20 years HELP has worked in partnership with schools and school districts across British Columbia to gather population-health data related to healthy child development. The CHEQ is one of a family of tools that can be used as part of HELP's child monitoring system. The information collected is shared with schools and communities to support children and their families.

If you have any questions about this project, please contact the CHEQ Project team:

604.822.3361
cheq@help.ubc.ca
earlylearning.ubc.ca

CHEQ it Out!
earlylearning.ubc.ca/cheq/



Childhood Experiences
Questionnaire

2-5 YEARS

Parent & Caregiver
Questionnaire



Early Development
Questionnaire

5 YEARS

Teacher
Questionnaire



Middle Years Development
Questionnaire

9-13 YEARS

Student
Questionnaire

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Human Early Learning Partnership (HELP)

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The Childhood Experiences Questionnaire (CHEQ)

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Date:	September 2022

Your school and the Human Early Learning Partnership (HELP) at the University of British Columbia (UBC) invite you to take part in the Childhood Experiences Questionnaire (CHEQ). The CHEQ is a questionnaire completed by parents/guardians at the start of the Kindergarten school year. The CHEQ collects information on experiences that are strongly linked to children's health and well-being, education and social outcomes. The Government of British Columbia (BC) sponsors the CHEQ project.

AT A GLANCE

- The CHEQ takes approximately 30 minutes to complete
- Participation is voluntary
- Information is summarized in individual, classroom, school and district reports
- If you would like to learn more about the CHEQ please visit <http://earlylearning.ubc.ca/cheg/cheg-parent-information>

What is the purpose of this project?

The purpose of this project is to better understand children's development before they start school. The CHEQ is used to help teachers, school administrators and community partners provide and improve targeted supports for children and families in British Columbia. The CHEQ will include questions related to the COVID-19 pandemic to help us understand the secondary impacts of the pandemic on children and families.

Participation is voluntary

Participation in the CHEQ project is voluntary. If you complete the CHEQ, consent will be assumed unless you choose to withdraw. You can withdraw while completing the questionnaire. Once your questionnaire responses have been included in reports, they cannot be withdrawn. Your participation will not affect any services your family receives from the school or the school district.

What will happen?

The CHEQ survey takes approximately 30 minutes to complete. The CHEQ is available in English, Simplified Chinese and Punjabi with an option for questions to be read aloud in English. There are three parts to the CHEQ:

Part 1 includes questions about your child's experiences. This information may be shared with school personnel in individual, classroom, school and district reports. School personnel follow their professional practice guidelines for safeguarding your child's personal information. Individual, classroom and school reports are not made public.

Part 2 includes questions about different socio-economic factors, (e.g., employment, education, income) and is confidential. Your responses to these questions are not provided to your child's school or district. Information that could identify you is removed from these responses and these data are used for research purposes only, to better understand the characteristics of your neighbourhood and community.

Part 3 includes questions about experiences during the COVID-19 pandemic.

Your answers to Part 1 and 3 will be combined with those from other parents/guardians and reported publicly.

Information that could identify you is removed from these responses.

How is your information protected?

If CHEQ information is used in research publications or public documents, your responses to questions on the CHEQ will be combined with responses from other parents/guardians and your individual responses will not be identified in any way.

What information is shared with HELP?

To take part in the CHEQ, your school district provides HELP at UBC information about your child, including their name, Personal Education Number (PEN), date of birth, gender, postal code, and whether they are First Nations, Métis or Inuit. Additional information includes whether they have a disability or diverse ability, or if they are an English Language Learner, or in a French Immersion program. This information is shared for research purposes.

The school uses your child's name to administer the CHEQ and for the school's planning purposes, but when CHEQ data are used by HELP for research purposes, all identifying information is removed.

How will HELP store and use the CHEQ data?

HELP is responsible for keeping CHEQ data safe. CHEQ data are stored in a secure environment. Personal information is separated from the CHEQ data. CHEQ data can be used for approved research projects **under Federal, Provincial/Territorial privacy laws**. Researchers may apply for permission to use CHEQ data for research or statistical purposes. If approved, they are provided access to data that cannot be connected to any individual student.

The data from the CHEQ may be linked with other data to learn about the factors that influence children's well-being, health, and school success. Other data may include education and health information. The data that are linked **can *only* be used for research, planning or evaluation by HELP approved researchers under an approved Research Agreement**.

CHEQ data are also shared with BC Ministries of Government to be used at the group level only, for research, program evaluation and planning. More information is available at: www.earlylearning.ubc.ca/safeguarding-personal-information/. For concerns related to the privacy and security of your child's CHEQ data, please contact HELP's Privacy Officer at privacy@help.ubc.ca.

Indigenous Data and Reports

The [Aboriginal Steering Committee](#) (ASC) at HELP has established a protocol regarding the reporting of data for First Nations, Métis, and/or Inuit children. This protocol ensures the data are used to support Indigenous self-determination toward improving developmental outcomes for Indigenous children. HELP only reports CHEQ data for Indigenous peoples through guidance and stewardship of the ASC.

How will your school and community benefit?

Information from the CHEQ can help schools, program planners, and communities become more aware of ways to create early experiences to help children in their community thrive. By completing the CHEQ, parents/guardians are providing the detailed information communities need to strategically support their families.

Where can you get more information on the CHEQ Project?

If you'd like to learn more about the CHEQ please visit: <http://earlylearning.ubc.ca/cheq/>. If you have any questions about this project, please contact cheq@help.ubc.ca or 604 827-3512. If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at the University of British Columbia at 604-822-8598, or e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598.

Sincerely,

Dr. Mariana Brussoni
Director, Human Early Learning Partnership
University of British Columbia