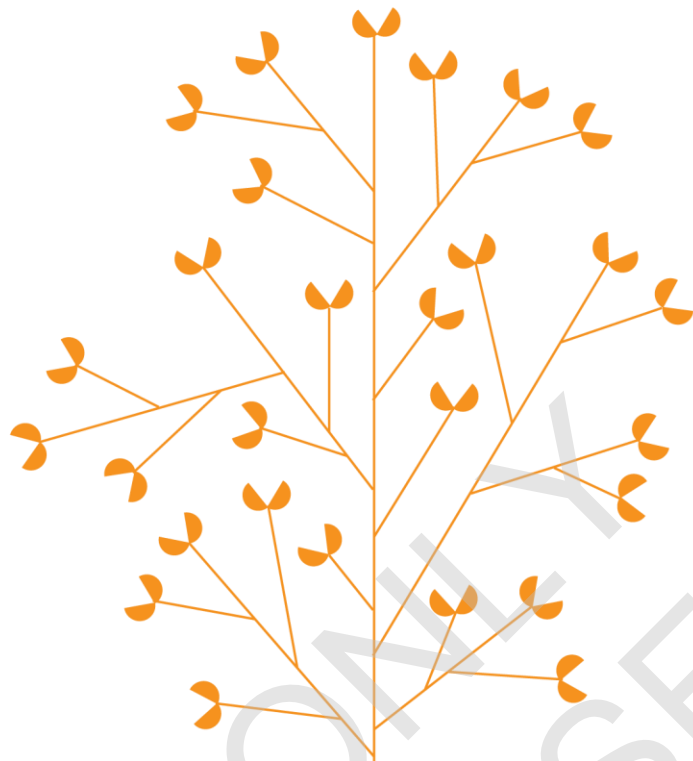




MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2022–2023 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA
INSTRUCTIONAL SURVEY

HUMAN
EARLY LEARNING
PARTNERSHIP



MDi

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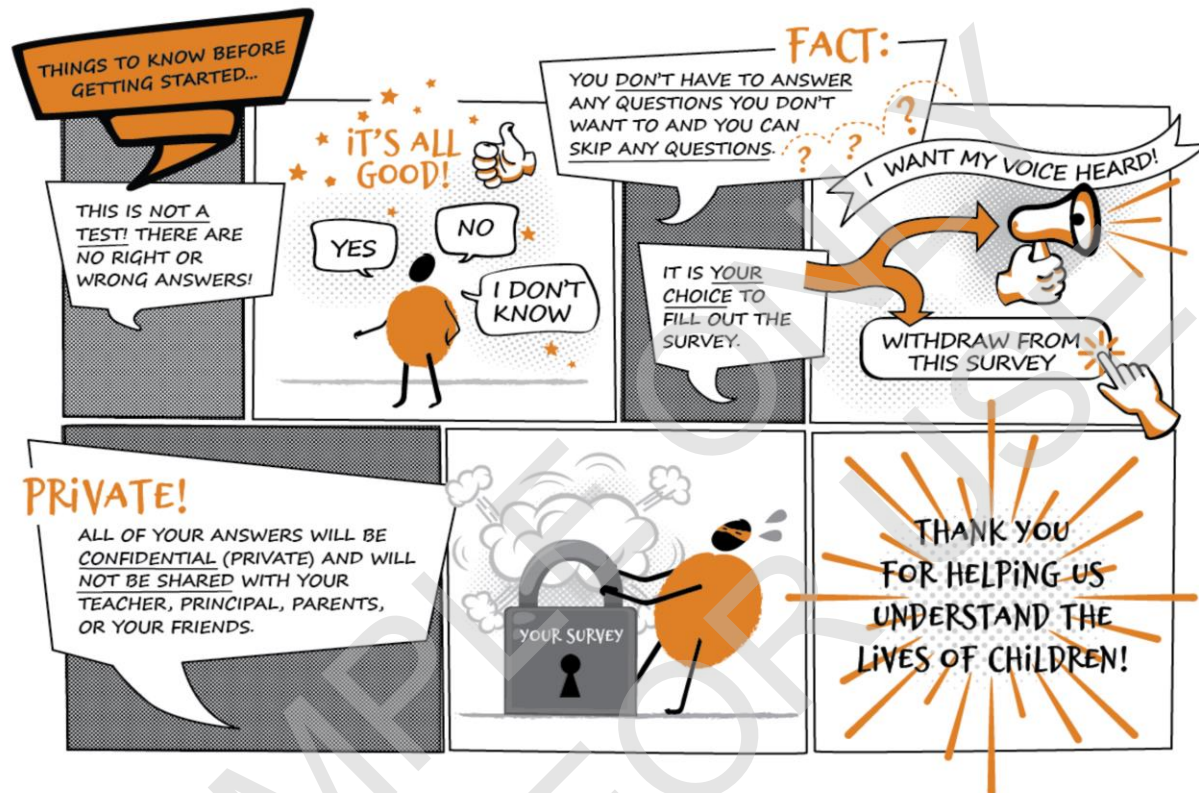
Version: Sept 1, 2022
H18-00507-A048

Please read the text below aloud to your students before starting the survey!

STUDENT ASSENT SCRIPT

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

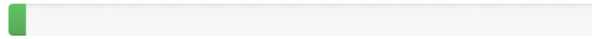
Withdraw from this survey

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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

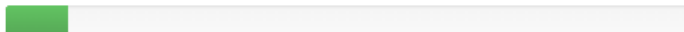
☐ I understand I can stop doing the survey at any time

☐ I understand I can skip a question

☐ I understand this is confidential (private)

Previous

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9% 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.)

- ☐ One parent
- ☐ Two parents
- ☐ Part time with each parent
- ☐ Step-parent(s)
- ☐ Grandparent(s)
- ☐ Foster parent(s) or caregiver(s)
- ☐ Other adults

3. How many siblings (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?

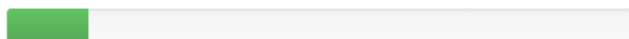
Other:

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

- Very hard Hard Easy Very easy
- ☐ ☐ ☐ ☐

Previous

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13% complete



The next question is about your ethnic or racial background.

Why are we asking this question?

We know that people of different races do not have very different genetics. But, our race and ethnicity still have important consequences, including the experiences we have with different people and organizations.

Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.

9. How would you describe your own racial or ethnic background? *(Choose more than one if it is true for you.)*

- ☐ Indigenous (First Nations, Métis or Inuit)
- ☐ Black (for example, African, Caribbean, Haitian, Kenyan, Nigerian)
- ☐ East Asian (for example, Chinese, Japanese, Korean, Taiwanese, Mongolian)
- ☐ Latino/Latina/Latinx (for example, Hispanic, Latin American, Chilean, Colombian, Mexican)
- ☐ Middle Eastern (for example, Egyptian, Iranian, Israeli, Lebanese, Turkish)
- ☐ South Asian (for example, Indian, Pakistani, Nepalese, Sri Lankan)
- ☐ South East Asian (for example, Cambodian, Filipino, Indonesian, Thai, Vietnamese)
- ☐ White (European background)
- ☒ Other



Other:



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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

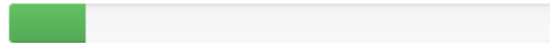
Don't agree or
disagree

Agree a
little

Agree
a lot

Previous

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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

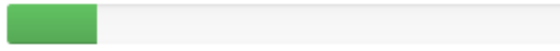
Agree a little

Agree a lot



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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

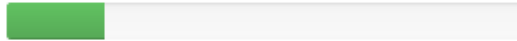


Agree a lot



Previous

Next



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

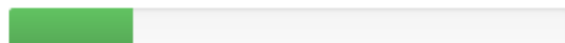
Agree a little

Agree a lot



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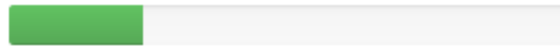


22% complete

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 ☐

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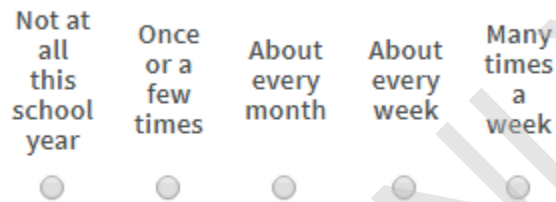
Next



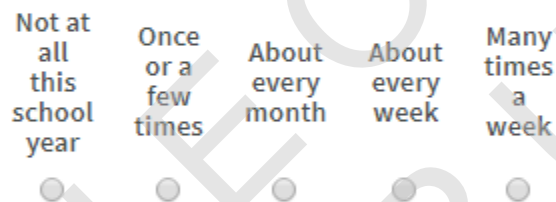
24% complete

Since the start of this school year, how often did you do this?

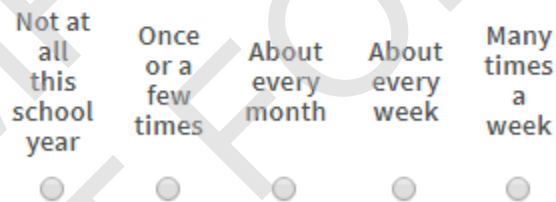
21. I cheered someone up who was feeling sad.



22. I helped someone who was being picked on.

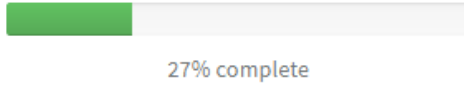


23. I helped someone who was hurt.



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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

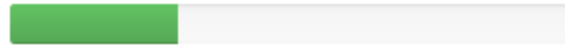
Person 4

Person 5

Person 6

Previous

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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
☐

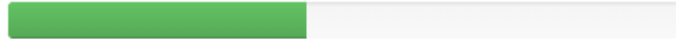
A
little
true
☐

Pretty
much
true
☐

Very
much
true
☐

Previous

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44% 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 ☐	◀
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 ☐	◀

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47% complete

In my neighbourhood/community (not from your school or family), there is an adult... ◀

31. ... who really cares about me.

Not at all true
☐

A little true
☐

Pretty much true
☐

Very much true
☐



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

Not at all true
☐

A little true
☐

Pretty much true
☐

Very much true
☐



33. ... 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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50% complete

Please answer the following questions about you and your friend(s) and your school.

34. 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 ☐
35. 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 ☐
36. 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 ☐
37. 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 ☐
38. 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 ☐
39. 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

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53% complete

40. 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 ☐	◀
41. 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 ☐	◀
42. 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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56% complete

43. 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 ☐	▶
44. 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 ☐	▶
45. 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 ☐	▶
46. 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 ☐	▶
47. 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 ☐	▶

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59% 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?

48. 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
☐

49. 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
☐

50. 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
☐

51. 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
☐

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63% 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. ◀

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

Poor Fair Good Excellent
☐ ☐ ☐ ☐

53. 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)

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66% complete

54. 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 |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

54. 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 |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

55. 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 |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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69% complete

56. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

57. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

58. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

59. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

60. What time do you usually wake up during the weekdays?

Before 6:00am Between 6:00am and 7:00am Between 7:00am and 8:00am After 8:00am

☐ ☐ ☐ ☐

61. 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

☐ ☐ ☐ ☐ ☐

Previous

Next

69% complete

ABOUT MY OUT OF SCHOOL TIME

62. On school days, how often do you go to these places after school?

a) I go home.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
☐	☐	☐	☐	☐	☐

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 school day)
☐	☐	☐	☐	☐	☐

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 school day)
☐	☐	☐	☐	☐	☐

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 school day)
☐	☐	☐	☐	☐	☐

e) I go to a library.

Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
☐	☐	☐	☐	☐	☐

f) 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 school day)
☐	☐	☐	☐	☐	☐

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72% 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.

63. In a normal week, outside of school hours, how often do you spend time doing the following activities:

a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐

b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐

c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐

d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐

e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐

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75% complete

The next questions ask you about other activities you might do outside of school.

64. In a normal week, outside of school hours, how often do you spend time doing the following activities:

a) ... sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
b) ... do homework?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
c) ... read for fun?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
d) ... hang out with friends in person?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
e) ... play outside at a park, playground or in the neighbourhood?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
f) ... religious, spiritual or faith-based activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
g) ... cultural activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
h) ... volunteer (either at school or in the community)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐
i) ... work at a job (for example, babysitting, mowing the lawn)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	☐	☐	☐	☐	☐	☐	☐	☐



78% complete

Physical activity is any activity that increases your heart rate and makes you out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, skating, biking, dancing, skateboarding, swimming, soccer, and basketball.

Let's try to add up all the time you spend in physical activity each day:

65. In a normal week, how many days are you physically active for a total of at least 60 minutes or one hour per day?
- | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Never | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | Every day |
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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81% complete

The next questions ask how many hours in a day you do an activity, rather than how many days a week.

66. In a normal week, how many hours per day do you...

a) ...sit and watch TV, movies, or videos, including YouTube?

I do not do this activity

☐

Less than 1 hour

☐

1 to 2 hours

☐

2 to 3 hours

☐

3 to 4 hours

☐

4 to 5 hours

☐

5 hours or more

☐

b) ... play video or computer games?

I do not do this activity

☐

Less than 1 hour

☐

1 to 2 hours

☐

2 to 3 hours

☐

3 to 4 hours

☐

4 to 5 hours

☐

5 hours or more

☐

c) ... hang out with friends on the phone, tablet or computer (for example, video call, text messaging)?

I do not do this activity

☐

Less than 1 hour

☐

1 to 2 hours

☐

2 to 3 hours

☐

3 to 4 hours

☐

4 to 5 hours

☐

5 hours or more

☐

d) ... spend on social media sites or apps, such as Instagram, Snapchat, Twitter, Facebook, TikTok either browsing or posting?

I do not do this activity

☐

Less than 1 hour

☐

1 to 2 hours

☐

2 to 3 hours

☐

3 to 4 hours

☐

4 to 5 hours

☐

5 hours or more

☐

Previous

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84% complete

67. Think about activities you want to do outside of school.

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

What activities do you wish you could do?
(Check all the activities you wish you could do).

- ☐ Sports and/or outdoor activities (for example, basketball, swimming, hockey, skating, dancing, gymnastics, hiking, biking)
- ☐ Playing and/or hanging out with friends
- ☐ Music and arts (for example, playing a musical instrument, singing, drawing, painting, theatre, arts and crafts classes, baking, pottery)
- ☐ Playing on a computer/tablet, playing video games, or watching TV
- ☐ Learning new things (for example, learning a new language, coding, reading, math, chess, programming)
- ☐ Time with family at home
- ☐ Free time or relaxing
- ☐ Working or volunteering
- ☒ Other

Other:

Previous

Next



88% complete

These questions ask you how much you agree or disagree with the statement. Remember, there are no right or wrong answers.



68. 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
☐

69. I take responsibility for my mistakes.

Disagree
a lot
☐

Disagree
a little
☐

Don't
agree or
disagree
☐

Agree
a
little
☐

Agree
a lot
☐

70. 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
☐

Previous

Next



91% complete

71. 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
☐

72. 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
☐

73. 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
☐

Previous

Next



94% complete

74. 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
☐

75. 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
☐

76. 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
☐

Previous

Next



97% complete

77. 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
☐

78. 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
☐

Previous

Next

100% complete

79. Are you concerned about the following environmental issues?

a) Climate change (for example, global warming).	No, not at all ☐	Yes, a little ☐	Yes, somewhat ☐	Yes, quite a bit ☐	Yes, very much ☐
b) Species extinction (when an entire type of animal dies out).	No, not at all ☐	Yes, a little ☐	Yes, somewhat ☐	Yes, quite a bit ☐	Yes, very much ☐
c) Deforestation (cutting down too much forest).	No, not at all ☐	Yes, a little ☐	Yes, somewhat ☐	Yes, quite a bit ☐	Yes, very much ☐
d) Pollution (for example, garbage, ocean plastic).	No, not at all ☐	Yes, a little ☐	Yes, somewhat ☐	Yes, quite a bit ☐	Yes, very much ☐

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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