UNDERSTANDING OUR LIVES
MIDDLE YEARS DEVELOPMENT INSTRUMENT
2023–2024 SURVEY OF GRADE 4 & 5 STUDENTS
BRITISH COLUMBIA INSTRUCTIONAL SURVEY

You can preview the survey online at www.mdi.ubc.ca.
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!
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)
Please tell us a little bit about yourself

1. What is your birth date?

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
   - Non-binary
   - In another way

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

   The way I describe my gender is...
All of your family members might not be First Nations, Métis or Inuit but maybe some of them are.

We want to know about YOU.

Are you First Nations, Métis or Inuit?

If so, please answer YES.

5. Are you First Nations, Métis or Inuit?

No ☐ Yes ☐ Part ☐

Which do you identify as?

☐ First Nations
☐ Métis
☐ Inuit

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

6. What is the first language you learned at home? (You can check more than one if you need to.)

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

Which First Nations, Métis or Inuit language?

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

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

<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>

I don't like to eat pizza.

<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>
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
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
10. I feel unhappy a lot of the time.

11. I feel upset about things.

12. I feel that I do things wrong a lot.

13. I worry about what other kids might be saying about me.

14. I worry a lot that other people might not like me.

15. I worry about being teased.
16. In most ways my life is close to the way I would want it to be.  
<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don’t agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>

17. The things in my life are excellent.  
<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don’t agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>

18. I am happy with my life.  
<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don’t agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>

19. So far I have gotten the important things I want in life.  
<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don’t agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>

20. If I could live my life over, I would have it the same way.  
<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don’t agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
</table>
Since the start of this school year, how often did you do this?

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

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

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

   **No**  **Yes**

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

<table>
<thead>
<tr>
<th>Person 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Person 2</td>
<td></td>
</tr>
<tr>
<td>Person 3</td>
<td></td>
</tr>
<tr>
<td>Person 4</td>
<td></td>
</tr>
<tr>
<td>Person 5</td>
<td></td>
</tr>
<tr>
<td>Person 6</td>
<td></td>
</tr>
</tbody>
</table>
How true is each statement for you?

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

25. ... who really cares about me.

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

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

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

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

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

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

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

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

### Question 30
... who I can talk to about my problems.
- Not at all true
- A little true
- Pretty much true
- Very much true
In my **neighbourhood/community** (not from your school or family), there is an adult...

<table>
<thead>
<tr>
<th></th>
<th>Not at all true</th>
<th>A little true</th>
<th>Pretty much true</th>
<th>Very much true</th>
</tr>
</thead>
<tbody>
<tr>
<td>31. ... who really cares about me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>32. ... who believes that I will be a success.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>33. ... who listens to me when I have something to say.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
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: ○
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  ○
<table>
<thead>
<tr>
<th>Question</th>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>43. Teachers and students treat each other with respect in this school.</td>
<td>○</td>
<td>○</td>
<td></td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>44. People care about each other in this school.</td>
<td>○</td>
<td>○</td>
<td></td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>45. Students in this school help each other, even if they are not friends.</td>
<td>○</td>
<td>○</td>
<td></td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>46. I feel like I belong in this school.</td>
<td>○</td>
<td>○</td>
<td></td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>47. I feel like I am important to this school.</td>
<td>○</td>
<td>○</td>
<td></td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
**Important definition:** Bully - There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students will bully another student.

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

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

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all this school year</th>
<th>Once or a few times</th>
<th>About every month</th>
<th>About every week</th>
<th>Many times a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical bullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Verbal bullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social bullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cyberbullying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Physical bullying** (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).

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

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

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

<table>
<thead>
<tr>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

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 older, after-school program staff, or another adult in my community)
- ☐ A health professional (for example, a doctor, nurse, or a counselor)
- ☐ My friend(s)
- ☐ I would not know who to talk to
- ☐ I would prefer to handle it on my own
- ☐ I would talk to someone else (someone not on this list)
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>54. a) How do you usually get TO school?</td>
<td>Car, School bus, Public transportation (bus, train or ferry), Walk, Cycle, scooter, rollerblade, Something else</td>
</tr>
<tr>
<td>54. b) How do you usually get home FROM school?</td>
<td>Car, School bus, Public transportation (bus, train or ferry), Walk, Cycle, scooter, rollerblade, Something else</td>
</tr>
<tr>
<td>55. If you could choose, how would you wish to get TO and FROM school?</td>
<td>Car, School bus, Public transportation (bus, train or ferry), Walk, Cycle, scooter, rollerblade, Something else</td>
</tr>
</tbody>
</table>
### Question 56
**How often do you eat breakfast?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Once a week</th>
<th>2 times a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week</th>
<th>6 times a week</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Response Option</td>
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<td></td>
</tr>
</tbody>
</table>

### Question 57
**How often do your parents or other adult family members eat meals with you?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Once a week</th>
<th>2 times a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week</th>
<th>6 times a week</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
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</tr>
<tr>
<td>Response Option</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Question 58
**How often do you eat food like pop, candy, potato chips, or something else?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Once a week</th>
<th>2 times a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week</th>
<th>6 times a week</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Response Option</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Question 59
**How often do you get a good night’s sleep?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Once a week</th>
<th>2 times a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week</th>
<th>6 times a week</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Response Option</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Question 60
**What time do you usually wake up during the weekdays?**

<table>
<thead>
<tr>
<th>Time</th>
<th>Before 6:00am</th>
<th>Between 6:00am and 7:00am</th>
<th>Between 7:00am and 8:00am</th>
<th>After 8:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Response Option</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Question 61
**What time do you usually go to bed during the weekdays?**

<table>
<thead>
<tr>
<th>Time</th>
<th>Before 9:00pm and 10:00pm</th>
<th>Between 10:00pm and 11:00pm</th>
<th>Between 11:00pm and midnight</th>
<th>After 12:00am/midnight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Response Option</td>
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</tbody>
</table>
## ABOUT MY OUT OF SCHOOL TIME

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

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Once a week</th>
<th>Twice a week</th>
<th>3 times a week</th>
<th>4 times a week</th>
<th>5 times a week (every school day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) I go home.</td>
<td></td>
<td></td>
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<tr>
<td>b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).</td>
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<tr>
<td>c) I go to an after school program/daycare (in my school or someplace else).</td>
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<tr>
<td>d) I go to a friend’s house.</td>
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<tr>
<td>e) I go to a library.</td>
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<tr>
<td>f) I go someplace else, for example, a family member’s home, or other places.</td>
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</tbody>
</table>
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 did you spend time doing the following activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Never</th>
<th>1 day</th>
<th>2 days</th>
<th>3 days</th>
<th>4 days</th>
<th>5 days</th>
<th>6 days</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?</td>
<td></td>
<td></td>
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<tr>
<td>b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?</td>
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<tr>
<td>c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?</td>
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<tr>
<td>d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>
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 did you spend time doing the following activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Never</th>
<th>1 day</th>
<th>2 days</th>
<th>3 days</th>
<th>4 days</th>
<th>5 days</th>
<th>6 days</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) ... sports and/or exercise for fun (for example, biking, skating, swimming, or something else)?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) ... do homework?</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>c) ... read for fun?</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>d) ... hang out with friends in person?</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>e) ... play outside at a park, playground or in the neighbourhood?</td>
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<td></td>
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<tr>
<td>f) ... religious, spiritual or faith-based activities?</td>
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<tr>
<td>g) ... cultural activities?</td>
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</tr>
</tbody>
</table>
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?
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
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

☑ Other

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

68. When I’m sad, I can usually start doing something that will make me feel better.

<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Don't agree or disagree</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
71. Are you concerned about the following environmental issues?

<table>
<thead>
<tr>
<th>Issue</th>
<th>No, not at all</th>
<th>Yes, a little</th>
<th>Yes, somewhat</th>
<th>Yes, quite a bit</th>
<th>Yes, very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Climate change (for example, global warming).</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>b) Species extinction (when an entire type of animal dies out).</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>c) Deforestation (cutting down too much forest).</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>d) Pollution (for example, garbage, ocean plastic).</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
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