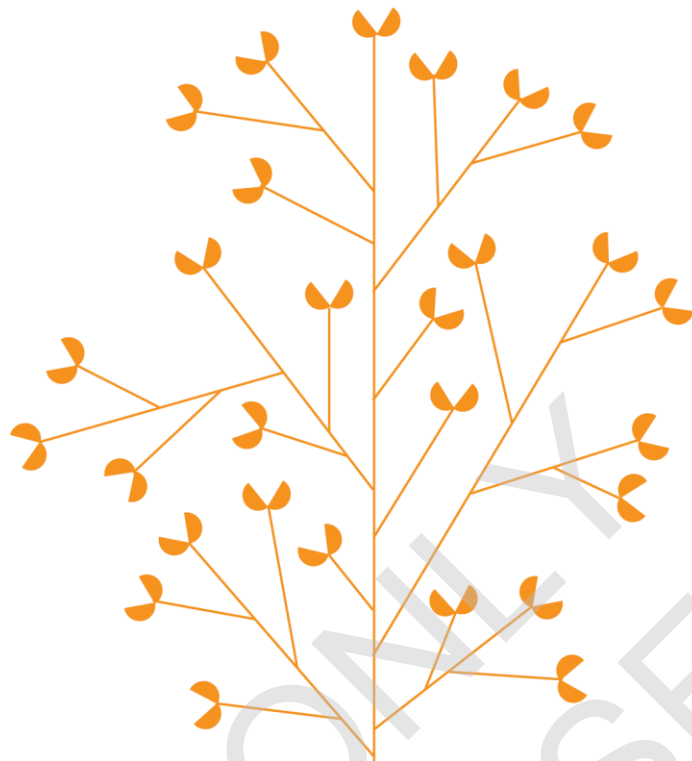




MDI



# UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2023–2024 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA  
INSTRUCTIONAL SURVEY

You can preview the survey online at  
[www.mdi.ubc.ca](http://www.mdi.ubc.ca).

HUMAN  
EARLY LEARNING  
PARTNERSHIP



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Version: Sept 1, 2023  
H18-00507-A057

# 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 way 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

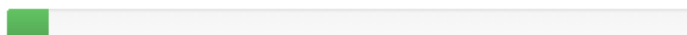
☐ I understand I can stop doing the survey at any time

☐ I understand I can skip a question

☐ I understand this is confidential (private)

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6% complete

## 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
- ☒ Non-binary
- ☒ 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?

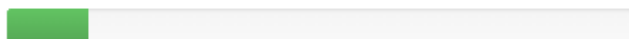
Other:

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

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

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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

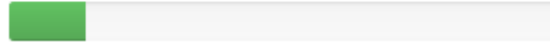
Don't agree or  
disagree

Agree a  
little

Agree  
a lot

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14% complete

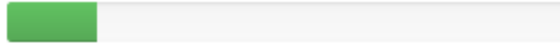
## Lets start now!

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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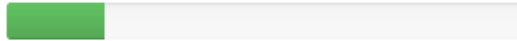


16% complete

6. I start most days thinking I will have a good day.	Disagree a lot <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"/>
7. In general, I like being the way I am.	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"/>
8. Overall, I have a lot to be proud of.	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"/>
9. A lot of things about me are good.	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"/>

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

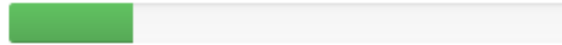


Agree a lot



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Next



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

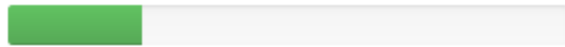
Agree a little

Agree a lot



Previous

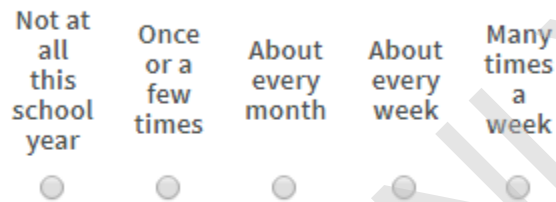
Next



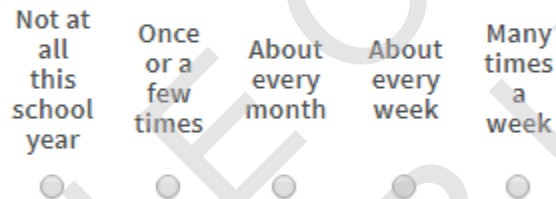
24% complete

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

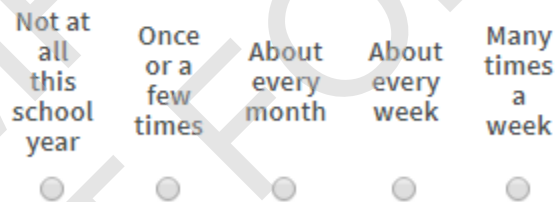
21. I cheered someone up who was feeling sad.



22. I helped someone who was being picked on.

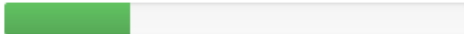


23. I helped someone who was hurt.



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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

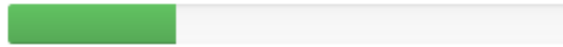
Person 4

Person 5

Person 6

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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

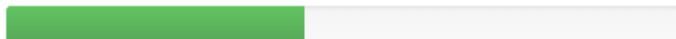
Pretty much true

Very much true



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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 <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>	◀
29. ... who listens to me when I have something to say.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>	◀
30. ... who I can talk to about my problems.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>	◀

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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  
☐



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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 <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"/>
35. I feel that I usually fit in with other kids around me.	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"/>
36. When I am with other kids my age, I feel I belong.	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"/>
37. I have at least one really good friend I can talk to when something is bothering me.	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"/>
38. I have a friend I can tell everything to.	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"/>
39. There is somebody my age who really understands me.	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"/>

Previous

Next



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  
☐



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Next



56% complete

43. Teachers and students treat each other with respect in this school.	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"/>	▶
44. People care about each other in this school.	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"/>	▶
45. Students in this school help each other, even if they are not friends.	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"/>	▶
46. I feel like I belong in this school.	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"/>	▶
47. I feel like I am important to this school.	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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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        |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                              | <input type="radio"/> | <input type="radio"/>                      | <input type="radio"/> |

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

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

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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

☐      ☐      ☐      ☐      ☐

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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)
<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 school 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 school 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 school day)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

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

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

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

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

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

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
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) ... do homework?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) ... read for fun?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) ... hang out with friends in person?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) ... religious, spiritual or faith-based activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) ... cultural activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) ... volunteer (either at school or in the community)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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

☐

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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:

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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  
☐

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100% complete

**79. Are you concerned about the following environmental issues?**

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

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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