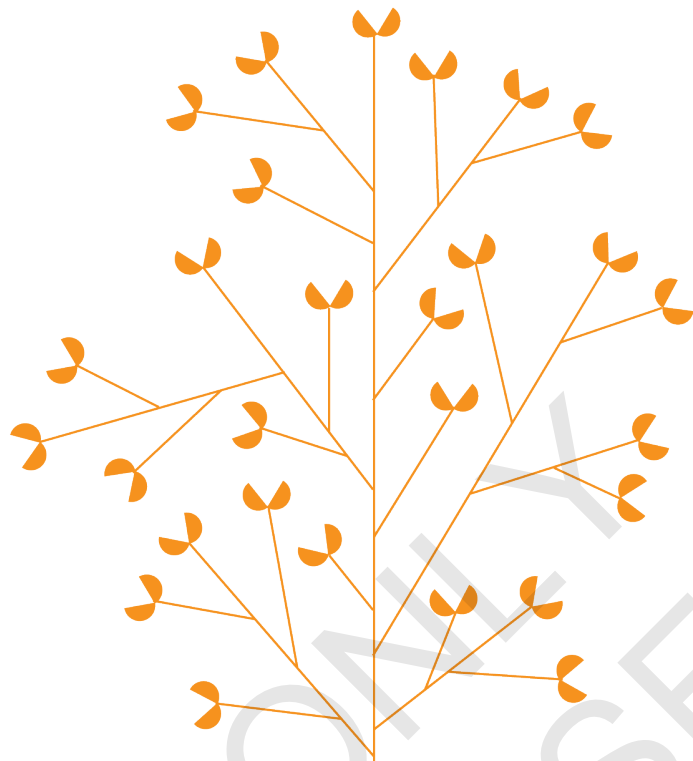




MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2024–2025 ■ **SURVEY OF GRADE 4 & 5 STUDENTS**

BRITISH COLUMBIA
INSTRUCTIONAL SURVEY

You can preview the survey online at
www.mdi.ubc.ca.

HUMAN
EARLY LEARNING
PARTNERSHIP



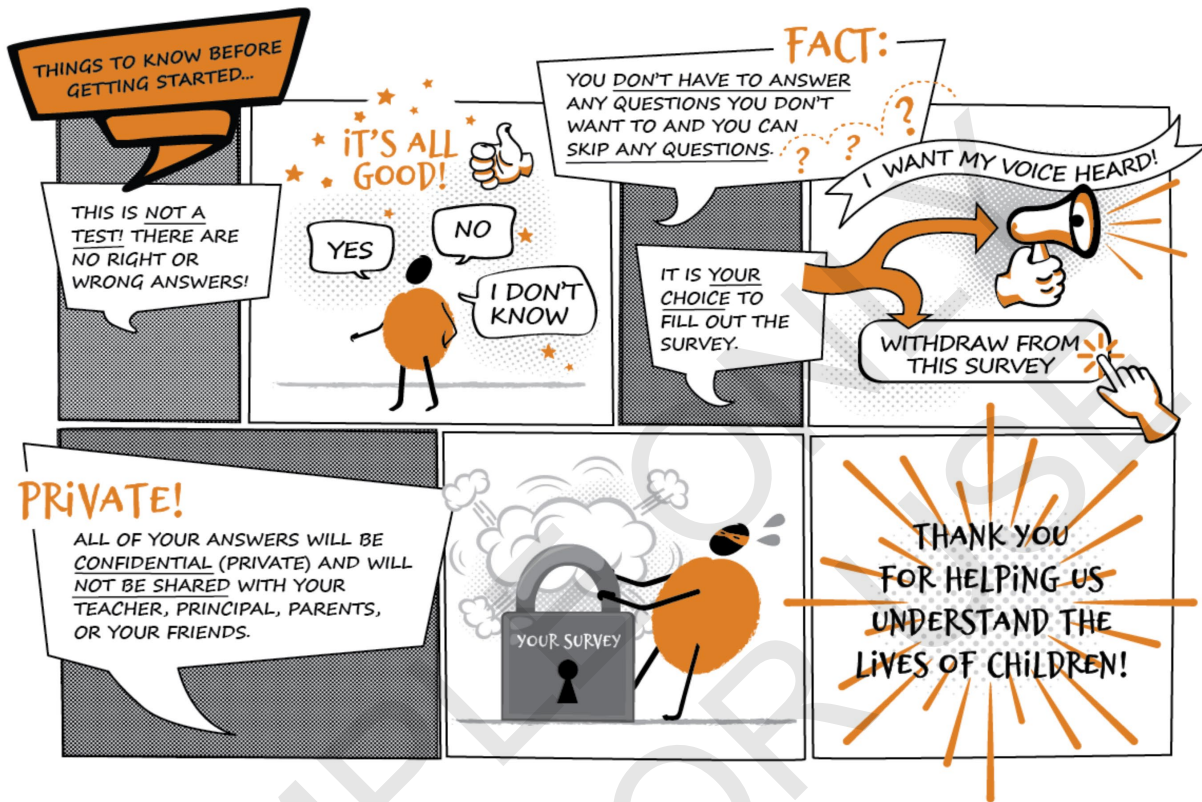
MDi

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Version: Oct 1, 2024
H18-00507-A069

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.

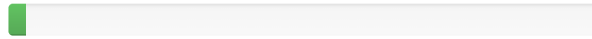
Please answer **each** question the best you can.

Thank you for your help!

HUMAN
EARLY LEARNING
PARTNERSHIP

Start Survey

Withdraw from this survey



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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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
- ☐ ☐ ☐ ☒

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:

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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
- ☐ Arabic
- ☐ Cantonese
- ☐ Filipino/Tagalog
- ☐ French
- ☐ Hindi
- ☐ Japanese
- ☐ Korean
- ☐ Mandarin
- ☐ Punjabi
- ☐ Russian
- ☐ 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
- ☐ Arabic
- ☐ Cantonese
- ☐ Filipino/Tagalog
- ☐ French
- ☐ Hindi
- ☐ Japanese
- ☐ Korean
- ☐ Mandarin
- ☐ Punjabi
- ☐ Russian
- ☐ Spanish
- ☐ Vietnamese
- ☒ Other

Which First Nations, Métis or Inuit language?

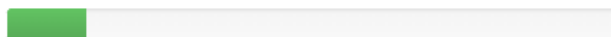
Other:

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.

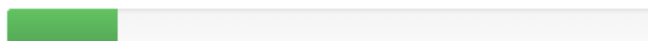
Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.

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

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17% complete

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 <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"/>
I don't like to eat pizza.	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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20% complete

Lets start now!

Remember, there are no right or wrong answers!

1. I have more good times than bad times.	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"/>
2. I believe more good things than bad things will happen to 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"/>
3. 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"/>
4. 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"/>
Previous		Next			
5. 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"/>
6. 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"/>
7. I feel unhappy a lot of the time.	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. I feel upset about things.	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"/>

27% complete

9. 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
☐

10. 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
☐

11. 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
☐

12. I worry about being teased.

Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

Previous

Next

13. 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
☐

14. The things in my life are excellent.

Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

15. I am happy with my life.

Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

16. 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
☐

17. If I could live my life over, I would have it the same way.

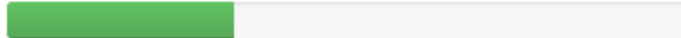
Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐



33% complete

18. 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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Next

37% complete

How true is each statement for you?

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

- | | | | | |
|---|--|--|---|---|
| 19. ... who really cares about me. | 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"/> |
| <hr/> | | | | |
| 20. ... 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"/> |
| <hr/> | | | | |
| 21. ... 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"/> |

40% complete

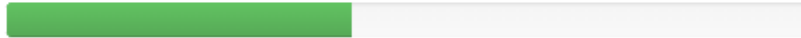
The next three questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

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

- | | | | | |
|---|--|--|---|---|
| 22. ... 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"/> |
| <hr/> | | | | |
| 23. ... 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"/> |
| <hr/> | | | | |
| 24. ... 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"/> |

Previous

Next



43% complete

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

25. ... who really cares about me.	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"/>
26. ... 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"/>
27. ... 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"/>



47% complete

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

28. 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"/>
29. 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"/>
30. 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"/>
31. 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"/>

Previous

Next

50% complete

32. 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"/>
33. 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"/>
34. I am certain I can learn the skills taught in school this year.	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. If I have enough time, I can do a good job on all my school work.	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

36. Even if the work in school is hard, I can learn it.	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. 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"/>
38. 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"/>
39. 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"/>
40. 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"/>
41. 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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57% 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?

42. <u>Physical bullying</u> (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. <u>Verbal bullying</u> (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. <u>Social bullying</u> (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. <u>Cyberbullying</u> (for example, someone excluded, threatened, embarrassed or hurt you online or through text messages).	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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60% 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.

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

Poor Fair Good Excellent
☐ ☐ ☐ ☐

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63% complete

47. In general, how would you say your mental health is?

Poor Fair Good Excellent
☐ ☐ ☐ ☐

48. 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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67% complete

49. 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"/> |

49. 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"/> |

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70% complete

50. 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
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

51. 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
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

52. 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
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

53. 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
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

54. 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
- ☐ ☐ ☐ ☐

55. 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
- ☐ ☐ ☐ ☐ ☐

77% complete

ABOUT MY OUT OF SCHOOL TIME

56. 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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80% complete

57. Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?

No Yes Don't know
☐ ☐ ☐

58. My neighbourhood is a place where neighbours help each other.

Disagree a lot Disagree a little Don't agree or disagree Agree a little Agree a lot
☐ ☐ ☐ ☐ ☐

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SAMPLE ONLY
NOT FOR USE

83% 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.

59. 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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87% complete

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

60. 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, biking, skating, swimming, or something else)?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	◀
b) ... do homework?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶
c) ... read for fun?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶
d) ... hang out with friends in person?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶
e) ... play outside at a park, playground or in the neighbourhood?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶
f) ... religious, spiritual or faith-based activities?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶
g) ... cultural activities?	Never <input type="radio"/>	1 day <input type="radio"/>	2 days <input type="radio"/>	3 days <input type="radio"/>	4 days <input type="radio"/>	5 days <input type="radio"/>	6 days <input type="radio"/>	Every day <input type="radio"/>	▶

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86% 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:

61. 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
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

62. In a normal week, how many days do you spend 30 or more minutes in nature?

Never 1 day 2 days 3 days 4 days 5 days 6 days Every day
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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93% complete

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

63. 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 |
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 |
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 |
| | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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97% complete

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

64. 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 ☐

65. 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 ☐

66. 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 ☐

100% complete

67. 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