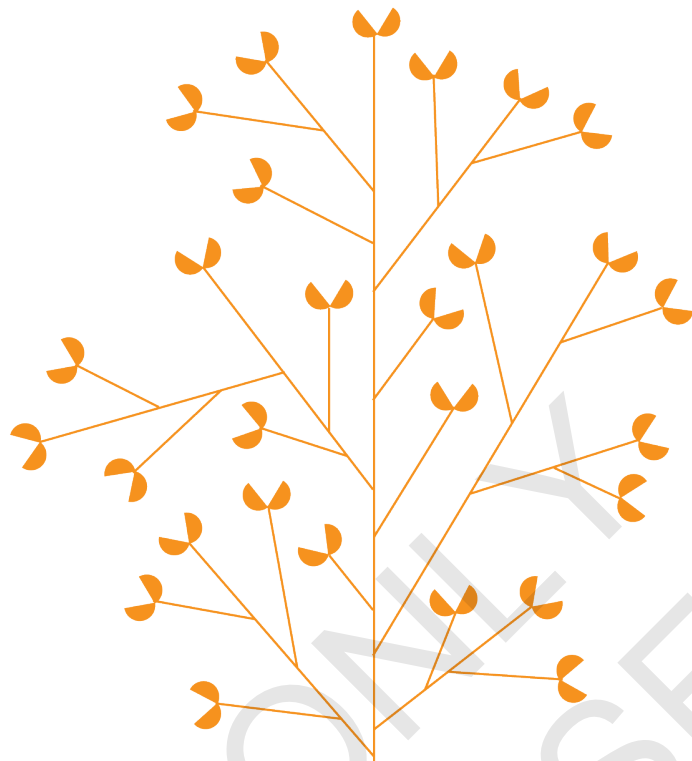




MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2024–2025 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA
INSTRUCTIONAL SURVEY

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

HUMAN
EARLY LEARNING
PARTNERSHIP



MDi

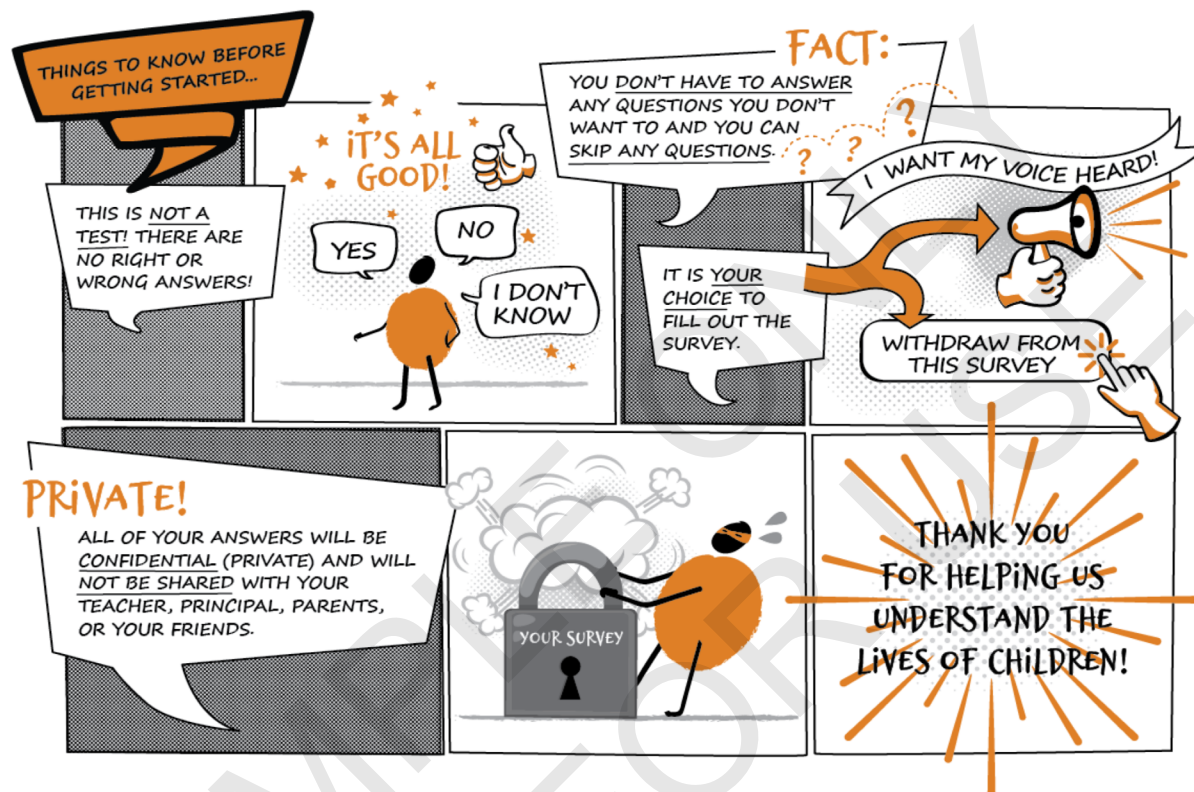
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Version: Sept 1, 2024
H18-00507-A069

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

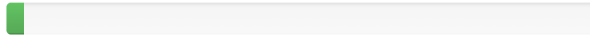
Withdraw from this survey

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MIDDLE YEARS DEVELOPMENT INSTRUMENT
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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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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...

Previous

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

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. Were you born in Canada?

- No Yes Don't Know
- ☐ ☐ ☐

9. Were your parents born in Canada?

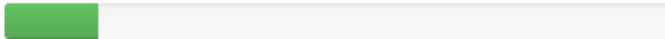
- No Yes, one parent Yes, both parents Don't Know
- ☐ ☐ ☐ ☐

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

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

Previous

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14% 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.

11. 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

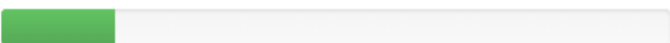


Other:



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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"/>

Previous

Next

19% 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"/>

25% 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

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13. Over the last 2 weeks, how often have you been bothered by the following problems?

a) Feeling nervous, anxious, or on edge.

Not at
all
☐

Several
days
☒

Over half the
days
☐

Nearly every
day
☐

b) Not being able to stop or control worrying.

Not at
all
☐

Several
days
☒

Over half the
days
☐

Nearly every
day
☐

How difficult have these problems made it for you to do your school work, get tasks done at home, or get along with other people?

Not difficult
at all
☐

Somewhat
difficult
☐

Very
difficult
☐

Extremely
difficult
☐

31% complete

14. 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
☐

15. The things in my life are excellent.

Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

16. I am happy with my life.

Disagree
a lot
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

17. 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
☐

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

Disagree
a lot
☐

Disagree a
little
☐

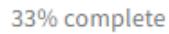
Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

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No Yes

○ ○

Person 1

Person 2

11/11/2019

Person 3

11/11/2019

Person 4

10

Person 5

110

Person 6

110

[Previous](#)

Next

36% complete

How true is each statement for you?

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

- | | Not at all true | A little true | Pretty much true | Very much true |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 20. ... who really cares about me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. ... who believes that I will be a success. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. ... who listens to me when I have something to say. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

39% 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...

- | | Not at all true | A little true | Pretty much true | Very much true |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 23. ... who believes that I will be a success. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. ... who listens to me when I have something to say. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. ... who I can talk to about my problems. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

42% complete

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

26. ... who really cares about me.

Not at all
true
☐

A little
true
☐

Pretty much
true
☐

Very much
true
☐

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

Not at all
true
☐

A little
true
☐

Pretty much
true
☐

Very much
true
☐

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

Not at all
true
☐

A little
true
☐

Pretty much
true
☐

Very much
true
☐

Previous

Next

44% complete

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

29. 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
☐

30. 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
☐

31. 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
☐

32. 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
☐

47% complete

33. 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
☐

34. 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
☐

35. 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
☐

36. 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
☐

Previous

Next



50% complete

37. 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"/>
38. 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"/>
39. 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"/>
40. 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"/>

Previous

Next



53% complete

41. I feel like I belong in this school.

Disagree
a lot

☐

Disagree a
little

☐

Don't agree
or disagree

☐

Agree a
little

☐

Agree
a lot

☐

42. I feel like I am important to this school.

Disagree
a lot

☐

Disagree a
little

☐

Don't agree
or disagree

☐

Agree a
little

☐

Agree
a lot

☐

43. This school year, how often have you been treated unfairly by others because of your ethnic, racial or cultural background?

Not at all
this school
year

☐

Once or
a few
times

☐

About
every
month

☐

About
every
week

☐

Many
times a
week

☐

Previous

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56% 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?

44. 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

☐

45. 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

☐

46. 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

☐

47. Cyberbullying (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

☐



58% 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:

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

Poor Fair Good Excellent

☐ ☐ ☐ ☐

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SAMPLE ONLY
NOT FOR USE

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

Poor Fair Good Excellent
☐ ☐ ☐ ☐

50. In the past year, did you get professional help for any mental health or emotional challenges?

No, because I didn't need help No, I didn't get help when I needed it Yes, I got help when I needed it
☐ ☐ ☒

If you did get help in the past year for mental health or emotional challenges, who did you get help from? (Select all that apply.)

- ☐ A doctor
- ☐ A nurse
- ☐ A psychiatrist
- ☐ Someone at a hospital, emergency room, or urgent care clinic
- ☐ A school counselor
- ☐ A psychologist or counselor outside of school
- ☐ A social worker
- ☐ Other
- ☐ I don't know

50. In the past year, did you get professional help for any mental health or emotional challenges?

No, because I didn't need help No, I didn't get help when I needed it Yes, I got help when I needed it
☐ ☒ ☐

If you did not get help when you needed it, what are the reasons you did not get help? (Select all that apply.)

- ☐ I thought I could manage it myself
- ☐ I didn't know where to get help
- ☐ I never got around to it (for example, too busy)
- ☐ It would have been hard to schedule
- ☐ I tried but the wait was too long
- ☐ I am on a waitlist
- ☐ I didn't think professional help would do any good
- ☐ It was going to cost too much
- ☐ Getting there was a problem
- ☐ I was afraid of what others would think of me
- ☐ My parent/guardian(s) would not take me
- ☐ I didn't want my parent/guardian(s) to know
- ☐ Past negative experience(s) when trying to get help
- ☐ Other

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64% complete

51. 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 checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

51. 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"/> |

Previous

Next

67% complete

52. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

53. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

54. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55. In the past year, did you go to bed hungry because there wasn't enough food at home?

Never	Rarely	Sometimes	Often	Very often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Previous

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69% complete

56. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

57. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

58. 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

59. I spend time on my phone or other electronic devices before I go to sleep.

Never	Rarely	Sometimes	Often	Very often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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72% complete

60. When thinking of your friends and classmates, how common is it that people your age...

	Not at all	Common	Somewhat common	Quite common	Very common
a) ...vape?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) ...use tobacco products (for example, cigarettes)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) ...drink alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) ...use other drugs (for example, cannabis)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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75% complete

ABOUT MY OUT OF SCHOOL TIME

61. 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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78% complete

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

No Yes Don't know
☐ ☐ ☐

63. 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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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.

64. 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 <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) Art or music lessons (for example, drawing, painting, playing a musical instrument, 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"/>	▶
c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, 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"/>	▶
d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, 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"/>	▶
e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, 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"/>	▶

83% complete

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

65. 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:

66. 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 ☐

67. 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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89% complete

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

68. 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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92% complete

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

69. When I make a decision, I think about what might happen afterward.	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"/>
70. I take responsibility for my mistakes.	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"/>
71. I can say 'no' when someone wants me to do things that are wrong or dangerous.	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"/>
72. When I'm sad, I can usually start doing something that will make me feel better.	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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94% complete

73. 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
☐

74. 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
☐

75. 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
☐

76. 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
☐

77. 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
☐

78. 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
☐

79. 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

The next few questions ask about climate change and how it impacts your life. When we say 'climate change', we mean long-term changes in weather and its effects (for example, extreme heat/global warming, flooding, wildfires, storms).

80. Is climate change negatively impacting your mental health?

No, not at all Yes, a little Yes, somewhat Yes, quite a bit Yes, very much

☐ ☐ ☐ ☐ ☐

81. I believe I can do things to help with the problem of climate change.

Disagree a lot Disagree a little Don't agree or disagree Agree a little Agree a lot I don't think climate change is a problem

☐ ☐ ☐ ☐ ☐ ☐

82. I have people in my life (for example, friends, family, professionals) who can support me if I feel stressed about climate change.

Disagree a lot Disagree a little Don't agree or disagree Agree a little Agree a lot I don't feel stressed about climate change

☐ ☐ ☐ ☐ ☐ ☐

83. Do you feel angry at those in power (for example, government, big companies) because they don't seem to be doing much about climate change?

No, not at all Yes, a little Yes, somewhat Yes, quite a bit Yes, very much I don't think climate change is a problem

☐ ☐ ☐ ☒ ☐ ☐

84. My daily life (for example, hobbies, activities, summer plans) has been directly affected by climate change (for example, extreme weather/wildfire, changing environment).

No, not at all Yes, a little Yes, somewhat Yes, quite a bit Yes, very much

☐ ☒ ☐ ☐ ☐

If yes, my life has been affected by (select all that apply to you):

- ☐ Air quality/smoke
- ☐ Wildfire threats
- ☐ Extreme Heat
- ☐ Flooding/Extreme rain events
- ☐ Drought (water shortage)
- ☐ Other

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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