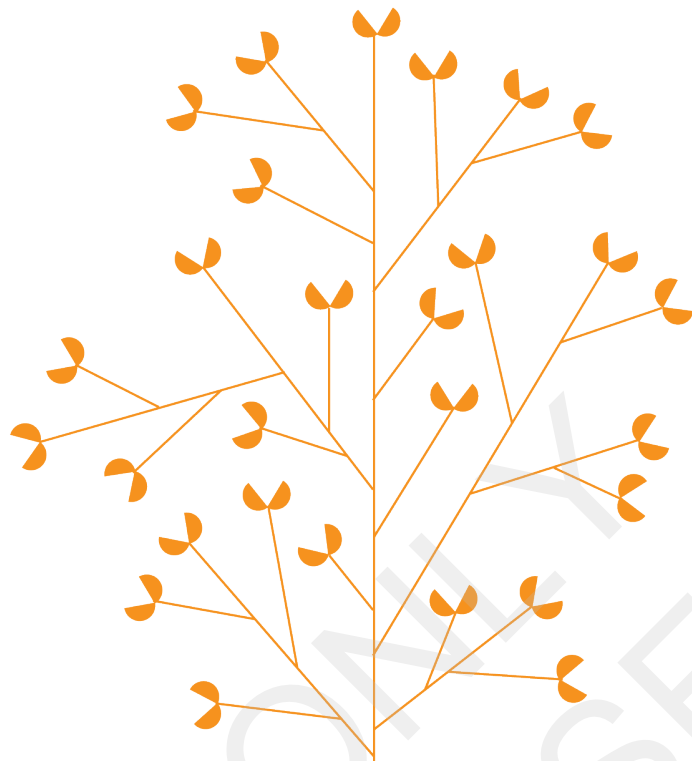




MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2025–2026 ■ **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

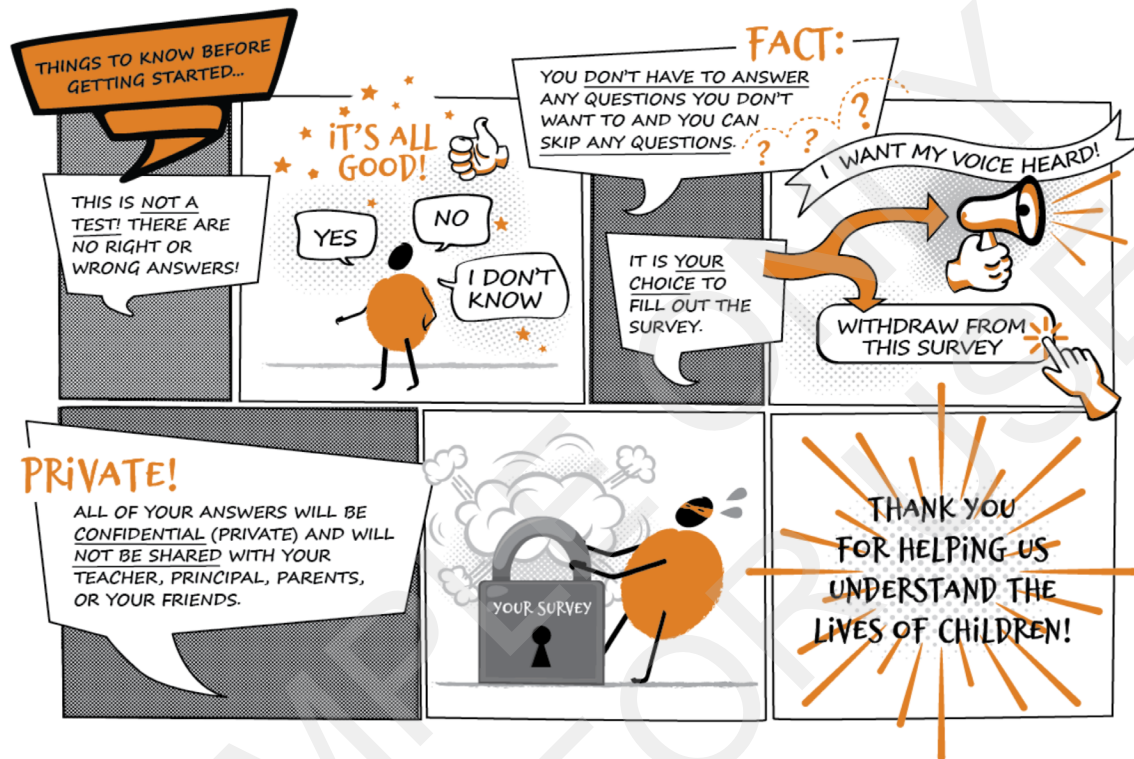
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Version: Sept 1, 2025
H18-00507-A077

STUDENT ASSENT SCRIPT

Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of school children in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. It has been a long time since we were your age, so we need you to be our "teachers", so that we can learn more about the lives of children today. To learn about children your age, we would like to ask you some questions about how you think and feel about things in your life and about what you like to do.



Here are some things to know before getting started:

1. This is **not a test!** There are **no right or wrong answers**. Some people think or feel one thing and other people think or feel something else. We want to know what *you* think and how *you* feel. Your answers are **VERY IMPORTANT** and will help improve activities and programs for children your age.
2. It is **your choice** to fill out the survey. You can choose not to fill out the survey at any time before, during or after your survey is finished and you will not get in trouble or lose marks. You don't have to answer any questions you don't want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the "Withdraw from this survey" button on the bottom of every page.
3. It is important for you to know that **ALL OF YOUR ANSWERS** that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents, or your friends.

Please answer each question the best you can.

Thank you for your help!

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Start Survey

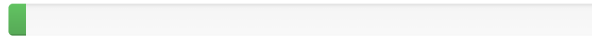
Withdraw from this survey

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MIDDLE YEARS DEVELOPMENT INSTRUMENT
discovermdi.ca

2

Version: Sept 1, 2025
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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
- ☐ ☐ ☐ ☒

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, Inuit or Métis, but maybe some of them are. We want to know about **YOU**. Are you First Nations, Inuit or Métis? If so, please answer **YES**.

5. Are you First Nations, Inuit or Métis?

No Yes Part
☐ ☒ ☐

Which do you identify as?

☒ First Nations
☐ Inuit
☐ Métis

Please share your First Nation(s), Inuit or Métis 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, Inuit or Métis language
☐ English
☐ Arabic
☐ Cantonese
☐ Filipino/Tagalog
☐ French
☐ Hindi
☐ Japanese
☐ Korean
☐ Mandarin
☐ Punjabi
☐ Russian
☐ Spanish
☐ Vietnamese
☐ Other

First Nations, Inuit or Métis language?

Other:

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

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

Which First Nations, Inuit or Métis language?

Other:

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

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



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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.

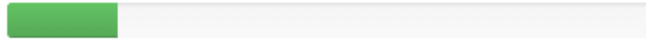
Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.

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

- ☐ Indigenous (First Nations, Inuit, or Métis)
- ☐ 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 ☐	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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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 ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
2. 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 ☐
3. I start most days thinking I will have a good day.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
4. In general, I like being the way I am.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
Previous		Next			
5. Overall, I have a lot to be proud of.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
6. A lot of things about me are good.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
7. 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 ☐
8. I feel upset about things.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐

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.

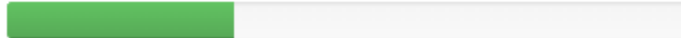
Disagree
a lot
☐

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

Previous

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
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |
| <hr/> | | | | |
| 20. ... who believes that I will be a success. | Not at all true
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |
| <hr/> | | | | |
| 21. ... who listens to me when I have something to say. | Not at all true
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |

40% complete

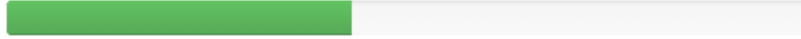
The next three questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

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

- | | | | | |
|---|--|--|---|---|
| 22. ... who believes that I will be a success. | Not at all true
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |
| <hr/> | | | | |
| 23. ... who listens to me when I have something to say. | Not at all true
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |
| <hr/> | | | | |
| 24. ... who I can talk to about my problems. | Not at all true
☐ | A little true
☐ | Pretty much true
☐ | Very much true
☐ |

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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 ☐	A little true ☐	Pretty much true ☐	Very much true ☐
26. ... who believes that I will be a success.	Not at all true ☐	A little true ☐	Pretty much true ☐	Very much true ☐
27. ... who listens to me when I have something to say.	Not at all true ☐	A little true ☐	Pretty much true ☐	Very much true ☐

Previous

Next

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
☐

Disagree a
little
☐

Don't agree
or disagree
☐

Agree a
little
☐

Agree
a lot
☐

29. 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
☐

30. 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
☐

31. 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
☐

Previous

Next

50% complete

32. 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 ☐
33. 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 ☐
34. 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 ☐
35. 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 ☐

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36. 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 ☐
37. Teachers and students treat each other with respect in this school.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
38. People care about each other in this school.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
39. Students in this school help each other, even if they are not friends.	Disagree a lot ☐	Disagree a little ☐	Don't agree or disagree ☐	Agree a little ☐	Agree a lot ☐
40. 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 ☐
41. 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 ☐

Previous

Next



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 ☐
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 ☐
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 ☐
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 ☐

Previous

Next



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
☐ ☐ ☐ ☐

Previous

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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
☐	☐	☐	☐	☐	☐

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
☐	☐	☐	☐	☐	☐

Previous

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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	◀
☐	☐	☐	☐	☐	☐	☐	☐	

Previous

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70% complete

52. The next questions ask about **THE FRUITS AND VEGETABLES** you ate **YESTERDAY**.

a) **YESTERDAY**, how many servings of fruit (fresh, frozen, canned, and dried) did you eat? **DO NOT** count juices or drinks.

None 1 serving 2 servings 3 servings 4 servings 5 or more servings

☐ ☐ ☐ ☐ ☐ ☐

1 serving of **FRUIT** is about the size of your fist, and could be 1 apple or orange, 1 banana, half cup berries, 20 cherries or grapes, or a few pieces of dried fruit.

b) **YESTERDAY**, how many servings of vegetables (fresh, frozen or canned) did you eat? **DO NOT** count vegetable juices or french fries.

None 1 serving 2 servings 3 servings 4 servings 5 or more servings

☐ ☐ ☐ ☐ ☐ ☐

1 serving of **VEGETABLES** is about the size of your fist, and could be half cup of broccoli, 1 cup of lettuce or spinach, half cup of green beans, half cup of sweet potatoes, or half cup of bok choy.

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73% complete

53. The next questions ask about your other eating habits. When answering, please answer based on what you eat in a NORMAL WEEK. Think about all meals such as breakfast, lunch, dinner/supper, and snacks.

a) In a normal week, how often do you eat sugary foods (for example, cookies, cake, ice cream, chocolate, candy, sugary breakfast cereal, or store-bought muffins, protein bars, or granola bars)?	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 ☐	◀
b) In a normal week, how often do you eat salty snacks (for example, chips, crackers, pretzels or popcorn)?	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 ☐	◀
c) In a normal week, how often do you have a sweet drink (for example, iced tea, fruit juice, pop or soda, hot chocolate, sweet tea or coffee drinks like bubble tea or blended iced coffee, or energy or sports drinks)?	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 ☐	◀

Previous

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76% complete

54. 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 ☐	◀	
55. 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 ☐						◀
56. 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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Next



79% complete

ABOUT MY OUT-OF-SCHOOL TIME

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

a) I go home.	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀
b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀
c) I go to an after school program/daycare (in my school or someplace else).	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀
d) I go to a friend's house.	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀
e) I go to a library.	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀
f) I go someplace else, for example, a family member's home, or other places.	Never ☐	Once a week ☐	Twice a week ☐	3 times a week ☐	4 times a week ☐	5 times a week (every school day) ☐	◀

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82% complete

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

No ☐ Yes ☐ Don't know ☐

◀

59. 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 ☐

◀

Previous

Next

85% 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.

60. 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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88% complete

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

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

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

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91% 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:

62. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

63. 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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94% complete

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

64. 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

☐ ☐ ☐ ☐ ☐ ☐ ☐

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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.

65. 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 ☐	◀
66. 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 ☐	◀
67. 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 ☐	◀

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100% complete

68. 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