

UNDERSTANDING OUR LIVES



MIDDLE YEARS DEVELOPMENT INSTRUMENT
Survey of Grade 4 students
2016-2017

British Columbia
- **e-MDI Instructional Survey** -

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

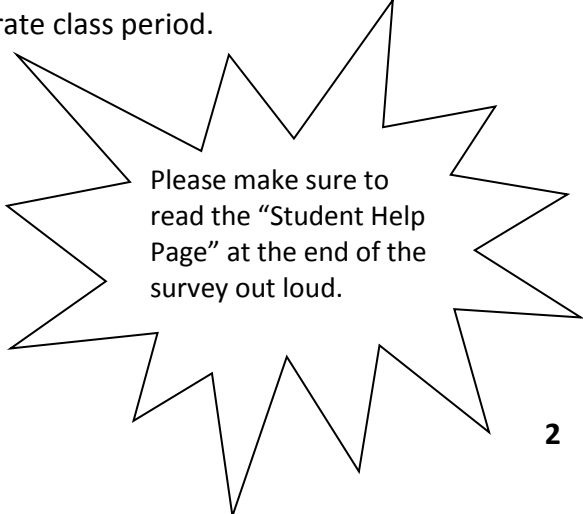


HUMAN
EARLY LEARNING
PARTNERSHIP

Reminders before you get started!

1. This survey will take approximately 90 minutes to complete, and should be administered to students over a couple of class periods. You may wish to administer the survey across a couple of days or at different times all in one day so that your students do not get too tired or restless when completing the survey. Also, try to administer to students when they are attentive and alert (for example, try to avoid Friday afternoons or time slots right before lunch).
2. Each child must complete his or her **designated** survey. Each student has their own log in ID and password assigned to them. It is critical for interpreting and reporting survey results that each student completes the survey with his/her unique ID number on it. Students need to know that their answers are private so that they will feel more comfortable answering the questions honestly.
3. Prior to starting the survey, students must be given the opportunity to decline and not complete the survey (see the Assent Script on the next page). Teachers in the past have found that students sometimes choose not to participate and then change their minds later. However, once students choose not to participate, they cannot re-join the class (as they will have missed the instructions and question explanations). Please explain to students that if they are unsure about participating, they can always start the survey and stop at any time. Students can withdraw by clicking the “Withdraw from this survey” button at the bottom of every page.
4. The “Tell us about yourself” page at the very beginning of the survey can be challenging for some students, especially the questions about who they live with and their first language learned. Please read this section out loud to make sure everybody understands. Expect to move slowly through this section.
5. The “activities” section at the end of the survey can also be challenging for some students. Leave plenty of time for this section and ensure children are not too fatigued before they begin. We would suggest that you do this section at the start of a separate class period.

Thank you!



Please make sure to read the “Student Help Page” at the end of the survey out loud.

Student Assent Script

Dear survey administrator,

In accordance with University of British Columbia's (UBC) Behavioural Research Ethics Board, children need to know about their rights as human subjects in any research in which they are being asked to participate. After hearing about the research project (see below), they should be provided with the option to opt-out and not complete the survey. Please read this brief assent script aloud to your students on behalf of the researchers at UBC.

Read this welcome aloud!

Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of elementary 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 in Canada. 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 participate at any time before, during or after you complete the survey and you will not get in trouble or lose marks. 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.

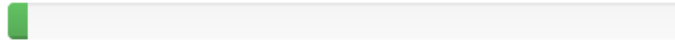
Thank you for your help!

HUMAN
EARLY LEARNING
PARTNERSHIP

Start Survey

Instruct students to click on "Start Survey" to begin.

Withdraw from this survey



3% complete

Quick review before you start (check the boxes to confirm):

Students can click the check boxes to confirm they understand the Assent Script.

- I understand this survey does not count for school marks
- I understand I can stop doing the survey at any time
- I understand this is confidential

Clicking "Next" saves student responses and moves to the next page.

← Previous

Next →

Please read the first section of the survey and the instructions with sample questions out loud to your students. After completing the first section they should be able to continue the survey on their own, although some might still need your assistance. You can also read the entire survey aloud if you choose.

If your students have headphones, they can click on this icon to hear the question read aloud.





7% complete

Please tell us a little bit about yourself

These questions can be challenging for some students. Please read Questions 1 to 8 aloud to make sure everybody understands.

1. Are you a boy or a girl?

2. What is your birth date?

3. Which of these adults do you live with most of the time? (Check all adults you live with.)

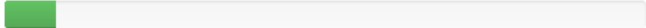
- Mother
- Father
- Stepfather
- Stepmother
- Grandmother
- Grandfather
- Second mother (two mothers)
- Second father (two fathers)
- Part time with each parent
- Foster parent(s) or caregiver(s)
- Other adults

4. How many brothers and sisters do you have?

0 1 2 3 4 5 6 7 or more

← Previous

Next →



8% complete



Aboriginal people in Canada are sometimes called First Nations, Native Indian, Inuit, or Métis. All of your family members might not be Aboriginal but maybe some of them are. Sometimes Aboriginal people only have one parent or grandparent who is Aboriginal.

**We want to know about YOU.
Are you Aboriginal?
If so, please answer YES.**

5. Are you Aboriginal?

No Yes Part

If you answered Yes or Part, check:

Inuit
 Métis
 First Nations

Please identify:

This text box will appear if a student selects “First Nations.” Refer to the list at the back of this guide for common answers to this question if a student asks for assistance. For example: “Cree” or “Halq’emeyhem”.

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

- Aboriginal Language
- English
- Cantonese
- Filipino/Tagalog
- French
- Hindi
- Japanese
- Korean
- Mandarin
- Punjabi
- Spanish
- Vietnamese
- Other

If a student selects “Aboriginal Language” or “Other”, they can type in the language. Refer to the list at the back of this guide for common answers to this question if a student asks for assistance.

Which Aboriginal language?

Other:

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

- Aboriginal Language
- English
- Cantonese
- Filipino/Tagalog
- French
- Hindi
- Japanese
- Korean
- Mandarin
- Punjabi
- Spanish
- Vietnamese
- Other

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

- Very hard Hard Easy Very easy
-

◀ Previous

Next ▶

13% complete

INSTRUCTIONS

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.

Please read the INSTRUCTIONS and sample questions aloud to make sure everybody understands.

I don't like to eat pizza.

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

I like to eat carrots.

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

◀ Previous

Next ▶



Students can complete the remaining questions on their own and can ask for assistance as needed. You can read the questions aloud if you choose.

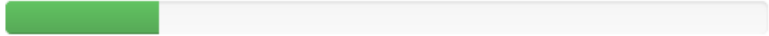
Lets start now!

Remember, there are no right or wrong answers!

1. I feel sorry for other kids who don't have the things that I have.	Disagree a lot <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. When I see someone being treated mean it bothers 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 am a person who cares about the feelings of others.	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. 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"/>
5. 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"/>

← Previous

Next →

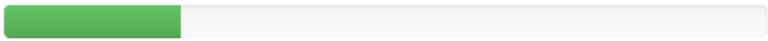


20% complete

6. I start most days thinking I will have a good day.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
7. In general, I like being the way I am.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
8. Overall, I have a lot to be proud of.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
9. A lot of things about me are good.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

[< Previous](#)

[Next >](#)



23% complete

10. I feel unhappy a lot of the time.

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

11. I feel upset about things.

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

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

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

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

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

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

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

15. I worry about being teased.

Disagree
a lot

Disagree
a little

Don't agree or
disagree

Agree a
little

Agree
a lot

[← Previous](#)

[Next →](#)

27% complete

16. In most ways my life is close to the way I would want it to be.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

17. The things in my life are excellent.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

18. I am happy with my life.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

19. So far I have gotten the important things I want in life.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

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

Disagree a lot

Disagree a little

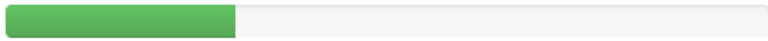
Don't agree or disagree

Agree a little

Agree a lot

← Previous

Next →



30% complete

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

21. I cheered someone up who was feeling sad.

Not at all
this school
year

Once or a
few
times

About
every
month

About
every
week

Many
times a
week

22. I helped someone who was being picked on.

Not at all
this school
year

Once or a
few
times

About
every
month

About
every
week

Many
times a
week

23. I helped someone who was hurt.

Not at all
this school
year

Once or a
few
times

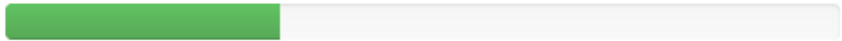
About
every
month

About
every
week

Many
times a
week

← Previous

Next →



33% complete

24. Are there any adults who are **IMPORTANT TO YOU** at your **school**?

No Yes



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

Person 1

Person 2

Person 3

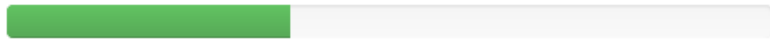
Person 4

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...

25. ... who really cares about me.

Not at all true	A little true	Pretty much true	Very much true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

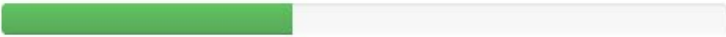
Not at all true	A little true	Pretty much true	Very much true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Not at all true	A little true	Pretty much true	Very much true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[← Previous](#)

[Next →](#)



40% complete

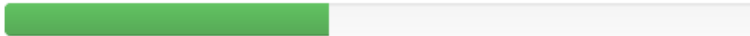
The next four questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

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

28. ... who believes that I will be a success.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
29. ... who listens to me when I have something to say.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
30. ... who I can talk to about my problems.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
31. I care about what my parents (or guardians) think of 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"/>

[← Previous](#)

[Next >](#)



43% complete

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

32. ... who really cares about me.

Not at all true

A little true

Pretty much true

Very much true

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

Not at all true

A little true

Pretty much true

Very much true

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

Not at all true

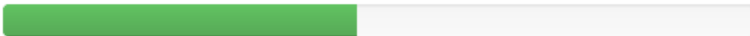
A little true

Pretty much true

Very much true

← Previous

Next →



47% complete

35. Are there places in your neighbourhood/community that provide programs for kids your age, like sports (for example, swimming, soccer, hockey), art, dance, music classes, and other clubs and activities?

No

Yes

Don't know

36. Are there safe places in your neighbourhood/community where you feel comfortable to hang out with friends, like playgrounds, parks, or community centres?

No

Yes

Don't know

← Previous

Next →

50% complete

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

37. 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

38. 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

39. 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

40. 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

41. 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

42. 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

← Previous

Next →



53% complete

43. 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

44. 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

45. 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

◀ Previous

Next ▶



57% complete

46. 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"/>
47. 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"/>
48. 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"/>
49. 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"/>
50. 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"/>
51. When I grow up, I have goals and plans for the future.	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 ▶



60% complete

52. How important is it to you to do the following in school:

a) Make friends?	Not important at all <input type="radio"/>	Not very important <input type="radio"/>	Somewhat important <input type="radio"/>	Very important <input type="radio"/>
------------------	---	---	---	---

b) Get good grades?	Not important at all <input type="radio"/>	Not very important <input type="radio"/>	Somewhat important <input type="radio"/>	Very important <input type="radio"/>
---------------------	---	---	---	---


c) Learn new things?	Not important at all <input type="radio"/>	Not very important <input type="radio"/>	Somewhat important <input type="radio"/>	Very important <input type="radio"/>
----------------------	---	---	---	---

[< Previous](#)

[Next >](#)



63% 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?

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

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

55. 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
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

56. Cyberbullying (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[< Previous](#)

[Next >](#)



67% complete

The next questions ask about your physical 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.

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

- Poor Fair Good Excellent
-

58. Do you have a physical or health condition that keeps you from doing some things other kids your age do? (For example, school activities, sports, or getting together with friends).

- No
- Yes, a physical disability (for example, deafness, cerebral palsy, wheelchair, or something else)
- Yes, a long term illness (for example, diabetes, asthma, or something else)
- Yes, overweight
- Yes, something else



70% complete

59. How do you rate your body weight?

- Very underweight Slightly underweight About the right weight Slightly overweight Very overweight
-

60. How often do you like the way you look?

- Never Hardly ever Sometimes Often Always
-

← Previous

Next →



73% complete

61. 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"/>

62. 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"/>

63. 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"/>

64. 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"/>

65. What time do you usually go to bed during the weekdays?

Before 9:00 pm	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"/>

[< Previous](#)

[Next >](#)

This point in the survey is a natural place to break



77% complete

ABOUT MY AFTER SCHOOL TIME

66. On school days, who are you usually with for most of the time from after school to dinner time (about 3 pm to 6 pm)?
(Please check all of the people you are with after school.)

- By myself
- Friend(s) about my age
- Mother (or stepmother, foster mother)
- Father (or stepfather, foster father)
- Younger brothers/sisters
- Older brothers/sisters
- Other adult(s) (for example, grandparent, aunt, uncle, coach, babysitter)
- Other

◀ Previous

Next ▶

80% complete

67. How many days a week do you go to these places from after school to dinner time (about 3 pm to 6 pm)?

a) I go home.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every 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 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 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 day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I go to a park, playground, or community centre.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I hang out at the mall or stores.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) 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 day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← Previous

Next →

Suggested clarification: “These questions are trying to ask you what you do during a normal week. If last week was different than normal – maybe you were sick or couldn’t go to your regular activities – please answer the questions thinking of the most recent typical week for yourself.”



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.

We would like to know what you did after school last week.

68. During last week from after school to dinner time (about 3 to 6 pm), how many days did you participate in:

a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

◀ Previous

Next ▶

87% complete

The next questions ask you about other activities that you might do after school. That is, these questions are about activities that are not planned and usually not supervised by a teacher, instructor, adult, coach, or volunteer.

69. During last week from after school to dinner time (about 3 to 6 pm), how much time did you spend doing the following activities on a normal day?

a) ... do sports and/or exercise for fun (for example, shooting hoops, swimming, yoga, dancing, or something else)?	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
b) ... do homework?	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
c) ... watch TV, Netflix, Youtube, streaming videos, or something else?	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
d) ... play video or computer games (for example, Play Station, Wii, Xbox, multiuser online games, or something else)?	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
e) ... read for fun?	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours

f) ... practice a musical instrument (for example, drums, clarinet, violin, or something else)?

I did not do this activity

Less than 30 minutes

30 minutes to 1 hour

1-2 hours

2 or more hours

g) ... do arts & crafts (for example, painting, drawing, or something else)?

I did not do this activity

Less than 30 minutes

30 minutes to 1 hour

1-2 hours

2 or more hours

h) ... hang out with friends in person?

I did not do this activity

Less than 30 minutes

30 minutes to 1 hour

1-2 hours

2 or more hours

i) ... hang out with friends on the phone, tablet or computer?

I did not do this activity

Less than 30 minutes

30 minutes to 1 hour

1-2 hours

2 or more hours

← Previous

Next →



90% complete

70. Think about what you want to do on SCHOOL DAYS from after school to dinner time (about 3 pm to 6 pm).

- I am already doing the activities I want to be doing.
- I wish I could do additional activities.

Please list one activity you wish you could do:

Where would you like this activity to be?

- School
- Home
- Park or playground
- Community centre
- Other

If a student selects that they wish to do additional activities, they can list an activity and where they would like it to be.

← Previous

Next →



93% complete

71. What stops you from participating in the activities that you want to participate in after school? (Check all of the things that stop you.)

- Nothing stops me.
- I have to go straight home after school.
- It is too difficult to get there.
- The activity that I want is not offered.
- The schedule does not fit the times that I can attend.
- It's not safe for me to go.
- I have too much homework to do.
- My parents do not approve.
- It costs too much.
- I need to take care of brothers or sisters or do other things at home.
- I am afraid I will not be good enough in that activity.
- I'm too busy.
- I don't know what is available.
- None of my friends are interested or want to go.
- Other

← Previous

Next →

97% complete

Please answer these last few questions about yourself.

72. 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

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

◀ Previous

Next ▶

100% complete

75. If something isn't going according to my plans, I change my actions to try and reach my goal.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

76. When I have a serious disagreement with someone, I can talk calmly about it without losing control.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

77. I work carefully when I know something will be tricky.

Disagree a lot

Disagree a little

Don't agree or disagree

Agree a little

Agree a lot

[Previous](#) [Finish Survey](#)

[Withdraw from this survey](#)

Students click to finish the survey and view the Student Help Page.

Student Help Page

Thank you for taking the 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 box below will send a private message to your teacher and principal who will follow up with you at a later date. If you would prefer not to talk to your teacher or principal, consider talking to a family member or your school counselor. 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.

Would you like to talk to your teacher or principal about a problem you are having?

[No, everything's ok. Log me out](#)

[Yes, I would like help](#)

Requests for help will be sent to your district email address, please follow your school's protocol for assisting students.

Common First Nation Names

Blackfoot	Ojibway
Chamainus	Okanagan
Chehalis	Oweekano
Chilliwak	Pentlatch
Coast Salish	Qeqai
Coquitlam	Saanich
Cowichan	Salteau
Cree	Scie'new
Cree/Mohawk	Scowlitz
Dakehl	Sechelt
Dene-thah	Secwepemc
Down River & Island Halkomelem	Sekani
Dunne-za	Sliammon
Gitxsan	Songhees
Gwich'in	Squamish
Haida	Stl'atl'imc
Haisla	Sumas
Halq'emeyhem	T'sou-ka
Heiltsuk	Tagish
Homalco	Tahltan/Inland Tlingit
Inuit	Tait
Island Comox	Tlingit
Island Halkomlem & Salish Straits	Tsawassen
Kaska	Tsihlqot'in
Katzie	Tsimshian
Klahoose	Tsuu t'ina
Ktunaxa	Tutchone
Kwakwaka'wakw	Upper Tanana
Kwantlen	Wet'suwet'en
Leq'a:mel	Whoonocko-Skhayuks Hatzie
Malahat	
Matsqui	
Michif	
Mohawk	
Musqueam	
Nakoda	
Nanaimo-Nanoose	
Nicomekl	
Nisga'a	
Nlaka'pamux	
Nuu'chah'nulth	
Nuxalk	

