



Grade 7-12

Preview Version: Do not complete

Middle Years Development Instrument (MDI)

Below are the questions that your child will be asked as part of our student school climate surveys. Your child will be given time in class to complete these same questions in an online format. Students are free to skip any questions they do not want to answer, and they can stop taking the survey at any time. The grouped responses that come from participation in the MDI will help to inform decisions made at the community, school board, and school level.

Middle Years Development Instrument (MDI) 2026

We would like to learn more about the lives of students 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 what you like to do.

Here are some things to know before getting started:

1. This is **not a test!** There are **no right and 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 **anonymous (not connected to your name)** and will **not** be shared with your teacher, principal, parents, or your friends.

Please answer each question the best you can **from the perspective of your child**.

Thank you for your help!

© Copyright of UBC and contributors. Copying, distributing, modifying or translating this work is expressly forbidden by the copyright holders. Contact the Human Early Learning Partnership at earlylearning@ubc.ca to inquire about copyright permissions.

[Q1] Would you like to take this survey on behalf of your child? (select only one)

- No *If No, please do not answer any additional questions*
- Yes

[Q2] To begin the MDI survey, please provide the following information about your child to ensure that your responses are accurately and securely saved. This is an anonymous survey, so please do not indicate your child's name, email or any other information that could identify this response.

SCHOOL: _____

GRADE: _____

The survey questions start here

[Q3] Quick review before you start (check all boxes to confirm)

- I understand this survey does not count for school marks
- I understand I can stop doing this survey at any time
- I understand that I can skip a question
- I understand my response is anonymous (no name or email is attached to my answer)

[Q4] Which of these adults does your child live with most of the time? (Check all that apply)

- Mother
- Father
- Stepfather
- Stepmother
- Grandmother
- Grandfather
- Two mothers
- Two fathers
- Part time with each parent
- Foster parent(s) or caregiver(s)
- Other adults (please write in the space, for example, aunt, uncle, mom's boyfriend or girlfriend, dad's boyfriend or girlfriend): _____

[Q5] How many brothers and/or sisters does your child have?

- | | | |
|-------------------------|-------------------------|---------------------------------|
| <input type="radio"/> 0 | <input type="radio"/> 3 | <input type="radio"/> 6 |
| <input type="radio"/> 1 | <input type="radio"/> 4 | <input type="radio"/> 7 or more |
| <input type="radio"/> 2 | <input type="radio"/> 5 | |

[Q6] What is your child's gender identity?

- Female
- Male
- Another
- I am not sure
- I do not understand the question
- I prefer not to answer

**Please note that students in grades 7 and 8 will not see this question. Instead, students in grades 4-8 will be asked "are you a boy or a girl?" with options to select only either "boy" or "girl".

[Q7] All of your family members might not be First Nations, Inuit or Métis, but maybe some of them are.

[Q8] We want to know about YOUR CHILD. Is your child First Nations, Inuit or Métis? **Is your child First Nations, Inuit or Métis?**

- No
- Yes, First Nations
- Yes, Inuk/Inuit
- Yes, Métis

[Q9] **Which RACIAL CATEGORY best describes your child? (Select all that apply)**

Note this question asks ‘Which racial group(s) best describes how you see yourself? **If you have more than one background, select all that apply.**

- Black** (African, Afro-Caribbean, African-Canadian descent)
- East/Southeast Asian** (Chinese, Korean, Japanese, Taiwanese descent; Filipino, Vietnamese, Cambodian, Thai, Indonesian, other Southeast Asian descent)
- Indigenous** (First Nations, Métis, Inuk/Inuit)
- Latino** (Latin American, Hispanic descent)
- Middle Eastern** (Arab, Persian, West Asian descent, e.g. Afghan, Egyptian, Iranian, Lebanese, Kurdish, etc.)
- South Asian** (South Asian descent, e.g. East Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean, etc.)
- White** (e.g., English, Italian, German, European descent)
- Another** race category: _____
- I am not sure
- I do not understand this question
- I prefer not to answer

[Q10] **What is the first language your child LEARNED at home? (You can check more than one if you need to.)**

- | | | |
|--|---|--|
| <input type="checkbox"/> First Nations, Inuit or Métis language.
Please specify:
_____ | <input type="checkbox"/> Chinese (including Mandarin & Cantonese) | <input type="checkbox"/> Korean |
| <input type="checkbox"/> English | <input type="checkbox"/> Croatian | <input type="checkbox"/> Kurdish |
| <input type="checkbox"/> French | <input type="checkbox"/> Dutch | <input type="checkbox"/> Malayalam |
| <input type="checkbox"/> Albanian | <input type="checkbox"/> Filipino (including Tagalog & Pilipino) | <input type="checkbox"/> Lao |
| <input type="checkbox"/> Amharic | <input type="checkbox"/> German | <input type="checkbox"/> Pashto |
| <input type="checkbox"/> Arabic | <input type="checkbox"/> Greek | <input type="checkbox"/> Persian (Farsi) |
| <input type="checkbox"/> Armenian | <input type="checkbox"/> Gujarati | <input type="checkbox"/> Polish |
| <input type="checkbox"/> Bengali | <input type="checkbox"/> Hindi | <input type="checkbox"/> Portuguese |
| <input type="checkbox"/> Bosnian | <input type="checkbox"/> Hungarian | <input type="checkbox"/> Punjabi (Panjabi) |
| | <input type="checkbox"/> Italian | <input type="checkbox"/> Romanian |
| | | <input type="checkbox"/> Russian |
| | | <input type="checkbox"/> Serbian |
| | | <input type="checkbox"/> Spanish |

- Somali
- Tamil
- Tigrinya
- Turkish

- Ukrainian
- Urdu
- Vietnamese

- A language or languages not listed above**

[Q11] Which language(s) does your child SPEAK at home? (You can check more than one if you need to.)

- | | | |
|--|--|--|
| <input type="checkbox"/> First Nations, Inuit or Métis language.
Please specify:
_____ | <input type="checkbox"/> Filipino (including Tagalog & Pilipino) | <input type="checkbox"/> Romanian |
| <input type="checkbox"/> English | <input type="checkbox"/> German | <input type="checkbox"/> Russian |
| <input type="checkbox"/> French | <input type="checkbox"/> Greek | <input type="checkbox"/> Serbian |
| <input type="checkbox"/> Albanian | <input type="checkbox"/> Gujarati | <input type="checkbox"/> Spanish |
| <input type="checkbox"/> Amharic | <input type="checkbox"/> Hindi | <input type="checkbox"/> Somali |
| <input type="checkbox"/> Arabic | <input type="checkbox"/> Hungarian | <input type="checkbox"/> Tamil |
| <input type="checkbox"/> Armenian | <input type="checkbox"/> Italian | <input type="checkbox"/> Tigrinya |
| <input type="checkbox"/> Bengali | <input type="checkbox"/> Korean | <input type="checkbox"/> Turkish |
| <input type="checkbox"/> Bosnian | <input type="checkbox"/> Kurdish | <input type="checkbox"/> Ukrainian |
| <input type="checkbox"/> Chinese (including Mandarin & Cantonese) | <input type="checkbox"/> Malayalam | <input type="checkbox"/> Urdu |
| <input type="checkbox"/> Croatian | <input type="checkbox"/> Lao | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Dutch | <input type="checkbox"/> Pashto | <input type="checkbox"/> A language or languages not listed above |
| | <input type="checkbox"/> Persian (Farsi) | |
| | <input type="checkbox"/> Polish | |
| | <input type="checkbox"/> Portuguese | |
| | <input type="checkbox"/> Punjabi (Panjabi) | |

[Q12] Was YOUR CHILD born in Canada?

- No
- Yes
- Don't know

[Q13] Was their MOTHER (or stepmother, second parent, guardian) born in Canada?

- No
- Yes
- Don't know
- Not applicable

[Q14] Was their FATHER (or stepfather, second parent, guardian) born in Canada?

- No
- Yes
- Don't know
- Not applicable

[Q15] How difficult is it for YOUR CHILD to read in English?

- Very hard
- Hard
- Easy
- Very Easy

Lets start now!

Remember, there are no right or wrong answers! Please answer each question from the perspective of your child.

[Q16] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q17] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q18] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q19] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q20] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q21] 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 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

[Q22] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q23] I feel upset about things.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q24] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q25] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q26] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q27] I worry about being teased.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q28] Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	Over half the days	Nearly every day
Feeling anxious or nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q29] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q30] **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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q31] **The things in my life are excellent.**

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q32] **I am happy with my life.**

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q33] **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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q34] **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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How true is each statement for you?

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

[Q35] **... who really cares about me.**

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

[Q36] **... 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"/>

[Q37] **... 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"/>

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, stepparents, same-sex parents, or foster parents.

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

[Q38] ... 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"/>

[Q39]... 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"/>

[Q40]...who I can talk to about my problems.

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"/>

The next three questions are about adults in your neighbourhood/community.

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

[Q41]... 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"/>

[Q42] ... 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"/>

[Q43] ... 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"/>

In my church / parish/ faith community, there is an adult (priest, church member, chaplain, usher, reader, or anybody else that goes to your place of worship) ...

[Q44]... who really cares about me.

Not at all true	A little true	Pretty much true	Very much true	I do not belong to a church / parish / place of worship
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q45] ... who believes that I will be a success.

Not at all true

A little true

Pretty much true

Very much true

I do not belong to
a church / parish /
place of worship

[Q46] ... who listens to me when I have something to say.

Not at all true

A little true

Pretty much true

Very much true

I do not belong to
a church / parish /
place of worship

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

[Q47] 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

[Q48] 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

[Q49] 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

[Q50] 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

[Q51] 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

[Q52] 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

[Q53] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q54] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q55] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q56] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q57] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q58] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q59] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q60] 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
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q61] I have opportunities to experience wellbeing through my faith at school (for example, prayer, liturgies, attending Mass, Christian meditation, spiritual conversation, etc.)

Don't agree or disagree

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

○ ○ ○ ○ ○

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

[Q62] At school, my child is...

	Yes	Sometimes	No
... given time to pray and celebrate God in their lives.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... encouraged to communicate with others in a respectful and honest way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... encouraged to use their creativity and imagination to solve problems and make decisions for the good of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... given time to learn about things they are interested in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... given opportunities to work with others to achieve common goals and help others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...encouraged to show care for their family, friends, and faith community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... encouraged to act Christ-like in their responsibly and respectfulness towards themselves, others, and their environment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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?

[Q63] **Physical bullying** (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took 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"/>

[Q64] **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"/>

[Q65] **Social bullying** (for example, someone left you out, excluded you, gossiped and spread rumours 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"/>

[Q66] **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"/>

The next questions ask about your health.

[Q67] **In general, how would you describe your health?**

Poor	Fair	Good	Excellent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q68] **In general, how would you say your mental health is?** (Please note, this is not a screening tool to diagnose anxiety or mental health conditions. If you require assistance with your mental health, you will have the opportunity to seek it out at the end of this survey).

Poor



Fair



Good



Excellent



These next questions ask more about your mental health. Sometimes people your age may feel that these kinds of questions are uncomfortable to answer.

Remember, you are helping us learn more about the health of people your age in Canada.

[Q69] 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

[Q70] IF you selected that 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 don'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

[Q71] IF you selected that you received professional help for a mental health or emotional challenge.

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

[Q72] If you have questions or concerns about your mental health, do you know about the supports that are available to you (for example, a help line or adults in your school)?

- No, I am not aware

- I am somewhat aware
- Yes, I am aware

[Q73] 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

[Q74] 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

[Q75] 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

[Q76] How often do your parents of 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

[Q77] 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

[Q78] In the past year, did you go to bed hungry because there wasn't enough food at home?

- Never
- Rarely
- Sometimes
- Often
- Very often

[Q79] 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

[Q80] 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

[Q81] 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

[Q82] I spend time on my phone or other electronic devices before I go to sleep.

- Never
- Rarely
- Sometimes
- Often
- Very often

[Q83] 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 type="radio"/>	<input type="radio"/>
b)...use tobacco products (for example, cigarettes)?	<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"/>
d)...use other drugs (for example, cannabis)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ABOUT MY TIME AFTER SCHOOL

[Q84] On school days, how often do you go to these places after school?

	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every day)
I go home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I stay at school to participate in after school activities (for example, sports, tutoring, clubs).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to an after school program/daycare (in my school or someplace else).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to a friend's house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to a library.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go someplace else, for example, a family member's home, or other places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q85] Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?

- No
- Yes
- Don't know

[Q86] My neighbourhood is a place where neighbours help each other.

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

The next questions are about activities that are organized.

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.

[Q87] In a normal week, outside of school hours, how often do you spend time doing the following activities:

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q88] In a normal week, outside of school hours, how often do you spend time doing the following activities?

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
a)... sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?	<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?	<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?	<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?	<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 a neighbourhood?	<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?	<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?	<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, a parish, or in the community)?	<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, paper route, or other part time paid work)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.

[Q89] Let's try to add up all the time you spend in physical activity each day:

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
In a normal week, how many days are you physically active for a total of at least 60 minutes or one hour per 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"/>
In a normal week, how many days do you spend 30 or more minutes in nature?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Q90] The next questions ask how many hours in a day you do an activity, rather than how many days a week.

	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
a)...sit and watch TV, movies, or videos, including YouTube?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b)...play video or computer games?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c)...hang out with friends on the phone, tablet, or computer (for example, video call, text messaging)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d)...spend on social media sites or apps, such as Instagram, Snapchat, X, Facebook, TikTok, either browsing or posting?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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).

[Q91] Is climate change negatively impacting your mental health?

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

[Q92] 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

[Q9] I have 3 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

[Q94] 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
-

Student Help Page

Thank you for participating in the 2026 Middle Years Development Instrument (MDI). Some of the questions on this survey may have made you think of problems your child may be having, including maybe problems with other students.

Below is an option to ask for help.

Checking the box below will let us know to **send a private message to your child's principal** indicating that your child would like to talk to a trusted adult at their school. If your child would prefer not to talk to their teacher or principal, consider talking to them as a trusted family member. It is important for adults to know what's going on so that they can help your child or other students who may be having trouble.

You can also have your child call the Kids HELP phone at 1-800-668-6868 if they are able to do so.

Would you like your child to talk to an ADULT FROM YOUR SCHOOL about a problem they are having?

(e.g., If they are struggling to cope and you would like them to speak with an adult at school about it)

- No, everything is okay
- Yes, I would like my child to talk to someone

If you selected that you would like your child to talk to someone, please indicate the school your child attends and the adult you would like your child to talk to. Please note, we cannot force your child to speak to this adult. The adult, with principal awareness and/or supervision, will reach out to your child to initiate a conversation but will not be able to force a conversation if your child is unwilling.

Please leave this area blank if your child does not wish to speak to an adult at their school about how they are feeling.

School name: _____

Adult your child would like to speak with: _____

Thank-you for taking the time to complete the Middle Years Development Instrument (MDI) Survey on behalf of your child.