

Middle Years Development Instrument 2020-21: Grades 4 - 12 students

We would like to learn more about your life during this school year. It has been a very different kind of year and you are in a unique position to teach us what growing up during a pandemic is like. We would like to ask you some questions about how you think and feel about things in your life during this year 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 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 us to support you as we move into a new school year.**
- 2. It is your choice to fill out the survey. You can stop any time. You can skip questions.**
- 3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be private and will not be shared with your teacher, principal, parents or your friends. We do not ask for your name or student number so we have no way of knowing which answers are yours.**

Please answer each question the best you can.

Thank you for your help!

1. Would you like to continue with the survey?

- Yes, I understand that I can skip questions I do not want to answer and I can stop doing the survey at any time.
- No, I do not want to do the survey

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First, please tell us a little about yourself.

2. Who is filling out this survey?

- I am a student
- I am a parent/guardian filling this out *with* my child
- I am a parent/guardian filling this out *for* my child

3. Please select your school from the drop-down list:

4. What grade are you in?

5. How many parents or guardians do you live with most of the time? *(a guardian can be a family member or adult who looks after you)*

- 1 parent or guardian
- 2 parents or guardians
- More than 2 parents or guardians

6. Do you have brothers and sisters who have been living with you during this pandemic?

- Yes
- No

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These next questions help us to understand more about you.

7. Were you born in Canada?

- Yes
- No

8. Is English the first language you learned how to speak?

- Yes
- No
- I learned English and another language at the same time

9. What language do you most often speak at home?

- English
- Another language
- We speak both English and another language at home

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

- Very Hard
- Hard
- Easy
- Very Easy

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11. How do you describe your gender?

- Boy
- Girl
- I describe my gender another way
- Not sure

12. In our society, people are often described by their race or racial background. Which racial group(s) best describes you?

- | | |
|--|---|
| <input type="checkbox"/> Black | <input type="checkbox"/> South Asian |
| <input type="checkbox"/> East Asian | <input type="checkbox"/> Southeast Asian |
| <input type="checkbox"/> Indigenous (First Nations, Inuit, or Métis) | <input type="checkbox"/> White |
| <input type="checkbox"/> Latino/Latina/Latinx | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Middle Eastern | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Not listed above, please describe: | |

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Okay, let's get started!

The first set of questions ask about your experiences during the Coronavirus/COVID-19 pandemic. Some of these questions ask how your life is different now compared to before the Coronavirus/COVID-19 pandemic.

As a reminder, you don't have to answer any questions you don't want to and you can skip any questions. 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.

13. How did the following change from before the COVID-19 pandemic to now?

	Much less	Less	About the same	More	Much more
I spend time with my friends online.	<input type="radio"/>				
I spend time with my friends in person/face-to-face.	<input type="radio"/>				
I spend time with family members who live in my home.	<input type="radio"/>				
I spend time outdoors (for example, playing sports, hiking, biking, going for walks).	<input type="radio"/>				

14. From before the COVID-19 pandemic to now...

	A lot worse	A little worse	About the same	A little better	A lot better
...have your relationships with your parents or other adults at home gotten worse or better?	<input type="radio"/>				
...have your relationships with teachers or other adults at your school gotten worse or better?	<input type="radio"/>				
...have your relationships with your friends gotten worse or better?	<input type="radio"/>				

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15. How much are you reading or talking about the COVID-19 pandemic?

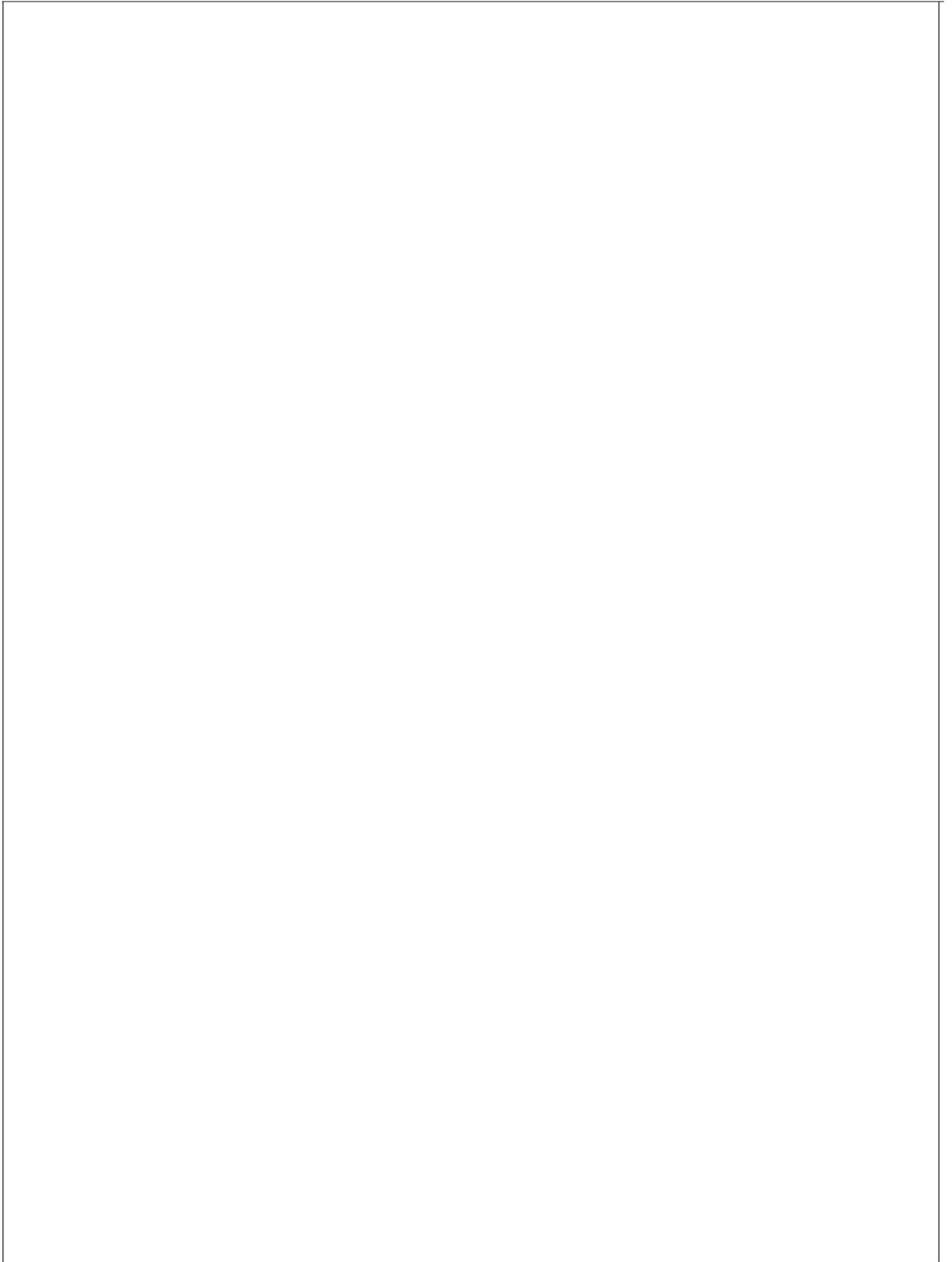
- Never
- Rarely
- Occasionally
- Often
- Most of the time

16. During the PAST TWO WEEKS, how worried have you been about your mental or emotional health being influenced by the COVID-19 pandemic?

- Not at all
- Slightly
- Somewhat
- Very
- Extremely

17. What has helped you deal/cope with worries and stress related to the COVID-19 pandemic? (Please select all the things that have helped you deal/cope with worries and stress.)

- | | | |
|---|---|---|
| <input type="checkbox"/> I have not felt worried or stressed much about the COVID-19 pandemic | <input type="checkbox"/> Getting support from my teacher(s) or other adults at school (principal, counsellor) | <input type="checkbox"/> Spending time with pet(s) |
| <input type="checkbox"/> Connecting in-person with family | <input type="checkbox"/> Getting support from a counsellor or therapist outside of school | <input type="checkbox"/> Exploring my interests (music, reading, arts & crafts) |
| <input type="checkbox"/> Connecting in-person with friends | <input type="checkbox"/> Accessing mental health websites or apps (for example, KidsHelpPhone) | <input type="checkbox"/> Volunteering to help |
| <input type="checkbox"/> Connecting virtually with family (phone, video games/chat, text) | <input type="checkbox"/> Exercising | <input type="checkbox"/> Nothing has helped me deal/cope with worries and stress related to the COVID-19 pandemic |
| <input type="checkbox"/> Connecting virtually with friends (phone, video games/chat, text) | <input type="checkbox"/> Spending time outdoors | |
| <input type="checkbox"/> Other (please specify) | | |



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18. What do you miss the most at school during the COVID-19 pandemic? *(Please select all the things you miss the most.)*

- Field trips
- School-wide events (for example, assemblies, performances)
- School sports clubs (for example, track and field, volleyball, basketball, dance)
- Other things I miss most at school:
- Choir and/or band
- Typical instruction (the ways you used to learn before the pandemic)
- Other school clubs (for example, chess club)

19. What are some positive or good changes that have occurred in your life during the COVID-19 pandemic? *(Please select all the positive or good changes that have occurred.)*

- There were no positive changes
- Exploring other interests (for example, cooking, learning a new instrument, learning a new language, eating new foods)
- Spending more time with friends
- Spending more time with family members (for example, parents/guardians, siblings)
- Getting more sleep
- Having more time to yourself
- Helping others more (for example, walking your neighbour's dog, helping prepare food)
- Other (please specify)

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20. How much do you agree or disagree with the following statements? Remember, there are no right or wrong answers.

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
I feel unhappy a lot of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel upset about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I do things wrong a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. How true is each statement for you?

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

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

22. How true are these statements about you?

	Not at all true	A little true	Pretty much true	Very much true
Participating, learning and being successful at school is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to use technology and learning platforms (MS Teams and the Hub).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to learn and participate online.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see or hear from my teachers as much as I need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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23. How much do you agree or disagree with the following statements?

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

24. How much do you agree or disagree?

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
In most ways my life is close to the way I would want it to be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The things in my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would have it the same way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. How much do you agree or disagree?

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
I have more good times than bad times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe more good things than bad things will happen to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. This question is about school and school work. How much do you agree or disagree with the following statements?

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
I am certain I can learn the skills taught in school this year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I have enough time, I can do a good job on all my school work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even if the work in school is hard, I can learn it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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These last 2 questions ask you about other activities that you might do after school.

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

	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
...do sports and/or exercise for fun (for example, playing outside, biking, skating, shooting hoops, yoga, dancing, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...do homework?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...watch TV, Netflix, Youtube, streaming videos, or something else?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...play video or computer games (for example, Play Station, Wii, Xbox, multiuser online games, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...read for fun?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	I did not do this activity	Less than 30 minutes	30 minutes to 1 hour	1-2 hours	2 or more hours
...practice a musical instrument (for example, drums, guitar, violin, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...do arts & crafts (for example, painting, drawing, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...hang out with friends on the phone, tablet or computer?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...work at a job (e.g., babysitting, cutting grass, paper route)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Help for you:

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.

Please reach out to your teacher or principal if you need help. If you would prefer not to talk to your teacher or principal, consider talking to a family member or 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.

When you click "done" to submit this survey, you will be redirected to the board's We Help page. From there you can request help from an adult at your school if you need it. We Help is not an emergency service and operates during school hours. If you need help now, call the Kids Help Phone. If you are having an emergency, call 911.