

Middle Years Development Instrument (MDI) 2021-22: Grades 7 to 12 Students

Welcome to the Middle Years Development Instrument or MDI. We would like to learn more about the lives of elementary and secondary school children and youth in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. To learn about people 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 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 everyone 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 quit at any time by closing your browser. You will also see options to "withdraw" from the survey which means that when you quit, all your question answers will be deleted.
3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents or your friends.

Please answer each question the best you can.

Thank you for your help!

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Please select your school from the drop-down list:

*** Please read the following statements:**

- I understand this survey does not count for school marks.
- I understand I can stop doing the survey at any time.
- I understand I can skip questions I don't feel like answering.
- I understand this survey is confidential.

Do you wish to continue with the survey?

- Yes, I understand and I want to continue.
- No, I do not want to do the survey.

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Before we begin MDI, please tell us a little about yourself.

What grade are you in?

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

- Mother
- Father
- Stepfather
- Stepmother
- Grandmother
- Grandfather
- Two mothers
- Two fathers
- Part time with each parent
- Foster parents(s) or caregivers(s)
- Other adults

How many siblings (e.g., brothers, sisters) do you have?

0

1

2

3

4

5

6

7 or more

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

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Black (e.g., African, Afro-Caribbean, African-Canadian descent) | <input type="checkbox"/> South Asian (e.g., South Asian descent, e.g. East Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean, etc.) |
| <input type="checkbox"/> East Asian (e.g., Chinese, Korean, Japanese, Taiwanese descent) | <input type="checkbox"/> Southeast Asian (e.g., Filipino, Vietnamese, Cambodian, Thai, Indonesian, other Southeast Asian descent) |
| <input type="checkbox"/> Indigenous (e.g., First Nations, Métis, Inuit descent) | <input type="checkbox"/> White (e.g., English, Italian, German, European descent) |
| <input type="checkbox"/> Latino/Latina/Latinx (e.g., Latin American, Brazilian, Mexican, Cuban, Chilean descent) | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Middle Eastern (e.g., Arab, Persian, West Asian descent, e.g. Afghan, Egyptian, Iranian, Lebanese, Turkish, Kurdish, etc.) | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Not listed here (please specify) | |

Do you consider yourself to be racialized? *(this used to be called "visible minority" or "person of colour". We are asking if you see yourself as racialized)*

- Yes
- No
- Not sure

Do others see you as racialized? *(this is important because it may influence how others treat you)*

- Yes
- No
- Not sure

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How do you describe your gender?

- Prefer not to answer
- Boy
- Girl
- In another way (specify below if you wish):

I identify as:

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Do you consider yourself to be a person with a disability?

- Yes
- No
- Not sure
- Prefer not to answer

If yes, select all that apply

- | | |
|-------------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Addiction(s) | <input type="checkbox"/> Memory |
| <input type="checkbox"/> Attention Deficit Disorder | <input type="checkbox"/> Mental health disabilities |
| <input type="checkbox"/> Attention Deficit Hyperactivity Disorder | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Autism Spectrum Disorder | <input type="checkbox"/> Physical, functional and/or mobility |
| <input type="checkbox"/> Chronic medical condition | <input type="checkbox"/> Seeing/sight/visual |
| <input type="checkbox"/> Intellectual/Developmental Disorder | <input type="checkbox"/> Speech/language |
| <input type="checkbox"/> Fetal Alcohol Syndrome Disorder | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Hearing | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Learning | |
| <input type="checkbox"/> Not listed here (please specify) | |

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Were you born in Canada?

- Yes
- No

If you answered 'No', how long have you been in Canada?

- Less than 6 months
- 6 months to 1 year
- 1 to 2 years
- 2 to 5 years
- More than 5 years
- Not applicable. I was born here.

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What is the first language you learned to speak?

- English
- Another language
- English + another language (or languages)

What language(s) do you speak at home now?

- English
- Another language
- English + another language or languages

How difficult is it for you to read in English?

- Very hard
- Hard
- Easy
- Very Easy

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Before we begin the MDI questions, we'd like to ask you a few questions about your school.

Do you feel safe when you are at school?

- Never
- Rarely
- Some of the time
- Most of the time
- All of the time

Where have you felt *unsafe* around school? (check all that apply)

- | | |
|-------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> I have not felt unsafe | <input type="checkbox"/> During class |
| <input type="checkbox"/> Classroom | <input type="checkbox"/> During intramurals |
| <input type="checkbox"/> Lunchroom / cafeteria | <input type="checkbox"/> On the bus |
| <input type="checkbox"/> Washroom | <input type="checkbox"/> Bus loading area |
| <input type="checkbox"/> Change rooms or locker rooms | <input type="checkbox"/> During breaks/recess inside |
| <input type="checkbox"/> Gym | <input type="checkbox"/> During breaks/recess outside |
| <input type="checkbox"/> Hallway | <input type="checkbox"/> At the front of the school |
| <input type="checkbox"/> School entrances and exits | <input type="checkbox"/> At the back of the school |
| <input type="checkbox"/> On my way home from school | <input type="checkbox"/> In the parking lot |
| <input type="checkbox"/> On my way to school | <input type="checkbox"/> Library |
| <input type="checkbox"/> Other (please specify) | |

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Do you ever feel unwelcome or uncomfortable because of any of the following?
(check all that apply)

- | | |
|--------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> How I look | <input type="checkbox"/> My race or ethnicity |
| <input type="checkbox"/> How I act around others | <input type="checkbox"/> My sexual orientation |
| <input type="checkbox"/> My body size | <input type="checkbox"/> My gender identity |
| <input type="checkbox"/> My way of showing my emotions | <input type="checkbox"/> My disability |
| <input type="checkbox"/> My grades or marks | <input type="checkbox"/> How I speak |
| <input type="checkbox"/> My activities or hobbies | <input type="checkbox"/> The stuff I have |
| <input type="checkbox"/> My religion | <input type="checkbox"/> The stuff I don't have |
| <input type="checkbox"/> Other (please specify) | |

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In your school, how often have you learned of the experiences or achievements of:

	Often	Sometimes	Never
Women and girls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Indigenous peoples (Inuit, Metis, First Nations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diverse ethnocultural or racial groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diverse religious/faith communities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with disabilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Two Spirit and LGBTQIA+ people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People who identify as transgender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with different income levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In your school, how often do members of diverse communities appear in:

	Often	Sometimes	Never
Pictures or posters in the school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Displays of student work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Materials used in class (books, videos, websites, applications)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discussions and presentations about topics studied in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School publications (newsletters, websites, blogs, social media, yearbooks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Special events and celebrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How do you feel you are treated by the adults in your school?

- The same way as everyone else
- Better than others
- Worse than others

If you feel that you are treated better or worse than others, do you think it is because of any of the following? (*select all that apply*)

- | | |
|--------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> How I look | <input type="checkbox"/> My sexual orientation |
| <input type="checkbox"/> How I act around others | <input type="checkbox"/> My gender identity |
| <input type="checkbox"/> My body size | <input type="checkbox"/> My disability |
| <input type="checkbox"/> My way of showing my emotions | <input type="checkbox"/> How I speak |
| <input type="checkbox"/> My grades or marks | <input type="checkbox"/> Stuff I have |
| <input type="checkbox"/> My activities or hobbies | <input type="checkbox"/> Stuff I don't have |
| <input type="checkbox"/> My religion | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> My race or ethnicity | |
| <input type="checkbox"/> Other (please specify) | |

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The next 5 questions are about how much you feel you matter to other people at your school. Please respond with what YOU believe.

How *important* do you feel you are to other people at your school?

- Not at all
- A little
- Somewhat
- Very much

How much do you feel other people pay *attention* to you at your school?

- Not at all
- A little
- Somewhat
- Very much

How much do you feel others would *miss* you if you were not at school?

- Not at all
- A little
- Somewhat
- Very much

How interested are people generally in what you have to say at school?

- Not at all
- A little
- Somewhat
- Very much

How much do other people *depend* on you at school?

- Not at all
- A little
- Somewhat
- Very much

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These next few questions are about the technology you use for school work.

What type of device do you mainly use for school work?

- Tablet (e.g., iPad)
- Laptop computer
- Other (please specify)

Is it a personal device or a school board device?

- Personal device
- School board device
- Both a personal device and a school board device

Do you use more than one device?

- Yes
- No

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What do you use your device(s) for? (select all that apply)

- | | |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Essay writing | <input type="checkbox"/> Using online search engines (e.g., Google) to help with homework |
| <input type="checkbox"/> Programming (e.g., Python, C#, SQL, .NET) | <input type="checkbox"/> Working on assignments |
| <input type="checkbox"/> Image editing (e.g., Adobe Photoshop) | <input type="checkbox"/> Accessing readings (e.g., textbooks, novels, articles) |
| <input type="checkbox"/> Making videos | <input type="checkbox"/> Assistive technology (e.g., text-to-speech, Google Translate) |
| <input type="checkbox"/> computer animation | <input type="checkbox"/> Coding (e.g., Scratch) |
| <input type="checkbox"/> Coordinating group work | |
| <input type="checkbox"/> Other (please specify) | |

What does your *school* ask you to use your device(s) for? (select all that apply)

- | | |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Essay writing | <input type="checkbox"/> Using online search engines (e.g., Google) to help with homework |
| <input type="checkbox"/> Programming (e.g., Python, C#, SQL, .NET) | <input type="checkbox"/> Working on assignments |
| <input type="checkbox"/> Image editing (e.g., Adobe Photoshop) | <input type="checkbox"/> Accessing readings (e.g., textbooks, novels, articles) |
| <input type="checkbox"/> Making videos | <input type="checkbox"/> Assistive technology (e.g., text-to-speech, Google Translate) |
| <input type="checkbox"/> computer animation | <input type="checkbox"/> Coding (e.g., Scratch) |
| <input type="checkbox"/> Coordinating group work | |
| <input type="checkbox"/> Other (please specify) | |

If you could choose, what type of device would you want to be given in school?

- Tablet (e.g., iPad)
- Laptop computer
- It doesn't matter to me
- Other (please specify)

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These questions are about community service hours.

Are you aware that you must complete 40 hours of community service (volunteer work) before you can graduate from high school? (this has been reduced to 20 hours for students graduating this year because of Covid)

- Yes
- No

What stops you (or what do you think *will* stop you when you get to high school) from completing your community service requirement?

- Nothing stops me / nothing will stop me
- I don't know how to find community service activities
- I can't find community service activities that I am interested in
- I don't have transportation to and from community service activities
- I have to go straight home after school
- I have to take care of brothers or sisters or do other things at home
- I have too much homework to do
- I don't want to do this without my friends
- Other (please specify)

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All right! Let's begin MDI

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.

Remember: there are no wrong or right answers!

How much do you agree or disagree with the following statement?

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
1. I feel sorry for other kids who don't have the things that I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When I see someone being treated meanly it bothers me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I am a person who cares about the feelings of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have more good times than bad times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. 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"/>

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Please answer the following questions:

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
6. 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"/>
7. In general, I like being the way I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Overall, I have a lot to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. A lot of things about me are good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I feel unhappy a lot of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I feel upset about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I feel that I do things wrong a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I worry about what other kids might be saying about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I worry a lot that other people might not like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I worry about being teased.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Please answer the following questions:

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
16. 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"/>
17. The things in my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I am happy with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. 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"/>
20. 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"/>

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

	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
21. I cheered someone up who was feeling sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I helped someone who was being picked on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I helped someone who was hurt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

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

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

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

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31. 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

32. 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

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

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
33. I feel part of a group of friends that do things together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I feel that I usually fit in with other kids around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. When I am with other kids my age, I feel I belong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. I have at least one really good friend I can talk to when something is bothering me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. I have a friend I can tell everything to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. There is somebody my age who really understands me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Please answer the following questions.

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
39. 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"/>
40. 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"/>
41. 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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Please answer the following questions:

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
42. Staff and students treat each other with respect in this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. People care about each other in this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. Students in this school help each other, even if they are not friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. I feel like I belong in this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. I feel like I am important to this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. When I grow up, I have goals and plans for the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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There are a lot of different ways to bully someone, but a bully has some advantages (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?

	Not at all this school year	Once or a few times	About every month	About every week	Many times a week
48. <u>Physical bullying</u> (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Not at all this
school year

Once or a few
times

About every
month

About every week

Many times a
week

49. Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).

50. Social bullying (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).

51. Cyberbullying (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).

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These questions ask about your physical health. Sometimes people 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 people your age in Canada.

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

- Poor
 Fair
 Good
 Excellent

53. Who do you talk to if you were feeling sad, stressed or worried? (Check ALL that are true for you).

- An adult at school (*for example, a teacher, school counselor, or another adult at school*)
 A family member (*for example, a parent, grandparent, aunt/uncle, older sibling or cousin, or another adult that lives with me*)
 An adult in my community (*for example, a coach, an elder, after-school program staff, or another adult in my community*)
 A health professional (*for example, a doctor, nurse, or a counselor*)
 My friend(s)
 I would not know who to talk to
 I would prefer to handle it on my own
 I would talk to someone else (please describe who you would talk to)

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Please answer the following questions:

	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
54. How often do you eat breakfast?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55. How often do your parents or other adult family members eat meals with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56. How often do you eat food like pop, candy, potato chips, 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"/>
57. How often do you get a good night's sleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

58. How many days a week do you go to these places from after school to dinner time (about 3:00 pm to 6:00 pm)?

	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 (e.g., 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 (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 park, playground or community centre	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hang out at the mall or stores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go someplace else (e.g., 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"/>

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

Never Once a week Twice a week 3 times a week 4 times a week 5 times a week
 (every day)

a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?

b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?

c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?

d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?

e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?

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60. Think about the activities you *want* to be doing after school. What stops you from participating in them? (*Check all of the things that stop you.*)

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

Other (please specify)

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Last page!

Please answer either yes or no for the following questions.

	No	Yes
61. I plan to graduate from high school.	<input type="radio"/>	<input type="radio"/>
62. I plan to graduate from college, university, or some other training after high school.	<input type="radio"/>	<input type="radio"/>

Please answer the following questions:

	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
63. I feel I have important things to do in the future in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
64. I can say 'no' when someone wants me to do things that are wrong or dangerous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Help for Students

Thank you for taking this survey.

Some of the questions you saw may have made you think of problems you are having, maybe with other students.

Please reach out to your parent(s) or guardian(s) if you need help. If you would prefer *not* to talk to your parents/guardians, consider talking to your teacher or principal or another adult at school. 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 Kids HELP phone at 800-668-6968

We Help is a free service that HWDSB offers to support students. It operates during school hours.

You can text 905-963-0066 during school hours or go to the board website We Help page to chat with someone.

When you submit this survey, you will be taken to the HWDSB We Help page in case you want to access supports.