

January 8, 2026









Our work takes place on the traditional, ancestral, unceded territory of the xwməθkwəýəm (Musqueam) people

MDi Outline

- 1. MDI Overview
- 2. Steps to MDI Administration in Schools
- 3. Resources

Survey Administration: Jan 13 – March 13, 2026

Child Development Monitoring System



TDi

Toddler
Development
Instrument

12 - 24 months

Parent & caregiver questionnaire

EARLY EXPERIENCES
& CONTEXTS



CHEQ

Childhood Experiences Questionnaire

Start of Kindergarten

Parent & caregiver questionnaire

EARLY EXPERIENCES & CONTEXTS



EDi

Early
Development
Instrument

Mid-Kindergarten

Teacher questionnaire

SKILLS & COMPETENCES



MDi

Middle Years
Development
Instrument

Grades 4 - 8

Student questionnaire

WELL-BEING & ASSETS



YDi

Youth
Development
Instrument

Grade 11

Student questionnaire

WELL-BEING & ASSETS





MDi

Dimensions of the MDI

Helps us gain a deeper understanding of children's social and emotional health, well-being and assets during middle childhood - from their own perspective.









USE OF OUT-OF-SCHOOL TIME



SCHOOL EXPERIENCES



The Well-Being Index

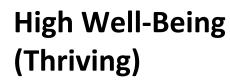
Optimism
Self-Esteem
Happiness
Absence of Sadness
General Health

Low Well-Being

Children who are reporting negative responses on at least 1 measure of well-being.

Medium Well-Being

Children who are reporting no negative responses and fewer than 4 positive responses.



Children who are reporting positive responses on at least 4 of the 5 measures of well-being and have no low-range responses.



The Assets Index



ADULT RELATIONSHIPS

Adults at School
Adults in the Neighbourhood
Adults at Home



OUT-OF-SCHOOL ACTIVITIES*

Organized Activities



PEER RELATIONSHIPS

Peer Belonging Friendship Intimacy

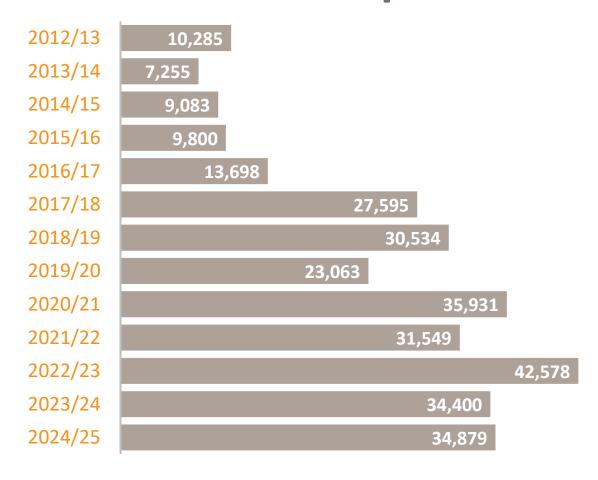


NUTRITION AND SLEEP

Eating Breakfast Meals at Home With Your Family Frequency of Good Sleep

SCHOOL EXPERIENCES Not Reported Publicly

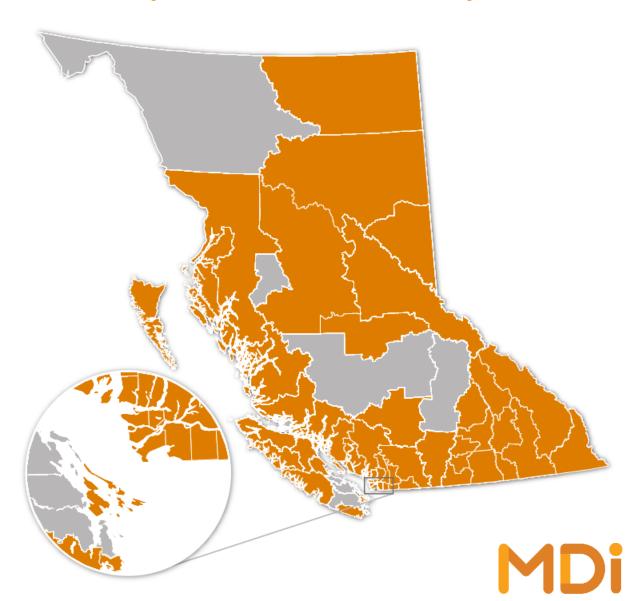
MDI Participation 2009/2010 – 2024/2025



2024/25 Grade 4: 2,836 Grade 5: 13,197 Grade 6: 6,190

Grade 7: 760 Grade 8: 11,896

Total overall (all years & grades): 310,650



Steps to MDI Administration in Schools

PRIVACY AND CONFIDENTIALITY



- Behavioural Research Ethics Board (BREB) of UBC approved.
- All information collected is kept confidential and used for research, planning and evaluation purposes only.
- Parents are informed; participation is voluntary; consent is passive.
- No child or teacher is ever identified in our reporting.

PARTICIPATION IS VOLUNTARY



- Parent letters must be sent home at least 2 weeks prior to the survey date.
- Parents/guardians can return a withdrawal form to the classroom teacher if they do not wish their child to participate, or contact us directly via email.
- Students may opt out at any time, even after they complete the survey.



THE MIDDLE YEARS DEVELOPMENT INSTRUMENT: PARENT/CAREGIVER INFO

Parent FAQs

https://earlylearning.ubc.ca/ monitoringsystem/mdi/parentcaregiver-info/ The MDI is a strengths-based tool that explores the well-being and experiences of children in grades 4-8 – providing actionable information that supports schools and communities to promote children's health during these critical years of growth and transition.



MADE IN BC

The MDI was developed at UBC in collaboration with researchers, educators, community groups, parents and children and has been used since 2009.



WHOLE CHILD

Provides reliable and valid information about the well-being, health, and assets of children.



CHILDREN'S VOICES

Completed online during class time by children in Grades 4 through 8.



STRENGTH'S BASED

Focuses on protective factors, assets, resilience and well-being.



TRENDS AND PATTERNS

Used to measure trends and patterns at the population-level, not for individual assessment.



MDI IS VOLUNTARY

School administrators, teachers, parents/guardians, and children themselves are all able to choose whether or not to participate.

MDI Questions **Brief**







MDI OUESTIONS BRIEF

This brief highlights questions on the Middle Years Development Instrument that children could potentially find sensitive or uncomfortable.



MDI

BRIEF

OUESTIONS

What questions are on the MDI?

The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum which includes a focus on promoting children's personal and social competencies. The MDI includes questions related to five areas of children's lives. and experiences:



Social & Emotional Development

Children respond to questions about their current social and emotional functioning in 7 areas: optimism, self-esteem, happiness, empathy, prosocial behaviour, sadness and worries.



Physical Health & Well-being

Children evaluate their own physical well-being in the areas of overall health including active transportation, nutrition and sleeping habits.



Connectedness to Peers and Adults

Children are asked about their experiences of support and connection with the adults in their schools and neighbourhoods, with their parents or guardians at home, and with their peers.



School Experiences

Children are asked about their school experiences in four areas: academic self-concept, school climate, school belonging, and experiences with peer victimization.



Use of After-school Time

Children are asked about the time they spend engaged in organized activities such as sports, music and art, as well as the time they spend watching TV, doing homework and playing video games.



The entire MDI questionnaire, including questions referenced in this brief is available online at partylearning ubc ca/mdi







Version: Sep 12, 2019 | HEB-00507



Important Links

For resources to promote children's mental health and wellness: keltymentalhealth.ca

For information on bullying or where to find help for your child:

www.prevnet.ca/bullying/parents www2.gov.bc.ca/gov/content/erase

For more information and ideas on how to talk with your children about family diversity and gender identity: www.sogieducation.org/parents

Contact Us

If you have further questions or do not want your child to participate in the MDI, please contact the project staff:

mdi@help.ubc.ca 1-888-908-4050 (toll free) 604-827-5504

Could any of the questions make children uncomfortable?

Generally, most children who participate in the MDI enjoy the opportunity to share their opinions and experiences. We worked with children on the development of the MDI and from them we have learned what questions they believe are important to ask. In our attempt to gather a complete picture of children's experiences, there may be questions that children could potentially find sensitive or uncomfortable.

We work hard to minimize any potential negative emotional impact on children. First, children are given the choice whether or not to participate. They can also skip questions, stop, or withdraw from the survey at any time. In addition, we provide them with the opportunity to request to speak with an adult at their school confidentially.

The MDI asks questions about happiness and experiences of victimization at

- Happiness. Children with a positive, friendly attitude are more likely to attract positive attention from peers and adults, thus broadening and strengthening their social resources. The MDI questionnaire asks children about how happy and satisfied they are with their lives. These questions could potentially be uncomfortable for some children if they are very unhappy, unsatisfied with their life, or depressed. However, children's responses provide schools and communities with important information on the mental health of their children, which can inform programming to promote well-being.
- · Victimization at School: Being bullied may have a lasting effect on a child's self-esteem and negative thoughts can continue long after the bullying stops. The MDI questionnaire asks children about how often they have experienced four different types of bullying: Cyber, Physical, Social, and Verbal. Although these questions could be sensitive for children who have been bullied, the information gathered by asking questions on bullying and the school environment could prompt teachers and principals to take action to create safer and more caring schools.

Will children have any questions for me after completing

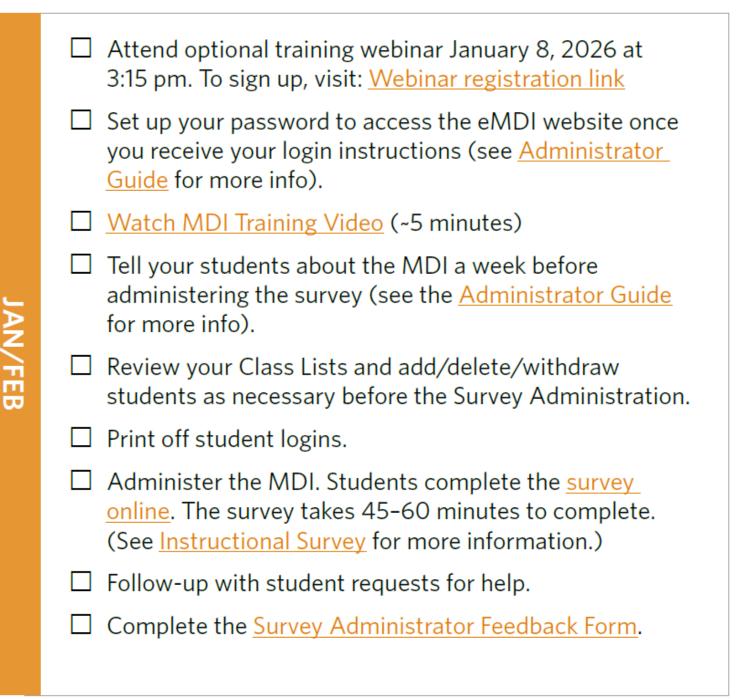
Some of the questions on the MDI might be on topics that are new to children and therefore might cause them to ask their parents/caregivers or teachers questions

- . Gender Identity: Gender identity and expression are protected under the BC Human Rights Code. It is important for schools to be inclusive and safe spaces for children of all gender identities. On the MDI, children are asked if they describe their gender as "boy," "girl", "non-binary" or, if they describe their gender "in another way," they may describe their gender using their own words.
- · Parents and Caregivers: In order to understand the family structures of the children who take the survey, children are asked which adults they live with most of the time. The possible responses include: one parent, two parents, part time with each parent, step-parent(s), grandparent(s), foster parent(s), or



Survey Administrator Timeline & Checklist

https://discovermdi.ca/mdiadministration/step-by-step-guide-forsurvey-administrators/





MDI ADMINISTRATION STEPS

Before the day of MDI administration

Inform your students about the MDI!

Review helpful materials*

- MDI Survey Administrator Checklist
- MDI Survey Administration Guide
- MDI Instructional Survey
- MDI Introduction video (4 mins)

*Materials have been emailed to your MDI leads and posted on our webpage



Attend optional training webinar January 5, 2023 at



MDI ADMINISTRATION STEPS



- Before the day of MDI administration
 - 1. Password Reset Email
 - 2. Log on to the e-MDI to
 - Review class list
 - Print student logins

www.mdi.ubc.ca





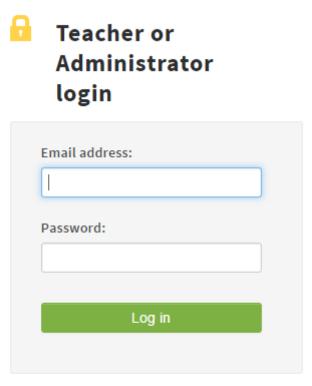
UBC eMDI Password Reset	Inbox x				
a mdi@help.ubc.ca to me ▼ Hello.	4:15 PM (4 minutes ago) 🌣	—			
To access the eMDI system you are required to create a new password. You can set your password by clicking the link below:					
https://mdi.ubc.ca/accounts/reset/3ru-3[j-b38946aa3d32a39b14bb/				
UBC eMDI Team					

- Password reset email will be sent Monday, January 12th
- Create a password and log in with your School/School District email address to www.mdi.ubc.ca.

www.mdi.ubc.ca

Login



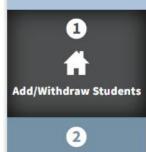




• Teacher/Administrator login page

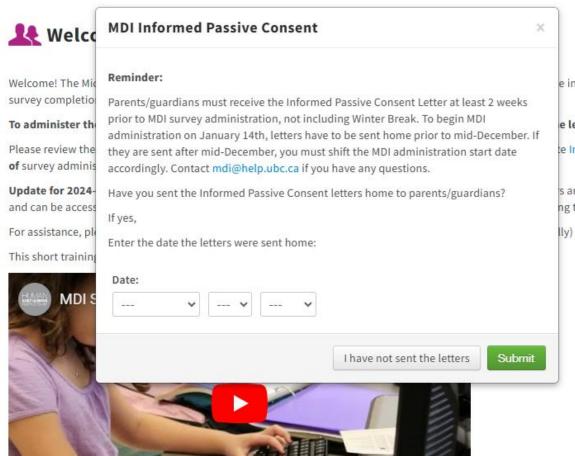






Preview Survey & Print Passwords

(2) Help



Watch on YouTube

e in guiding the students carefully through the

e left sidebar.

te Instructional Survey with you on the day

s and school partners. The survey is now open ng the survey, the password is no longer valid.

lly) | Toll free at 1-888-908-4050.

Pop-up reminder



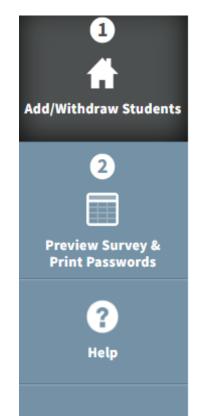
REVIEW CLASS LIST



Edit

Toachore

Add student





Name

To add a student, click on Options – Add Student and enter their information. Only add a student if they have been in your class for parent/guardian letter sent home.

Grade

To withdraw a student, click on their name and then Options, and then again Options – Withdraw. You would withdraw a student if they are no longer in your class or if their parent/guardian notified you that they would not like the child to participate.

No. Students

Ctussi com ii	Truine.	orauc	ito. Stadents	reactions
1		Four	25	Jim Hopp – Email

Students

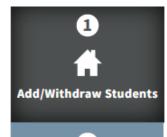
Claceroom #

Student ID	Name	PEN	Gender	DOB	
30-34321-2425-02-1-039	Tina Belcher	99999999	Female	Oct. 9, 2009	>

- Under Add/Withdraw Students you can review your class list and add or withdraw/remove students.
- For detailed instructions, review the Administrator's Guide.

WITHDRAWALS







Preview Survey & Print Passwords







Options -

Click Options to Edit the student's information or to Withdraw a student.

Name	M Acaiberry
PEN	769 769120
StudentID	30-91234-2425-02-1-010 Withdrawn
Withdrawal	Type: Teacher Reason: Parent withdrew the student Date: Oct. 18, 2024, 12:19 p.m.
Date of birth	Oct. 13, 2015
Gender	Female
Post code	V5T6Y1
Aboriginal Status	
Special Needs	
English Language Learner?	Unknown
English as a Second Dialect?	Unknown
French Immersion	Unknown

PRINT STUDENT LOGINS







Preview Survey

Print Student Logins

The survey is open and can be accessed weekdays during school hours. Students can use their passwords to login and complete the survey.

Students

StudentID	Name	Status	Last updated	Duration
30-91234-2425-02-1-002	m Strawberry	Issued	Oct. 18, 2024, 11:11 a.m.	0 mins
30-91234-2425-02-1-004	M Mixedberry	Issued	Oct. 18, 2024, 11:11 a.m.	0 mins
30-91234-2425-02-1-005	M Mulberry	Issued	Oct. 18, 2024, 11:11 a.m.	0 mins

- Print Student Logins. Students can only log in using the unique username and password provided.
- You can also Preview Survey.

PRINT STUDENT LOGINS



Print this page

Student Credentials for 2024-25 Grade 4/5 BC Survey

Classroom: Jim Hopp's Class

Teachers: Jim Hopp

This is confidential

Below are login credentials for all students in the classroom. Use the student logins to access the survey. The survey is open and can be accessed weekdays during school hours. After completing the survey, the password is no longer valid. Please ask all students to tear off and keep the Kids Help Phone portion of the slip.

Direct students to https://mdi.staging.help.ubc.ca/ to log in

Joyce Byers

Username: 799 364 Password: 98vpen

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

Jonathan Byers

Username: 690 151 Password: pasnq4

Kids Help Phone 1-800-668-6868 or text CONNECT to

686868

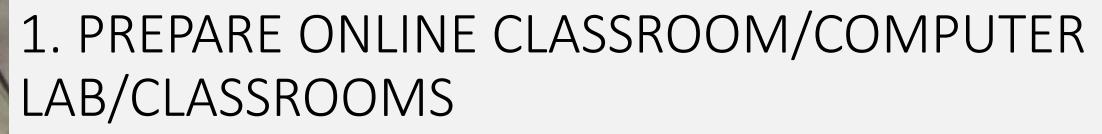
• Print Student Logins. Cut into cards to distribute, collect after administration.

MDI ADMINISTRATION STEPS



- On the day of MDI administration (45mins to 1hr)
 - 1. Prepare online classroom/computer lab/classroom set of mobile tablets
 - 2. Help students log in
 - 3. Administer the MDI
 - 4. Follow up with student help requests
 - 5. Complete the feedback form (optional)

Update: In 2024-25, we have removed the unlock survey feature based on feedback from survey administrators and school partners. The survey is now open and can be accessed weekdays during school hours. Use the student logins to access the survey. After completing the survey, the password is no longer valid.





- Test conditions
- Headphones (optional for voiceover)
- Prepare work for students that are not participating

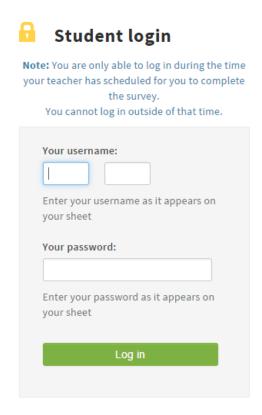




2. STUDENT LOG-IN







If you are a teacher or administrator please log in here

• Direct students to www.mdi.ubc.ca to log in.



3. ADMINISTER THE MDI

Use the **Instructional Survey** to guide your students in completing the MDI.

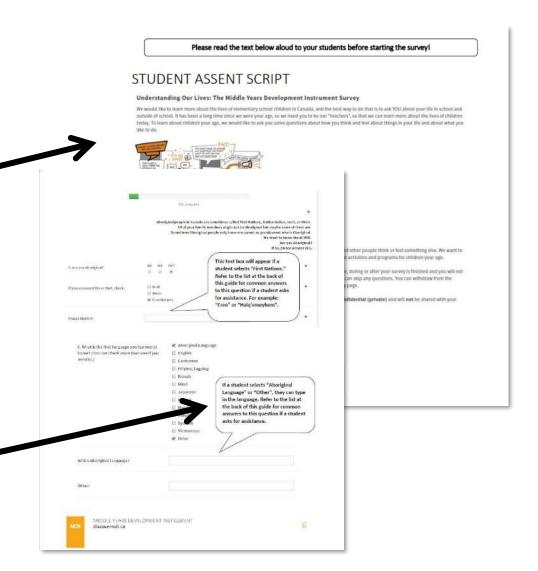
IMPORTANT

Read aloud the **assent script** to students before they start.

Read the **Demographics** questions and **Instructions** section aloud.

Contains **tips and instructions** for survey administration throughout.



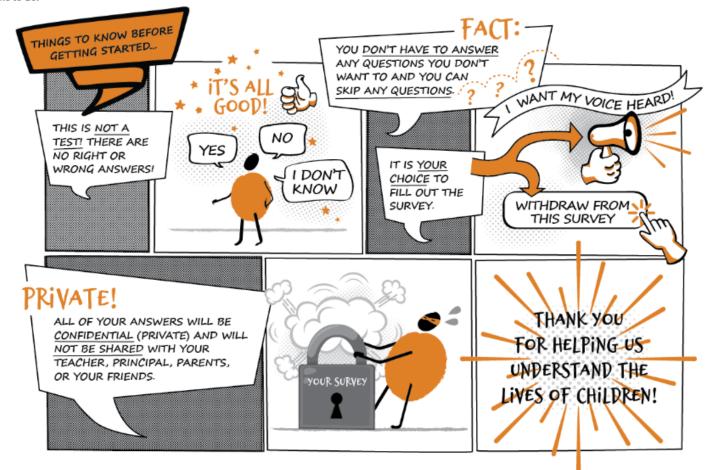


Assent Cartoon

MDi

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. 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.



HELP

INDIGENOUS NATIONS & LANGUAGES IN CANADA

INDIGENOUS LANGUAGES IN CANADA

```
Anishinaabemowin / Ojibway /
Algonquin / Odawa / Oji-Cree /
Chippewa
```

Assiniboine / Nakota / Nakhóda

Atikamekw Nehirâmowin

Blackfoot / Siksiká / Siksikáí powahsin / Pikanii

Cayuga / Gayogohó:no'

Chinuk Wawa / Chinook Jargon

Dakelh / Carrier / Dakeł / CB^t

Dakota / Dakhótiyapi / Sioux (Yanton Santee)

Delaware / Munsee / Huluniixsuwaakan

Dane-Zaa / Beaver / Cτ b / Dane-zaa Záágé? / Dunne-za

Danezāgé' / Kaska / Kaska Dena

Dene / North Slavey (Rearlake/

Inuinnaqtun

Inuktun (Dialects Siglitun, Natsilingmiutut)

Inuktitut ∆oʰ∩⊃c (Dialects Kivalliq, Aivilik, North Baffin, South Baffin, Nunavik, Nunatsiavut)

Inuvialuktun

Ktunaxa

Kwakwala / Kwakwaka'wakw

Lakota / Lakňótiyapi / Teton

Lingít / Łingít / Tlingit

Mohawk / Kanien'kéha

Montagnais / Nehlueun (Piyekwâkamî) / Ilnu-Aimûn (Betsiamites) / Innu-Aimûn (Eastern)

Moose Cree / ililîmowin ΔcċJ·Δ°
Michif / Métis Cree / Cree Michif

Saulteaux / Nakawêmowin / Plains Ojibway

Secwepemctsín / Secwepemc / Shuswap

SENĆOŦEN / Malchosen / Ləkwəŋinəŋ (Songhees) / Semiahmoo / T'Sou-ke

Seneca / Onödowá'ga: / Onötowáka

Sgüüxs / Kitasoo/Xai'xais (Klemtu) / Southern Tsimshian

She shashishalhem / Sechelt / sháshishálem

Skwxwú7mesh sníchim / Squamish

Smalgyax / Ts'msyen Sm'algyax / Tsimshian

Státimcets / Ucwalmícwts

WHILE ADMINISTERING THE SURVEY



Remain **neutral** (e.g. refrain from making jokes or additional comments).

If a student asks for clarification, re-read the question, directing it at the individual student:

"What would you say to me if I said – QUESTION -?"

To protect student's privacy, do not look at students responses and ensure that students do not look at others responses.

4. HELP FOR STUDENTS PAGE

Help for Students

Thank you for taking the Middle Years Development Instrument (MDI) survey. Some of the questions on this survey may have made you think of problems you are having, maybe with other students.

Below is an option to ask for help.

Clicking the first box below will send a private message to your teacher or principal who will follow up with you. If you would prefer not to talk to your teacher or principal, consider talking to a family member or your school counsellor. It is important for adults to know what's going on so that they can help you or other students who may be having trouble. You can also call the Kids HELP phone at 1-800-668-6868 or text CONNECT to 686868.

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

Yes, I would like to talk to my teacher or principal about a problem I am having

No, I do not need to talk to someone

Check your email for any **Student Help Requests.**

Please follow your school's protocol for following up with students.



Help for Student Page



From: mdi@help.ubc.ca

Date: November 7, 2019 at 11:49:31 AM PST

To: maritgilbert@shaw.ca

Subject: e-MDI Student Help Request

The following student has requested to speak with a teacher or principal about a problem they are having.

M Blackberry

While completing the MDI, students are asked questions about their health and happiness; what their lives inside and outside of school are like; and about their relationships with peers and adults, including questions about bullying and experiences of victimization. At the end of the survey (or if a student withdraws from the survey), we make sure that students know they can speak to a caring adult at school if they are having problems.

If a student clicks "Yes I would like to talk to my teacher or principal about a problem I am having" at the end of the survey, an email is automatically sent to the classroom teacher and school principal indicating that the student has requested help. School staff should follow their school's protocol for assisting students who request help. Some students may also approach teachers or school staff in person to discuss problems they are having.

For more information Student Help Request

Thank you for participating in the MDI!

5. OPTIONAL FEEDBACK FORM



We'd appreciate your feedback on your experience with the MDI

https://bit.ly/mdi2025-26

Your feedback is anonymous and is used to improve MDI administration for teachers/administrators and students.

Reports coming in Spring 2026!



NEW Dimensions Data



NEW Navigation



mdi.dashboard.earlylearning.ubc.ca



The MDI

MDI Data & Reports

Using the MDI

Resources

News & Events

About



Home

The MDI

MDI Data & Reports

Using the MDI

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in Portal

News & Events

About

MDI Essentials

Download these quick, easy-to-digest and share Middle Years Development Instrument (MDI) resources to help you gain a better understanding of the MDI, its dimensions, and alignment with other frameworks.



There are many opportunities t survey or explore and use data used to create change. Commu opportunities to make use of th

PDF

MDI Companion Guide

Last Updated: April 30, 2020

A companion guide to the MDI reports that provides a description of all of the questions on the MDI, including a description of each measure, how questions are scored, and how the results are presented in reports.

Download PDF ****

PDF

MDI Quicksheets Compilation

A compilation of two-page, downloadable, PDF summaries of key MDI concepts, including research highlights and ideas for moving to action with MDI results.

Download PDF **↓**

PPT PPT

MDI 101

Created: April 1, 2018

Last Updated: August 4, 2020 These MDI 101 PowerPoint slides cover the basics of the MDI and provide the information that audiences new to the MDI need to know with respect to the dimensions of the MDI and the rationale for assessing well-being and assets in middle childhood. Labeled slides are included for you to add your own MDI data.

Download PPT ↓

PDF

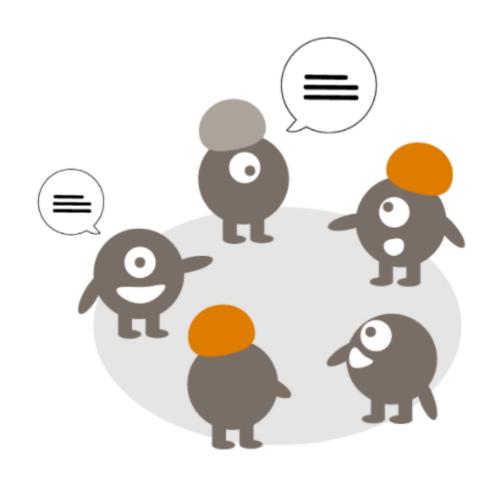
Exploring MDI Data Worksheet

This worksheet contains a few simple prompts to help you and your audience reflect on MDI results and formulate new questions.

Download PDF ****

Lesson plans

 Lesson plans and slide decks to introduce the MDI to students, explore MDI reports and generate ideas to support action.





Lesson plans

https://discovermdi.ca/ mdi-lesson-plans/



MDI Lesson Series 1: Getting to Know the MDI

This Lesson plan features three short lessons that introduce students to the survey including its dimensions and how results are reported

- Lesson Plan 1: What is the MDI?

Lesson 1: What is the MDI? – PDF Intro Lesson 1: What is the MDI? – Slides

- + Lesson Plan 2: Exploring Assets
- + Lesson Plan 3: Examining MDI Data

ors with a collection of lessons they can use to introduce district results into their classroom curriculum in m and Core Competencies.

I middle grades students' educational experience. r resources. Implementation guidance is provided to nces in their context.



HOME

ABOUT

RESEARCH

MONITORING SYSTEM

IMPACT

REPORTS

RESOURCES

CONNECT



Our People

HELP is a diverse team of over 40 faculty, staff, students, advisors and affiliates that are passionate about ensuring a better start for all children in BC and beyond. Meet the Team.

Reports & Maps

Explore how data from the Child Development Monitoring System is used to uncover trends and support research across multiple stages of the early life course.

Resources

HELP produces a variety of publications and resources related to HELP's data collection and research activities, along with lists of up-to-date references.

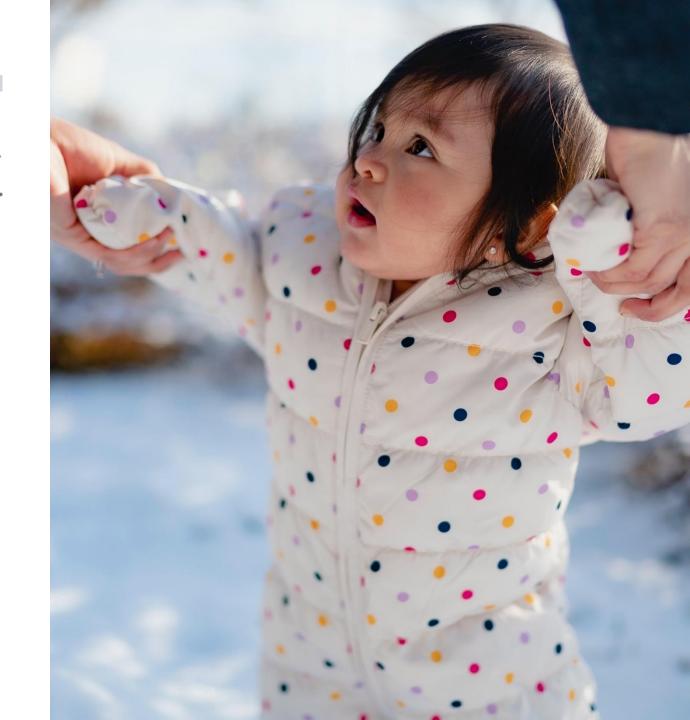
News & Events

Discover recent news, updates, and find out more about HELP events and upcoming presentations.

HELP Connect



Subscribe to our newsletter!





Thank You!

If at any time you have questions or concerns about the survey process, instrument, or reporting, contact us. We will be happy to assist you.

Kim Mascarenas

604-822-1310 kim.mascarenas@ubc.ca

Marit Gilbert

604-827-5504 marit.gilbert@ubc.ca

mdi@help.ubc.ca

Amanda Chao

604-822-3361 amanda.chao@ubc.ca





discovermdi.ca earlylearning.ubc.ca/mdi mdi@help.ubc.ca





