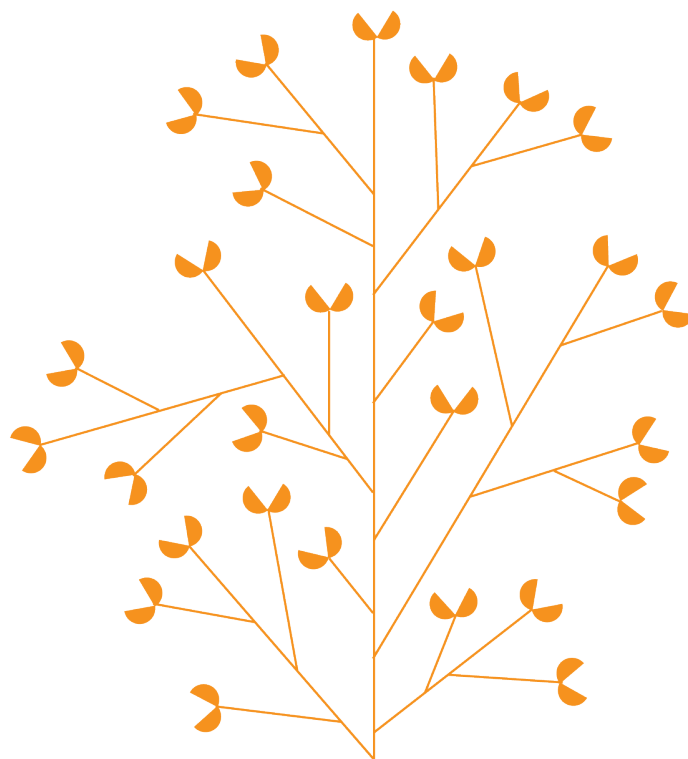




MDI



# UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2025–2026 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA  
INSTRUCTIONAL SURVEY

You can preview the survey online at  
[www.mdi.ubc.ca](http://www.mdi.ubc.ca).

HUMAN  
EARLY LEARNING  
PARTNERSHIP




MDi

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Version: Sept 1, 2025  
H18-00507-A077

# IMPORTANT REMINDERS!

1. Prior to starting the survey, please read the Student Assent on the next page aloud to your students! Students must be given the opportunity to decline and not complete the survey. Students can withdraw anytime by clicking the  button at the bottom of every page.
2. Each student has their own login ID and password assigned to them. Students need to know that their answers are confidential, so that they will feel more comfortable answering the questions honestly. It is critical that they know this is **not a test**, and that there are no right or wrong answers.
3. The “Tell us About Yourself” section at the beginning of the survey can be challenging for some students. Please read this section aloud to make sure everybody understands. You know your students best and if you are concerned about their reading level, we suggest you read all of the survey questions aloud to your students.
4. The MDI takes about 45-60 minutes to complete. The “Activities” section is a natural place to break.

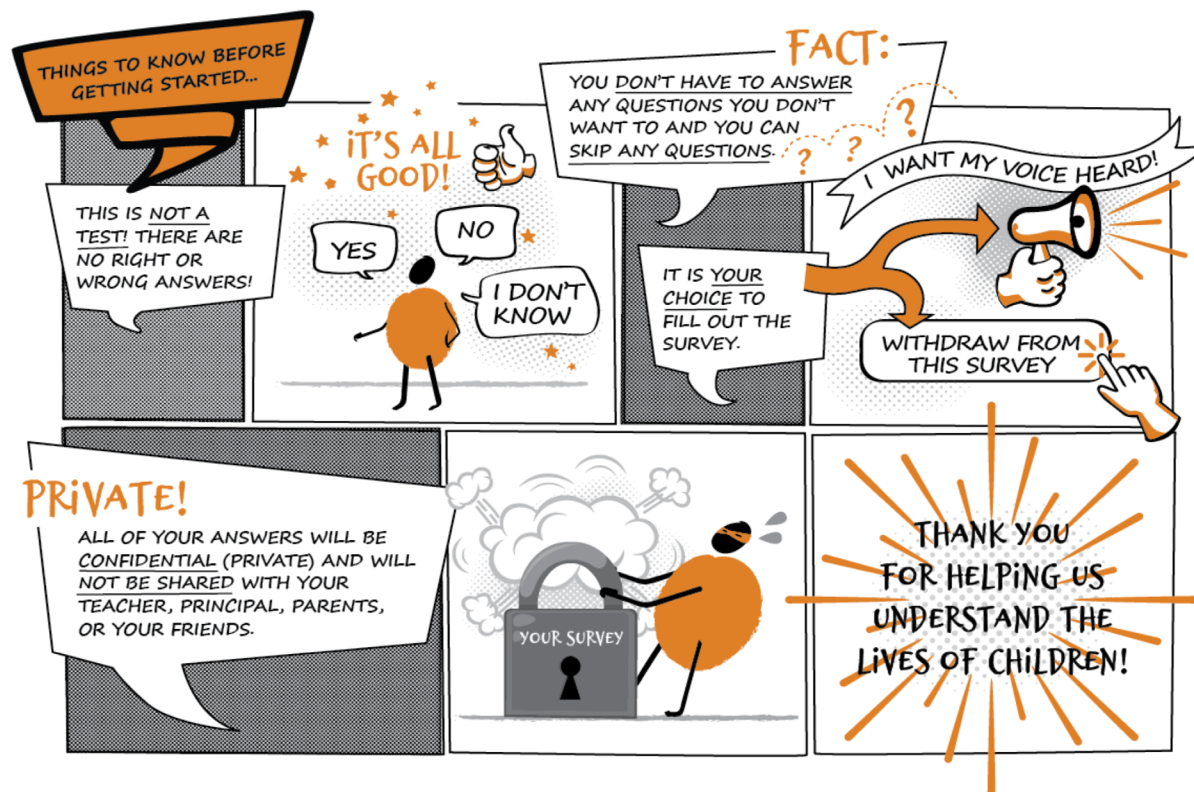
**Thank you!**

Please read the text below aloud to your students before starting the survey!

# STUDENT ASSENT SCRIPT

## Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of 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.



### Here are some things to know before getting started:

1. This is **not a test!** There are **no right or wrong answers**. Some people think or feel one thing and other people think or feel something else. We want to know what *you* think and how *you* feel. Your answers are VERY IMPORTANT and will help improve activities and programs for children your age.
2. It is **your choice** to fill out the survey. You can choose not to fill out the survey at any time before, during or after your survey is finished and you will not get in trouble or lose marks. You don't have to answer any questions you don't want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the "Withdraw from this survey" button on the bottom of every page.
3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents, or your friends.

Please answer each question the best way you can.

Thank you for your help!

HUMAN  
EARLY LEARNING  
PARTNERSHIP

Start Survey

Withdraw from this survey

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

MDI

MIDDLE YEARS DEVELOPMENT INSTRUMENT  
discovermdi.ca

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Version: Sept 1, 2025  
H18-00507-A077



3% complete

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

☐ I understand this survey does not count for school marks

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

☐ I understand I can stop doing the survey at any time

☐ I understand I can skip a question

☐ I understand this is confidential (private)

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

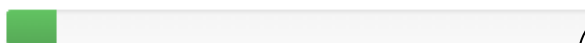
Previous

Next

**Please read the Demographic Section of the survey and the instructions with sample questions aloud to your students. After completing the first section they should be able to continue the survey on their own, although some might still need your assistance. You know your students best, and if you are concerned about their reading level, we suggest you read all of the questions aloud to your students.**

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





6% Complete

These questions can be challenging for some students. Please read Questions 1 to 11 aloud to make sure everybody understands.

## Please tell us a little bit about yourself

1. What is your birth date?

Day ▾

Month ▾

Year ▾

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

☐ One parent

☐ Two parents

☐ Part time with each parent

☐ Step-parent(s)

☐ Grandparent(s)

☐ Foster parent(s) or caregiver(s)

☐ Other adults

3. How many siblings (brothers and sisters) do you have?

0 1 2 3 4 5  
☐ ☐ ☐ ☐ ☐ ☐

4. How do you describe your gender?

Boy Girl Non-binary In another way  
☐ ☐ ☐ ☒

If you do not want to answer, please go to the next page.

The way I describe my gender is...

Previous

If students ask about “in another way”, provide a simple matter-of-fact response, congruent with language your school and school district have been teaching, and advise students to use their own words if they don’t see a gender description that fits for them. For example, gender fluid, gender non-conforming, or two-spirit.

Alternatively, a possible response is, “Some people feel like a boy or a girl inside, so they can check one of those boxes. But others may feel differently and want to describe their gender another way – such as sometimes I feel like both, or I feel like neither a boy nor a girl, or I am not sure.”

8% complete

All of your family members might not be First Nations, Inuit or Métis, but maybe some of them are. We want to know about YOU. Are you First Nations, Inuit or Métis? If so, please answer YES.

5. Are you First Nations, Inuit or Métis?

No Yes Part

☐ ☒ ☐

Which do you identify as?

☒ First Nations  
☐ Inuit  
☐ Métis

Please share your First Nation(s), Inuit or Métis community/communities here:

This text box will appear if a student selects "First Nations, Inuit or Métis." Refer to the list at the back of this guide if a student asks for assistance. For example, "Squamish Nation" or "Tseil-Waututh Nation".

10% complete

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

- ☒ First Nations, Inuit or Métis language  
☐ English  
☐ Arabic  
☐ Cantonese  
☐ Filipino/Tagalog  
☐ French  
☐ Hindi  
☐ Japanese  
☐ Korean  
☐ Mandarin  
☐ Punjabi  
☐ Russian  
☐ Spanish  
☐ Vietnamese  
☒ Other

Which First Nations, Inuit or Métis language?

Other:

If a student selects "First Nations, Inuit or Métis Language" or "Other", they can type in the language. Refer to the list at the back of this guide for a list of Indigenous Nations and Languages in Canada if a student asks for assistance.

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Next

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

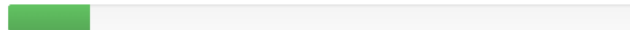
- ☒ First Nations, Inuit or Métis language
- ☐ English
- ☐ Arabic
- ☐ Cantonese
- ☐ Filipino/Tagalog
- ☐ French
- ☐ Hindi
- ☐ Japanese
- ☐ Korean
- ☐ Mandarin
- ☐ Punjabi
- ☐ Russian
- ☐ Spanish
- ☐ Vietnamese
- ☒ Other

Which First Nations, Inuit or Métis language?

Other:

Previous

Next



13% complete

8. Were you born in Canada?

No Yes Don't Know  
☐ ☐ ☐



9. Were your parents born in Canada?

No Yes, one parent Yes, both parents Don't Know  
☐ ☐ ☐ ☐



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

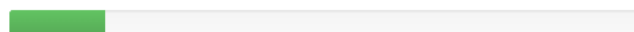
Very hard Hard Easy Very easy  
☐ ☐ ☐ ☐



Previous

Next





15% complete

### The next question is about your ethnic or racial background.

Why are we asking this question?

We know that people of different races do not have very different genetics. But, our race and ethnicity still have important consequences, including the experiences we have with different people and organizations.

Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.

11. How would you describe your own racial or ethnic background? *(Choose more than one if it is true for you.)*

- ☒ Indigenous (First Nations, Inuit, or Métis)
- ☐ Black (for example, African, Caribbean, Haitian, Kenyan, Nigerian)
- ☐ East Asian (for example, Chinese, Japanese, Korean, Taiwanese, Mongolian)
- ☐ Latino/Latina/Latinx (for example, Hispanic, Latin American, Chilean, Colombian, Mexican)
- ☐ Middle Eastern (for example, Egyptian, Iranian, Israeli, Lebanese, Turkish)
- ☐ South Asian (for example, Indian, Pakistani, Nepalese, Sri Lankan)
- ☐ South East Asian (for example, Cambodian, Filipino, Indonesian, Thai, Vietnamese)
- ☐ White (European background)
- ☒ Other

Other:

Previous

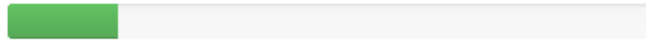
Next

The list shown here are just some examples.

Students can check multiple boxes.

If they don't see their answers in the list, they can choose "OTHER" and write down their answers.

Please read the INSTRUCTIONS and SAMPLE QUESTIONS aloud to make sure everybody understands.  
The sample questions give students practice with both positive and negative questions.



17% complete

## INSTRUCTIONS AND SAMPLE QUESTIONS

If you do not understand a question, please raise your hand and **ask for help**.

Make sure you **understand** the question and the answer options **before** you answer.

Here are sample questions for practice.

These questions ask you how much you agree or disagree with the statement.



I like to eat carrots.	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"/>
I don't like to eat pizza.	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"/>

Previous

Next

## Lets start now!

Remember, there are no right or wrong answers!

Students can complete the remaining questions on their own and can ask for assistance as needed. You can read all the questions aloud if you are concerned with the reading level of your students.

1. 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  
☐

2. 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  
☐

3. 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  
☐

4. 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  
☐

Previous

Next

5. 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  
☐

6. 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  
☐

7. 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  
☐

8. I feel upset about things.

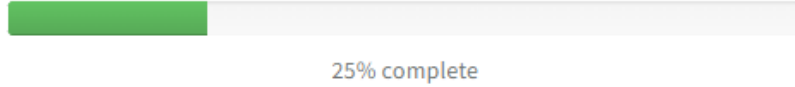
Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐



9. I feel that I do things wrong a lot.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
10. I worry about what other kids might be saying about me.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
11. I worry a lot that other people might not like me.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
12. I worry about being teased.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

Previous

Next

13. Over the last 2 weeks, how often have you been bothered by the following problems?

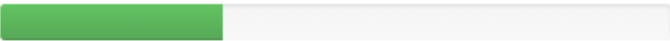
a) Feeling nervous, anxious, or on edge.	Not at all <input type="radio"/>	Several days <input checked="" type="radio"/>	Over half the days <input type="radio"/>	Nearly every day <input type="radio"/>
b) Not being able to stop or control worrying.	Not at all <input type="radio"/>	Several days <input checked="" type="radio"/>	Over half the days <input type="radio"/>	Nearly every day <input type="radio"/>
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 <input type="radio"/>	Somewhat difficult <input type="radio"/>	Very difficult <input type="radio"/>	Extremely difficult <input type="radio"/>

31% complete

- |   |   |  |  |   |                                      |
|---|---|--|--|---|--------------------------------------|
| 14. In most ways my life is close to the way I would want it to be. | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 15. The things in my life are excellent.                            | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 16. I am happy with my life.  | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 17. So far I have gotten the important things I want in life.       | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 18. If I could live my life over, I would have it the same way.     | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |

Previous

Next



33% complete

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

No    Yes  
☐    ☐

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



Person 1



Person 2



Person 3



Person 4



Person 5



Person 6



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Next

36% complete

How true is each statement for you?

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

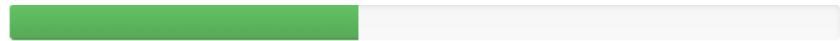
20. ... who really cares about me.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
21. ... who believes that I will be a success.	Not at all true <input type="radio"/>	A little true <input type="radio"/>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

39% complete

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

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

23. ... who believes that I will be a success.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
24. ... who listens to me when I have something to say.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>
25. ... who I can talk to about my problems.	Not at all true <input type="radio"/>	A little true <input type="radio"/>	Pretty much true <input type="radio"/>	Very much true <input type="radio"/>



42% complete

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

26. ... who really cares about me.

Not at all  
true  
☐

A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

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

Not at all  
true  
☐

A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

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

Not at all  
true  
☐

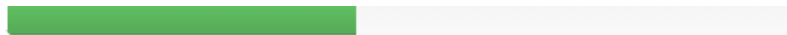
A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

Previous

Next



44% complete

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

29. 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  
☐

30. 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  
☐

31. 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  
☐

32. 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  
☐

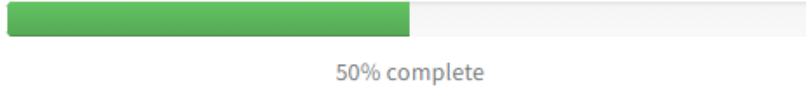


47% complete

33. I have a friend I can tell everything to.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
34. There is somebody my age who really understands me.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
35. I am certain I can learn the skills taught in school this year.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
36. If I have enough time, I can do a good job on all my school work.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

Previous

Next



37. Even if the work in school is hard, I can learn it.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
38. Teachers and students treat each other with respect in this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
39. People care about each other in this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
40. Students in this school help each other, even if they are not friends.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

Previous

Next



53% complete

41. I feel like I belong in this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
42. I feel like I am important to this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
43. 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 <input type="radio"/>	Once or a few times <input type="radio"/>	About every month <input type="radio"/>	About every week <input type="radio"/>	Many times a week <input type="radio"/>

Previous

Next



56% complete

**Important definition: Bully** - There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students will bully another student.

The next four questions might make you feel uncomfortable, but it is important for us to know. Please answer the questions honestly.

This school year, how often have you been bullied by other students in the following ways?

44. Physical bullying (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).

Not at all  
this school  
year  
☐

Once or  
a few  
times  
☐

About  
every  
month  
☐

About  
every  
week  
☐

Many  
times a  
week  
☐

45. 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  
☐

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

Not at all  
this school  
year  
☐

Once or  
a few  
times  
☐

About  
every  
month  
☐

About  
every  
week  
☐

Many  
times a  
week  
☐

47. Cyberbullying (for example, someone excluded, threatened, embarrassed or hurt you online or through text messages).

Not at all  
this school  
year  
☐

Once or  
a few  
times  
☐

About  
every  
month  
☐

About  
every  
week  
☐

Many  
times a  
week  
☐

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58% complete

The next questions ask about your health. Sometimes children your age may feel that these kinds of questions are uncomfortable to answer.

Remember you are helping us to learn more about the health of children your age in Canada:

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

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

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49. In general, how would you say your mental health is?

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

50. 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
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

If you did get help in the past year for mental health or emotional challenges, 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

50. 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

☐

If 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 didn'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

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If students who typically spend time in two different households ask how to answer this question, a possible response is to ask, "In a typical week, how do you regularly get to/get home from school?"

51. a) 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

☐

51. b) 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

☐

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64% complete

52. How often do you eat breakfast?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
53. How often do your parents or other adult family members eat meals with you?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
54. In the past year, did you go to bed hungry because there wasn't enough food at home?	Never	Rarely	Sometimes	Often	Very often				◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				

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67% complete

55. The next questions ask about **THE FRUITS AND VEGETABLES** you ate **YESTERDAY**.

a) **YESTERDAY**, how many servings of fruit (fresh, frozen, canned, and dried) did you eat? **DO NOT** count juices or drinks.

None   1 serving   2 servings   3 servings   4 servings   5 or more servings

☐   ☐   ☐   ☐   ☐   ☐

1 serving of **FRUIT** is about the size of your fist, and could be 1 apple or orange, 1 banana, half cup berries, 20 cherries or grapes, or a few pieces of dried fruit.

b) **YESTERDAY**, how many servings of vegetables (fresh, frozen or canned) did you eat? **DO NOT** count vegetable juices or french fries.

None   1 serving   2 servings   3 servings   4 servings   5 or more servings

☐   ☐   ☐   ☐   ☐   ☐

1 serving of **VEGETABLES** is about the size of your fist, and could be half cup of broccoli, 1 cup of lettuce or spinach, half cup of green beans, half cup of sweet potatoes, or half cup of bok choy.

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69% complete

56. The next questions ask about your other eating habits. When answering, please answer based on what you eat in a NORMAL WEEK. Think about all meals such as breakfast, lunch, dinner/supper, and snacks.

a) In a normal week, how often do you eat sugary foods (for example, cookies, cake, ice cream, chocolate, candy, sugary breakfast cereal, or store-bought muffins, protein bars, or granola bars)?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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b) In a normal week, how often do you eat salty snacks (for example, chips, crackers, pretzels or popcorn)?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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c) In a normal week, how often do you have a sweet drink (for example, iced tea, fruit juice, pop or soda, hot chocolate, sweet tea or coffee drinks like bubble tea or blended iced coffee, or energy or sports drinks)?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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72% complete

57. How often do you get a good night's sleep?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

---

58. 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	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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59. 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	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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60. I spend time on my phone or other electronic devices before I go to sleep.	Never	Rarely	Sometimes	Often	Very often	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	





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74% complete

61. 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"/>	

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This point in the survey is a natural place to break.

77% complete

## ABOUT MY OUT-OF-SCHOOL TIME

62. On school days, how often do you go to these places after school?

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

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79% complete

63. Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?	No <input type="radio"/>	Yes <input type="radio"/>	Don't know <input type="radio"/>	◀		
64. My neighbourhood is a place where neighbours help each other.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀

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



82% complete

The next questions are about activities that are organized. That is, the questions are about activities that are planned and supervised by a teacher, instructor, adult, coach or volunteer.

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

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

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85% complete

The next questions ask you about other activities you might do outside of school.

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

a) ... sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b) ... do homework?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c) ... read for fun?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
d) ... hang out with friends in person?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
e) ... play outside at a park, playground or in the neighbourhood?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
f) ... religious, spiritual or faith-based activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
g) ... cultural activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
h) ... volunteer (either at school or in the community)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
i) ... work at a job (for example, babysitting, mowing the lawn)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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87% complete

**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.**

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

67. In a normal week, how many days are you physically active for a total of at least 60 minutes or one hour per day?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

68. In a normal week, how many days do you spend 30 or more minutes in nature?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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90% complete

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

**69. In a normal week, how many hours per day do you...**

a) ...sit and watch TV, movies, or videos, including YouTube?

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
<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?

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
<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)?

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
<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, Twitter, Facebook, TikTok either browsing or posting?

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
<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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92% complete

These questions ask you how much you agree or disagree with the statement. Remember, there are no right or wrong answers.

70. When I make a decision, I think about what might happen afterward.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
71. I take responsibility for my mistakes.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
72. I can say 'no' when someone wants me to do things that are wrong or dangerous.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
73. When I'm sad, I can usually start doing something that will make me feel better.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶

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95% complete

74. After I'm interrupted or distracted, I can easily continue working where I left off.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
75. I can calm myself down when I'm excited or upset.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
76. When I'm upset, I notice how I am feeling before I take action.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶
77. I am aware of how my moods affect the way I treat other people.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀ ▶

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97% complete

78. When difficult situations happen, I can pause without immediately acting.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
79. I believe I can make a difference in the world.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
80. I try to make this world a better place.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀

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100% complete

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).

81. Is climate change negatively impacting your mental health?	No, not at all <input type="radio"/>	Yes, a little <input type="radio"/>	Yes, somewhat <input type="radio"/>	Yes, quite a bit <input type="radio"/>	Yes, very much <input type="radio"/>	◀	
82. I believe I can do things to help with the problem of climate change.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	I don't think climate change is a problem <input type="radio"/>	◀
83. I have people in my life (for example, friends, family, professionals) who can support me if I feel stressed about climate change.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	I don't feel stressed about climate change <input type="radio"/>	◀
84. 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 <input type="radio"/>	Yes, a little <input type="radio"/>	Yes, somewhat <input type="radio"/>	Yes, quite a bit <input type="radio"/>	Yes, very much <input type="radio"/>		◀

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Finish Survey

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

Withdraw from this survey

### 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

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

## HELP

INDIGENOUS NATIONS &  
LANGUAGES IN CANADA

HELP is building a comprehensive list of First Nations, Inuit Nunangat communities and Métis Nation Homeland (including Métis Settlements and historic Métis communities) and all their spoken languages. These lists support population health surveys and resources that parents/caregivers, educators and children can use when completing a HELP survey or for general reference. The list below is organized by First Nations, Inuit Nunangat communities and Métis Nation Homelands across provinces and territories, and references self-identified traditional names, spellings and respectful terminology.

These lists are part of the ongoing, collective work toward change and improving the health and well-being of First Nations, Inuit and Métis children and their families. Through guidance of our Aboriginal Steering committee (ASC), we are developing procedures to support First Nations, Inuit and Métis regional and territorial governments who require timely access to data in order to plan, manage and account for investments and outcomes – their children and families' well-being. We know that like any other government, Indigenous governments need data to provide evidence and information for effectively exercising self-determination and decision-making for achieving improved outcomes and serving the needs of their citizens, especially for their children and youth.

We invite people to review and contribute to these lists to keep them current and accurate. Please email us at [indigenous.initiatives@help.ubc.ca](mailto:indigenous.initiatives@help.ubc.ca).

## FIRST NATIONS

## BRITISH COLUMBIA

Adams Lake Indian Band (Sexqeltqín)	Ditidaht First Nation	Haisla Nation
Ahousaht First Nation	Doig River First Nation (TSAA? ÇHÉ NE DANE)	Haida (Xaadáa/XaaydaGa) - Gaw Tlagée Old Massett
Aitchelitz First Nation (Áthelets)	Dzawaḏʷenuxw First Nation	Haida (Xaadáa/XaaydaGa) - HlGaagilda Skidegate
Ashcroft Indian Band	Ehattesaht/Chinehkint First Nation (?iiẖatisatẖ činaḡint)	Halalt First Nation
Binche Whut'en	Esk'etemc First Nation	Halfway River First Nation
Blueberry River First Nations	Esquimalt Nation (Xwsepsum)	Heiltsuk Nation (Haítzaqv)
Bonaparte Indian Band (St'uxwtéws)	Fort Nelson First Nation	Hesquiaht First Nation
Boothroyd Indian Band	Gingolx	High Bar First Nation (Llenlenéy'ten)
Boston Bar First Nation	Gitanmaax Band	Homalco First Nation (Xwe'malhkwa)
Champagne and Aishihik First Nations (CAFN)	Gitanyow Nation	Hupačasath First Nation
Chawathil First Nation	Gitga'at Nation	Huu-ay-aht First Nations
Cheam First Nation (Xwchíyò:m)	Gitlaḡt'aamiks	Hwlitsum First Nation
Cheslatta Carrier Nation	Gitsegukla First Nation	Iskut Band Council
Coldwater Indian Band	Gitwangak Indian Band	Ka'yuu:k't't'h'/Che:k:tḻes7et'h' First Nations
Cook's Ferry Indian Band	Gitwinksihlkw	Kanaka Bar Indian Band (T'eqt'aqtṉmux)
Cowichan Tribes	Gitxaała Nation	Katzie First Nation
Da'naxda'xw/̱Aw̱aeṯḻa First Nation	Gwa'sala-'Nakwaxda'xw Nations	Kenpésq't (Shuswap Indian Band)
Daylu Dena Council	Gwawaenuk Tribe	
Dease River First Nation	Hagwilget First Nation Government	

Kispiox Band / Anspayaxw	Nuchatlaht First Nation	ST̓ÁUTW First Nation (Tsawout)
Kitasoo / Xai'xais Nation	Nuxalk Nation	Stellat'en First Nation
Kitselas First Nation (Gitselasu)	Okanagan Indian Band	Sts'ailes
Kitsumkalum, a Galts'ap of the Tsimshian Nation	Oregon Jack Creek Band	Stswecem'c Xgat'tem First Nation (Canoe Creek and Dog Creek)
Klahoose First Nation	Osoyoos Indian Band	Stz'uminus First Nation
K'ómoks First Nation	Pacheedaht First Nation	Sumas First Nation (Sema:th)
Kwadacha Nation (Tsek'ene)	Pauquachin First Nation (BOKÉCEN)	T'exel'c Williams Lake Band
Kwakiutl Band Council	Penelakut Tribe	T'ít'q'et First Nation
Kwantlen First Nation	Penticton Indian Band	T'Sou-ke Nation
Kwaw-kwaw-apilt First Nation	Peters First Nation	Takla Nation
Kwiahah First Nation	Pópkw'em First Nation	Taku River Tlingit First Nation
Kwíkwasut'inuxw Haxwa'mis First Nation	Prophet River First Nation (Dene Tsaa Tse K'Nai)	Tāhtān Nation
Kwikwetlem First Nation	Qayqayt First Nation (New Westminster)	Tk'emlúps te Secwépemc
Lake Babine Nation	Qualicum First Nation	Tl'azt'en Nation
Lax Kw'alaams Band	Quatsino First Nation	Tl'esqox of the Tsilhqot'in
Laxgalts'ap	Saik'uz First Nation	Tl'etingox-t'in Government
Leq'á:mel First Nation	Samahquam Nation	Tla'amin First Nation
Lheidli-T'enneh First Nation	Saulteau First Nations	Tla-o-qui-aht First Nations
Lhoosk'uz Dené Nation	Sc'ianew First Nation (Beecher Bay)	Tlatlasikwala First Nation
Lhtako Dené Nation	Seabird Island Band	Tlowitsis Nation (Ławit'sis)
Liard First Nation	Sekw'el'was (Cayoos Creek Band)	Toquaht Nation (łuk'aaʔath)
Lílwat Nation	Semiahmoo First Nation	Ts'kw'aylaxw First Nation
Little Shuswap Lake	Shackan Indian Band	Ts'uubaa-asatx Nation (formerly Lake Cowichan First Nation)
Lower Kootenay Band (Yaqan Nukiy)	shíshálh Nation	Tsal'alh (Seton Lake)
Lower Nicola Indian Band	Shxwhá:y Village	Tsawwassen First Nation (scəwəθən məteyæxʷ)
Lower Similkameen Indian Band	Shxw'ōwhámel First Nation	Tsay Keh Dene Nation
Lyackson First Nation	Sik-E-Dakh (Glen Vowell)	Tseshaht First Nation (čišaaʔath)
Lytton First Nation	Simpcw First Nation	Ts'ideldel First Nation
Malahat First Nation (MÁLEXEŁ)	Siska Indian Band	Ts'il Kaz Koh (Burns Lake Band)
Mamalilikula First Nation	Skatin Nations	Tsleil-Waututh Nation
Matsqui First Nation	Skawahlook First Nation (Sq'ewá:lxw)	Tsq'escen' First Nation (Canim Lake Band)
McLeod Lake Indian Band (Tse'khene)	Skeetchestn Indian Band	Tzeachten First Nation (Ch'íyáqtel)
Metlakatla First Nation	Skin Tyee Nation	Uchucklesaht Tribe
Mowachaht/Muchalaht First Nation	Skowkale First Nation (Sq'ewqéyl)	Ulkatcho First Nation
Musqueam Indian Band (xʷməθkʷəy̓əm)	Skuppah Indian Band	Union Bar First Nation
N'Quatqua First Nation	Skwah First Nation	Upper Nicola Band
Nadleh Whut'en First Nation	Snaw-naw-as Nanoose First Nation	Upper Similkameen Indian Band
Nak'azdli Whut'en First Nation	Snuneymuxw First Nation	We Wai Kai Nation
'Namgis First Nation	Songhees Nation	Wei Wai Kum First Nation
Nazko First Nation	Soowahlie First Nation	West Moberly First Nations
Nee-Tahi-Buhn	Splatsín First Nation	Westbank First Nation
Neskonlith Indian Band	Spuzzum First Nation	Wet'suwet'en First Nation
Nicomen Indian Band	Sq'éwlets First Nation (Scowlitz)	Whispering Pines / Clinton Indian Band (Peltiq't)
Nooaitch Indian Band	Squamish Nation (Skwxwú7mesh Uxwumixw)	Witset First Nation
	Squiala First Nation	

WJŌŁŁŁP (Tsartlip First Nation)  
 WSIKEM (Tseycum First Nation)  
 Wuikinuxv Nation (Rivers Inlet)  
 Xa'xtsa (Douglas First Nation)  
 Xatśūll First Nations (Soda Creek Indian Band)  
 Xaxli'p (Fountain)

Xeni Gwet'in First Nations Government  
 Xwísten (Bridge River Indian Band)  
 Yakweakwioose First Nation (Yeqwyeqwi:ws)  
 Yale First Nation  
 Yaq̓it ʔa-knuq̓i'it (Tobacco Plains Indian Band)

Yekooche First Nation  
 Yunešit'in Government  
 Yuuʔuʔiʔath Government  
 ʔakisq̓nuk (Akisq̓nuk First Nation)  
 ʔaq̓am (St. Mary's)  
 ʔEsdilagh First Nation Government

## ALBERTA

Alexander First Nation, #134 Treaty 6  
 Alexis Nakota Sioux Nation  
 Athabasca Chipewyan First Nation  
 Beaver First Nation  
 Beaver Lake Cree Nation  
 Bigstone Cree Nation  
 Chipewyan Prairie First Nation  
 Cold Lake First Nations  
 Dene Tha' First Nation  
 Driftpile Cree Nation  
 Duncan's First Nation  
 Enoch Cree Nation  
 Ermineskin Cree Nation #138  
 Fort McKay First Nation  
 Fort McMurray 468 First Nation  
 Frog Lake Cree Nation

Heart Lake First Nation #469  
 Horse Lake First Nation  
 Kainaiwa/Blood Tribe  
 Kapawe'no First Nation  
 Kehewin Cree Nation #123  
 Little Red River Cree Nation  
 Loon River First Nation  
 Louis Bull Tribe #439  
 Lubicon Lake Band #453  
 Mikisew Cree First Nation  
 Montana First Nation #139  
 O'Chiese First Nation  
 Paul First Nation #441  
 Peerless Trout First Nation  
 Piikani Nation  
 Saddle Lake Cree Nation #125

Samson Cree Nation #137  
 Sawridge First Nation  
 Siksika Nation  
 Smith's Landing First Nation  
 Stoney Nakoda First Nation  
 Sturgeon Lake Cree Nation  
 Sucker Creek First Nation  
 Sunchild First Nation  
 Swan River First Nation  
 Tallcree First Nation  
 Tsuut'ina Nation  
 Whitefish Lake First Nation #128  
 Whitefish Lake First Nation #459  
 Woodland Cree First Nation #474

## SASKATCHEWAN

Ahtahkakoop Cree Nation  
 Beardy's and Okemasis First Nation  
 Big Island Lake Cree Nation  
 Big River First Nation  
 Birch Narrows Dene Nation  
 Black Lake Denesuline First Nation  
 Buffalo River Dene Nation  
 Canoe Lake Cree First Nation  
 Carry The Kettle Nakoda Nation  
 Clearwater River Dene Nation  
 Cote First Nation 366  
 Cowessess First Nation  
 Cumberland House Cree Nation  
 Day Star First Nation #87  
 English River First Nation  
 Fishing Lake First Nations  
 Flying Dust First Nation  
 Fond du Lac Denesūḷiné First Nation  
 George Gordon First Nation (Ka-

něwo-kaskwatěw)  
 Hatchet Lake Denesūḷiné First Nation  
 James Smith Cree Nation  
 Kahkewistahaw First Nation  
 Kawacatoose First Nation #88  
 Keeseekoose First Nation  
 Kinistin Saulteaux Nation  
 Lac La Ronge Indian Band  
 Little Black Bear's Band of Cree & Assiniboine Nations  
 Little Pine First Nation  
 Lucky Man Cree Nation  
 Makwa Sahgaiehcan First Nation  
 Ministikwan Lake Cree Nation  
 Mistawasis Nēhiyawak  
 Montreal Lake Cree Nation  
 Moosomin First Nation  
 Mosquito Grizzly Bear's Head Lean Man Assiniboine Nation  
 Muscowpetung Saulteaux Nation

Muskeg Lake Cree Nation #102  
 Muskoday First Nation  
 Muskowekwan First Nation  
 Nekaneet First Nation  
 Ocean Man First Nation  
 Ochapowace Nation  
 Okanese First Nation  
 One Arrow First Nation  
 Onion Lake Cree Nation  
 Pasqua First Nation #79  
 Peepeekisis Cree Nation No. 81  
 Pelican Lake (Chachakēw Sâkahikan)  
 Peter Ballantyne Cree Nation (Assin'skowitiniwak)  
 Pheasant Rump Nakota Nation  
 Piapot First Nation  
 Poundmaker Cree Nation  
 Red Earth Cree Nation  
 Red Pheasant Cree Nation

Saulteaux First Nation  
 Shoal Lake Cree Nation  
 Standing Buffalo Dakota Nation  
 Star Blanket Cree Nation  
 Sturgeon Lake First Nation  
 Sweetgrass First Nation

The Key First Nation  
 Thunderchild First Nation (Piyesiw-Awasis)  
 Wahpeton Dakota Nation  
 Waterhen Lake (Sîkîp Sâkahikan)  
 White Bear First Nations

Whitecap Dakota First Nation  
 Witchehan Lake First Nation  
 Wood Mountain Lakota First Nation  
 Yellow Quill First Nation  
 Zagime Anishinabek (Sakimay First Nations)

## MANITOBA

Animozeebeeng Nation (Lake Manitoba Treaty 2 First Nation)  
 Barren Lands First Nation  
 Berens River First Nation (Miimiiwiziibiing)  
 Birdtail Sioux Dakhóta Oyáte (Dakota Nation)  
 Black River First Nation (Makadewaagamijiwanoonsing)  
 Bloodvein River First Nation (Miskwewesibi / Miskweyaabiziibee)  
 Brokenhead Ojibway Nation (Baaskaandibewiziibing)  
 Buffalo Point First Nation  
 Bunibonibee Cree Nation  
 Canupawakpa Dakota First Nation  
 Chemawawin Cree Nation  
 Cross Lake Band  
 Dakota Plains Wahpeton Oyate  
 Dakota Tipi First Nation  
 Dauphin River First Nation  
 Ebb and Flow First Nation  
 Fisher River Cree Nation  
 Fox Lake Cree Nation  
 Gambler First Nation 63  
 Garden Hill First Nation  
 God's Lake First Nation

Hollow Water First Nation (Wanipigow)  
 Keeseekoowenin Ojibway First Nation  
 Kinonjeoshtegon First Nation  
 Lake St. Martin First Nation  
 Little Grand Rapids First Nation (Mishi-baawitigong)  
 Little Saskatchewan First Nation  
 Long Plain First Nation  
 Manto Sipi Cree Nation (God's River)  
 Marcel Colomb First Nation (Black Sturgeon)  
 Mathias Colomb Cree Nation  
 Misipawistik Cree Nation (Grand Rapids)  
 Mosakahiken Cree Nation  
 Nisichawayasihk Cree Nation  
 Northlands Denesuline First Nation  
 Norway House Cree Nation  
 O-Chi-Chak-Ko-Sipi First Nation  
 Opaskwayak Cree Nation  
 O-Pipon-Na-Piwin Cree Nation (South Indian Lake)  
 Pauingassi First Nation (Sandy Narrows)  
 Peguis First Nation

Pinaymootang First Nation  
 Pine Creek First Nation  
 Poplar River First Nation (Azaadiwi-ziibiing)  
 Red Sucker Lake  
 Rolling River First Nation (Ditibineya-ziibiing)  
 Roseau River Anishinabe First Nation  
 Sagkeeng Anicinabe  
 Sandy Bay Ojibway First Nation (Gaa-wiikwedaawangaag)  
 Sapotaweyak Cree Nation  
 Sayisi Dene First Nation  
 Shamattawa First Nation  
 Sioux Valley Dakota Nation  
 Skownan First Nation  
 St. Theresa Point First Nation  
 Swan Lake First Nation  
 Tataskweyak Cree Nation  
 Tootinaowaziibeeng Treaty Reserve  
 War Lake First Nation  
 Wasagamack First Nation  
 Waywayseecappo First Nation  
 Wuskwi Sipihk First Nation  
 York Factory First Nation (Kischiwaskahegan Negani Ininewisewin)

## ONTARIO

Aamjiwnaang First Nation (Formerly Chippewas of Sarnia)  
 Alderville First Nation  
 Algonquins of Pikwakanagan First Nation  
 Animakee Wa Zhing #37  
 Animbiigoo Zaagi'igan Anishinaabek (Formerly Lake Nipigon Ojibway First Nation)  
 Anishinaabeg of Naongashiing (Big Island First Nation)  
 Aroland First Nation

Asubpeeschoseewagong Netum Anishinabek (Grassy Narrows First Nation)  
 Atikameksheng Anishnawbek  
 Attawapiskat First Nation  
 Aundeck Omni Kaning  
 Batchewana First Nation  
 Bearskin Lake First Nation  
 Beausoleil First Nation (G'Chimnissing)  
 Bigtigong Nishnaabeg (Pic River)  
 Biinjitiwaabik Zaaging Anishinaabek

(Rocky Bay First Nation)  
 Bingwi Neyaashi Anishinaabek (Formerly Sand Point First Nation)  
 Brunswick House First Nation  
 Caldwell First Nation  
 Cat Lake First Nation  
 Cayuga (Guyohkohnyoh) of Six Nations of the Grand River  
 Chapeau Cree First Nation  
 Chapeau Ojibway First Nation  
 Chippewas of Georgina Island (Georgina Island First Nation)



Chippewas of Kettle and Stony Point	Mishkeegogamang First Nation	(Pawgwasheeng)
Chippewas of Nawash Unceded First Nation (Neyaashiinigmiing)	Mishkosimiziibiing (Big Grassy River First Nation)	Pikangikum First Nation
Chippewas of Rama First Nation	Missanabie Cree First Nation	Poplar Hill First Nation
Chippewas of the Thames First Nation (Deshkaan Ziibing Anishinaabeg)	Mississauga First Nation (Blind River)	Rainy River First Nations
Constance Lake First Nation	Mississaugas of Scugog Island First Nation	Red Rock Indian Band
Couchiching First Nation	Mississaugas of the Credit First Nation	Sachigo Lake First Nation
Curve Lake First Nation	Mitaanjigamiing First Nation	Sagamok Anishnawbek (Three Fires Peoples)
Deer Lake First Nation	Mohawk (Kanienkahagen) of Six Nations of the Grand River	Sandy Lake First Nation
Delaware Nation at Moraviantown (Lenape People)	Mohawks of Akwesasne	Saugeen First Nation
Dokis First Nation	Mohawks of the Bay of Quinte (Kenhteke Kanyen'kehá:ka, Tyendinaga)	Seine River First Nation
Eabametoong First Nation	Moose Cree First Nation	Seneca (Onondowahgah) of Six Nations of the Grand River
Flying Post First Nation	Moose Deer Point First Nation	Serpent River First Nation
Fort Albany First Nation	Munsee-Delaware Nation (Lenni Lenape)	Shawanaga First Nation
Fort Severn First Nation (Washaho Cree Nation)	Muskrat Dam Lake First Nation	Sheguiandah First Nation
Fort William First Nation	Naicatchewenin First Nation	Sheshegwaning First Nation (Odawa Nation of Anishnaabek)
Ginoogaming First Nation (Formerly Long Lake Reserve #77)	Naotkamegwaning First Nation	Shoal Lake 40 First Nation
Henvey Inlet First Nation	Neskantaga First Nation	Slate Falls Nation #259
Hiawatha First Nation (Mississaugii of Rice Lake)	Netmizaaggamig Nishnaabeg (Pic Mobert First Nation)	Taykwa Tagamou Nation
Iskatewizaagegan #39 Independent First Nation (Shoal Lake #39)	Nibinamik First Nation (Summer Beaver)	Temagami First Nation
Kasabonika Lake	Nigigoonsiminikaaning First Nation (Red Gut)	Thessalon First Nation
Keewaywin First Nation	Niisaachewan Anishinaabe Nation (Ochiichagwe'babigo'ining)	Tuscarora (Ska-Ruh-Reh) of Six Nations of the Grand River
Ketegaunseebee (Garden River First Nation)	Nipissing First Nation	Waabigonii Zaaga'igan (Wabigoon Lake Ojibway Nation)
Kiashke Zaaging Anishinaabek – Gull Bay First Nation	North Caribou Lake First Nation (Weagamow)	Wabaseemoong Independent Nations (One Man Lake, Swan Lake, Whitedog)
Kingfisher Lake First Nation	North Spirit Lake First Nation	Wabauskang First Nation
Kitchenuhmaykoosib Inninuwug (Big Trout Lake First Nation)	Northwest Angle 33	Wahgoshig First Nation
Lac Des Mille Lacs First Nation (Community of Nezaadiikaang)	Obashkaandagaang First Nation (Washagamis Bay)	Wahnapiatae First Nation (Wahnapiataeping)
Lac La Croix First Nation	Ojibway Nation of Saugeen	Wahta Mohawks (Kanienkeha:ka)
Lac Seul First Nation	Ojibways of Onigaming First Nation	Walpole Island First Nation (Bkejwanong Territory)
Long Lake No. 58 First Nation	Oneida (Onayotekaono) of Six Nations of the Grand River	Wapekeka First Nation
Magnetawan First Nation	Oneida Nation of the Thames (Onyota'a:ka)	Wasauksing First Nation
Marten Falls First Nation	Oneida Six Nations of the Grand River (Oneida, Onayotekaono)	Wauzhushk Onigum Nation
Matachewan First Nation	Onondaga (Onundagaono) of Six Nations of the Grand River	Wawakapewin First Nation
Mattagami First Nation	Onondaga Six Nations of the Grand River (Onondaga, Onundagaono)	Webequie First Nation
McDowell Lake First Nation	Pays Plat First Nation	Weenusk First Nation
M'Chigeeng First Nation		Whitefish River First Nation (Birch Island)
Michipicoten First Nation		Whitesand First Nation
Migisi Sahgaigan (Eagle Lake First Nation)		Whitewater Lake First Nation
		Wiikwemkoong Unceded Territory
		Wunnumin Lake First Nations
		Zhiibaahaasing First Nation

## QUÉBEC

Atikamekw de Manawan	La Nation Innu Matimekush-Lac John	Oujé-Bougoumou Cree Nation
Atikamekw de Wemotaci	Les Innus de Ekuanitshit	Pekuakamiulnuatsh Takuhikan
Atikamekw d'Opitciwan	Les Innus de Pakua Shipu	Pikogan (Première Nation Abitibiwinni)
communauté anicinape de Kitcisakik	Les Innus d'Unamen-Shipu	Première Nation des Abénakis de Wôlinak
Cree First Nation of Waswanipi	Listuguj Mi'gmaq	Première Nation des Abénakis d'Odanak
Cree Nation of Chisasibi	Long Point First Nation	Première Nation des Innus de Nutashkuan
Cree Nation of Eastmain (ᑕᑭᑦᑭᑦᑭᑦ / Wâpanûtâw)	Micmacs of Gesgapegiag	Première Nation des Innus de Pessamit
Cree Nation of Mistissini	Mitchikanibikok Inik / Algonquins of Barriere Lake	Première Nation Innus Essipit
Cree Nation of Nemaska	Mohawks of Kahnawá:ke	Première Nation Malécite de Viger
Cree Nation of Waskaganish / ᑕᑭᑦᑭᑦᑭᑦ ᑕᑭᑦᑭᑦᑭᑦ ᑕᑭᑦᑭᑦᑭᑦ	Mohawks of Kanesatake	Timiskaming First Nation
Cree Nation of Wemindji	Naskapi Nation of Kawawachikamach / ᑕᑭᑦᑭᑦᑭᑦ ᑕᑭᑦᑭᑦᑭᑦ	Whapmagoostui First Nation
Innu Takuaikan Uashat mak Mani-utenam	Nation Anishnabe du Lac Simon	Wolf Lake First Nation - Mahingan Saigan
Kebaowek First Nation (Eagle Village)	Nation Huronne Wendat	
Kitigan Zibi Anishinabeg	Nation Micmac de Gespeg	

## NEWFOUNDLAND & LABRADOR

Benoit First Nation - Penwaaq L'nu'k (K'taqmkuk)	Mi'kamawey Mawi'omi)	Qalipu First Nation
Hopedale / Agvituk	Mushuau Innu First Nation (Natuashish)	Rigolet / Tikigâksuagusik
Makkovik / Maggovik	Nain / Nunainguk	Sheshatshiu Innu Nation (Nitassinan)
Miawpukek First Nation (Miawpukek)	Postville	

## NEW BRUNSWICK

Amlamgog First Nation (Fort Folly)	Matawaskiye First Nation (Madawaska-Maliseet First Nation)	Sitansisk Wolastoqiyik (St. Mary's First Nation)
Elsipogtog First Nation (Big Cove)	Metepenagiag Mi'kmaq Nation	Tjipōgtōtjg First Nation (Bouctouche)
Esgenoôpetitj First Nation (Burnt Church)	Natoaganeg First Nation (Eel Ground)	Ugpi'Ganjig First Nation (Eel River Bar)
L'nui Menikuk First Nation (Indian Island First Nation)	Neqotkuk First Nation (Tobique)	Welamukotuk First Nation (Oromocto)
Madawaska Maliseet First Nation (Wəlastəkwewiyik)	Oinpegitjoig First Nation (Pabineau)	Wotstak First Nation (Woodstock)
	Pilick First Nation (Kingsclear)	

## NOVA SCOTIA

Acadia First Nation	Membertou (Maupeltu)	Sipekne'katik First Nation (Indian Brook)
Annapolis Valley First Nation	Millbrook First Nation	Wagmatcook First Nation
Bear River First Nation	Paqtnkek Mi'kmaw Nation	We'koqma'q First Nation
Eskasoni Mi'kmaw Nation – Essisoqni Wutaniminu	Pictou Landing First Nation	
Glooscap First Nation	Potlotek First Nation (Formerly Chapel Island)	

## PRINCE EDWARD ISLAND

Abegweit First Nation

Lennox Island Mi'kmaq First Nation

## YUKON TERRITORY

Carcross/Tagish First Nation

Champagne and Aishihik First Nations - Àtsexh

Champagne and Aishihik First Nations - Àshèyi (Aishihik)

Champagne and Aishihik First Nations - Chāmì (chemi)

Champagne and Aishihik First Nations - Chu'ena Kéyi (Hutchi)

Champagne and Aishihik First Nations - Dakwākāda (Haines Junction)

Champagne and Aishihik First Nations - K'üā Man (Kloo Lake)

Champagne and Aishihik First Nations - Łu Ghā (Klukshu)

Champagne and Aishihik First Nations - Nākhū (Kusawa Narrows)

Champagne and Aishihik First Nations - Nuqwa'ik

Champagne and Aishihik First Nations - Shadhāla (Champagne)

Champagne and Aishihik First Nations - Shāwshe / Nesktahin (Dalton Post)

Champagne and Aishihik First Nations - Takhini (Takhini River)

Champagne and Aishihik First Nations - The Yānlín (Canyon Creek)

Champagne and Aishihik First Nations - Tthechāl (Sekulmun)

First Nation of Na-cho Nyak Dun

Kaska - Liard First Nation

Kaska - Ross River Dena Council

Kluane First Nation (Lhù'ààn Mân Ku Dañ)

Kwanlin Dün First Nation

Little Salmon/Carmacks First Nation - Big Salmon River

Little Salmon/Carmacks First Nation - Braeburn Lake

Little Salmon/Carmacks First Nation - Carmacks

Little Salmon/Carmacks First Nation - Frenchman Lake

Little Salmon/Carmacks First Nation - Hutshi Lake

Little Salmon/Carmacks First Nation - Little Salmon

Little Salmon/Carmacks First Nation - Tatchun Lake

Selkirk First Nation

Ta'an Kwäch'än

Taku River Tlingit First Nation

Teslin Tlingit

Tr'ondëk Hwëch'in

Vuntut Gwitchin First Nation (Old Crow)

White River First Nation - Beaver Creek

## NORTHWEST TERRITORIES

Acho Dene Koe First Nation

Akaiicho First Nations

Aklavik (Ehdiitat Gwich'in)

Behchoko (Behchokò)

Behdzi Ahda' First Nation / Colville Lake

Deh Gáh Got'jē First Nation / Fort Providence

Dehcho First Nations

Délinē First Nation

Deninu Kųé First Nation

Gameti (Gamèti)

Gwich'in Nation

Ka'a'gee Tu First Nation / Kakisa

K'asho Got'jñē Fort Good Hope

Kátł'odeeche First Nation (Hay River Dene)

Łı́ıdłı́ Kųé First Nation / Fort Simpson

Łutsël K'é Dene First Nation

Nahzā Dehé Dene Band / Nahanni Butte

Pehdzeh Ki First Nation / Wrigley

Sahtu Dene - Colville Lake

Sahtu Dene - Fort Good Hope

Sahtu Dene - Norman Wells (Tlegohli)

Salt River First Nation (Fort Smith)

Sambaa K'e First Nation

Smith's Landing First Nation

Tetlit Zheh - Fort McPherson (Tetlit Gwich'in)

Tłıchų Nation

Ts'ueh Nda (West Point First Nation)

Tsiigehtchic (Gwichya Gwich'in)

Tłhsets'ék'ehdélı́ First Nation / Jean Marie River

Tulita Dene Band (Tulit'a) / Begade Shotagotine First Nation

Wekweeti (Wekweèti)

Whati (Whati)

Yellowknives Dene First Nation - Dettah

Yellowknives Dene First Nation - N'Dilo





# MÉTIS NATION HOMELAND

## BRITISH COLUMBIA

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### HISTORIC MÉTIS SETTLEMENTS

Fort St. John Kelly Lake

## ALBERTA

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### MÉTIS SETTLEMENTS

Buffalo Lake Métis Settlement	Fishing Lake Métis Settlement	Little Buffalo
East Prairie Métis Settlement	Gift Lake Métis Settlement	Paddle Prairie Métis Settlements
Elizabeth Métis Settlement	Kikino Métis Settlement	Peavine Métis Settlement

### HISTORIC MÉTIS SETTLEMENTS

Lac La Biche	Big Prairie (Utikuma)	Wolf Lake
Lac Ste. Anne	East Prairie	Seibert Lake
St. Albert	Marlboro	Fort Chipewyan
Caslan	Pigeon Lake	Peace River
St. Paul des Metis	Goodfish Lake	Grande Prairie
Edmonton House	Fishing Lake, Elizabeth	
Paddle Prairie (Keg River)	Cold Lake	

## SASKATCHEWAN

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### HISTORIC MÉTIS SETTLEMENTS

Batoche	Frenchman River Valley	Montagne-de-Bois/Wood Mountain (Willow-Bunch)
Battleford	Green Lake (Lac-Vert)	Prince Albert
Beauval	Ile-à-la-Crosee	Souris River Valley
Buffalo Narrows (Lac-de-Boeufs)	La Coulée-Chapelle	St. Isidore de Bellevue (Garonne)
Chimney Coulee in the Cypress Hills	La Coulée-des-Rochers	St. Laurent de Grandin
Cochin	La Loche	St. Laurent Settlement
Cumberland House	La Prairie Ronde (Round Prairie)	St. Louis
Debden	Lac-Pelletier	Vallée-Ste-Claire
Duck Lake	Macdowall	
Fish Creek (Tourond's Coulee)	Meadow Lake (Lac-des-Prairies)	
Fort Qu'appelle	Missouri Coteau	

## MANITOBA

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### HISTORIC MÉTIS SETTLEMENTS

Bacon Ridge (Reedy Creek, Ebb and Flow)	Boggy Creek, San Clara	Cooks Creek
Balsam Bay	Brandon House, Fort Assiniboine	Cormorant
Barrows (Baden, Powell, National Mills and Red Deer Lake)	Camperville	Crane River (O-Chi-Chak-Ko-Sipi)
Barrows (Red Deer Lake)	Carman (Îlets de Bois / Boyne River)	Crescentwood
Big Eddy Settlement	Cayer	Cross Lake
Birsay Village (Orkney Town)	Cedar Lake (Chemanwawin, Easterville) Métis Settlement	Dog Head Settlement
	Cold Lake Métis Settlement	Dog Patch (Winnipeg)

Duck Bay (Baie de Canard / Zhiishiibi-Ziibiing)	Pine Dock (Bullhead)	Rossville
Eddystone	Pine Falls (Bas de la Rivière, Fort Alexander)	Salt Point Métis Settlement
Fairford Settlement (Formerly Pinaymootang, Partridge Crop)	Pine Fort (Fort des Épinettes)	Sandy Bay
Fish Lake	Princess Harbour (Rabbit Point)	Selby Town
Fort Dauphin	Rall's (Rahls) Island Metis Settlement	Skownan
Fort Desjarlais	Red River Settlement	South Indian Lake Metis Settlement
Fort Ellice	<i>Red River Settlement - French Parishes:</i>	St. Adolphe (Pointe Coupée)
Grand Marais	Charleswood (St. Charles Parish)	St. Ambroise (Isle de Pierre)
Grand Rapids	St. Agathe (Pointe à Grouette and Petite Pointe à Saline)	St. Charles (Rivière Esturgeon)
Grande Point	St. Boniface	St. Jean-Baptiste (Rivière aux Prunes)
Grantown	St. Eustache (Formerly Baie St. Paul)	St. Pierre-Jolys (Rat River)
Lake Metigoshe Metis Settlement	St. Francois Xavier	Ste. Madeleine
Lockport (Formerly Little Britain)	St. Laurent (Formerly Fond du Lac)	Ste. Rose du Lac
Longbody Creek (Kenepikiniwewe)	St. Norbert (Rivière Sale)	Stony Mountain
Loon Straits	St. Vital	Stovepipe (Tuyau)/Pointe des Chênes or Grande Pointe des Chênes
Lorette (Petit Point du Chênes)	Ste. Anne des Chênes	Swan River
MacGregor	<i>Red River Settlement - English Parishes:</i>	The Corner (Li Kwayn, Fouillard Town)
Mallard (Ennishop)	Headingly	The Pas (Opaskweyaw)
Manigotogan (Bad Throat River)	High Bluff	Thicket Portage
Manitoba House (Kinosota)	Kildonan	Thomas Métis Settlement
Manitoba Village	Poplar Point	Tin Town
Mapleton (Old England)	Portage La Prairie (St. Mary's)	Turtle Mountains
Matheson Island (Formerly Snake Island)	St. Andrew (Sault à la Biche, Deer Rapids)	Umpheville (Humphreville Settlement)
Meadow Portage	St. Clement	Wabowden
Métis Island	St. James	Wheat City
Moose Lake	St. John	White Mud River Settlement (Rat Creek, Totogan)
Morris (Rivière Gratchias)	St. Paul	Winnipegosis
Norway House	St. Peter	Wooden Tent (Metikewap) Metis Settlement
Oak Point	Rock Lake (Lac des Roches)	York Factory
Pelican Rapids	Rock Ridge	Young Point / Carrot River Valley (Pasquia Settlement)
Pikwitonei	Rooster Town (Pakan Town)	
Pine Bluff		

## ONTARIO

### HISTORIC MÉTIS SETTLEMENTS

Abitibi Inland Historic Métis Community	Mattawa/Ottawa River and Environs Historic Métis Community	Rainy River/Lake of the Woods/ Treaty 3 Historic Métis Community
Georgian Bay and Environs Historic Métis Community	Northern Lake Superior Historic Métis Community	Sault Ste. Marie and Environs Métis Community
Killarney and Environs Historic Métis Community		

## QUÉBEC

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### HISTORIC MÉTIS SETTLEMENTS

L'Assomption	Montréal
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## YUKON TERRITORY

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### HISTORIC MÉTIS SETTLEMENTS

Old Crow	Ross River	Watson Lake
Dawson	Whitehorse	

## NORTHWEST TERRITORIES

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### MÉTIS SETTLEMENTS

Fort Providence Métis Council / Fort Providence	Fort Simpson Métis Nation (Local 52) - Fort Simpson	Hay River (Xatlo Dehe) - NWT Métis Nation
Fort Resolution (Deninu) - NWT Métis Nation	Fort Smith (Thebacha) - NWT Métis Nation	

# INDIGENOUS LANGUAGES IN CANADA

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

Assiniboiné / Nakota / Nak'hóda

Atikamekw Nehirâmowin

Blackfoot / Siksiká /  
Siksiká'powahsin / Pikanií

Cayuga / Gayogohó:nq'

Chinuk Wawa / Chinook Jargon

Dakelh / Carrier / Dakeł / Cᑭᑦ

Dakota / Dakhótiyapi / Sioux  
(Yanton Santee)

Delaware / Munsee /  
Huluníixsuwaakan

Dane-Zaa / Beaver / Cᑭ ᑭ /  
Dane-zaa Záágé? / Dunne-za

Danezāgé' / Kaska / Kaska Dena

Dene / North Slavey (Bearlake/  
Déljine, Hare/K'ásho, Mountain/  
Shúhta/Shihta) / Sahtúot'jine Yatj

Dene K'e / Dene K'eh / South  
Slavey / Dené / Dené Tha' /  
Dene Dháh / Dene Zhatié

Dene Sų́łíné Yatíé / Chipewyan /  
Denesuline /

Diitid?aa?tx / Ditidaht

East Cree / James Bay Cree / Iyiniu-  
Ayamiwin Δᑭ ᑭᑭᑭ (Southern East  
Cree) / Iyiyiu-Ayamiwin Δᑭᑭᑭ ᑭᑭᑭ  
(Northern East Cree)

Éy7á7juuthem / ?ay?juθəm-  
Sa4u4txw / ?ayajuθəm

Gitsenimx / Gitsanimx / Gitxsan /  
Gitksen

Gwich'in / Dinjii Zhu' Ginjik

Hän / Han (Dawson) / Häť gołan

Haíłzaqvıa / Heiltsuk / Bella Bella

Huı́qumı́nuń (Island) / Halqeméylem  
(Upriver) / hənqəmiñəm (Downriver)

Inuinnaqtun

Inuktun (Dialects Siglitun,  
Natsilingmiutut)

Inuktitut Δᑭᑭᑭᑭ (Dialects Kivalliq,  
Aivilik, North Baffin, South Baffin,  
Nunavik, Nunatsiavut)

Inuvialuktun

Ktunaxa

Kwakwala / Kwakwaka'wakw

Lakota / Lak'hótiyapi / Teton

Lingít / Łingít / Tlingit

Mohawk / Kanien'kéha

Montagnais / Nehlueun  
(Piyekwákamí) / Innu-Aimûn  
(Betsiamites) / Innu-Aimûn  
(Eastern)

Moose Cree / ililimowin Δᑭᑭᑭᑭᑭ

Michif / Métis Cree / Cree Michif

Mi'kmaq / Maliseet-Passamaquoddy

Nakoda / Nakhóta/ Isga / Stoney

Nedut'en / Witsuwit'en / Babine-  
Witsuwit'en

Nēhiyawēwin / Cree / Sakâw  
Nehiyawewin (Northern Plains  
Cree) / Paskwâw Nehiyewewin  
(Southern Plains Cree) / ᑭᑭᑭᑭᑭᑭᑭᑭ

Naskapi / Iyuw Iyimuun

Nisga'a

Nłe?kepmxcín / Nlaka'pamux /  
Nlha7kápmx / Thompson

Nsyilxcən / Okanagan / nsəlxciñ

nuučaañuť / Nuu-chah-nulth

Nuxalk / It7Nuxalkmc

Oneida / Onłyota?a:ka /  
Onłyota'a:ka

Onondaga / Onqda'gegá' /  
Onoñda'gegá'

Potawatomi / Neshnabémowen  
Saulteaux / Nakawēmowin / Plains  
Ojibway

Secwepemctsin / Secwepemc /  
Shuswap

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

Seneca / Onödowá'ga: /  
Onötowáka

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

She shashishalhem / Sechelt /  
sháshishálem

Sḵwxwú7mesh sníchim / Squamish

Sm̓algyax / Ts'msyen Sm'algyax /  
Tsimshian

Státimcets / Ucwalmícwts

Swampy Cree / Inilimowin /  
Nēhinawēwin / ᑭᑭᑭᑭᑭᑭᑭᑭ

Tāhtān / Tahltan

Tłı̨chų Yatıı / Dogrib

Tse'khene / Tsek'ene / Tsek'ehne /  
Sekani / Sékanais

Tsilhqot'in

Tsüüt'inà / Sarcee / Sarsi

Tutchone / Dän k'è (Southern) /  
Dän k'í (Northern)

Upper Tanana / Tabesna /  
Nee'aandèegn'

Western Swampy Cree /  
Nēhinawēwin ᑭᑭᑭᑭᑭᑭᑭᑭᑭ

Woods Cree / Nihithawīwin  
ᑭᑭᑭᑭᑭᑭᑭᑭᑭᑭ / Bush Cree

'Wuikala / Oowekyala / 'Uikala

Xaad Kíl Gaw Tlagée (Old Massett  
Northern Dialect) / Xaayda Kil  
Hl̓gaagilda (Skidegate Southern  
Dialect) / Haida

Āenaksialakala / Āa'isalakala / Haisla