

MDI Training Webinar:

Steps to District Administration 2026-2027

Middle Years Development Instrument

Nov 19, 2026

HUMAN EARLY LEARNING PARTNERSHIP

UBC



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

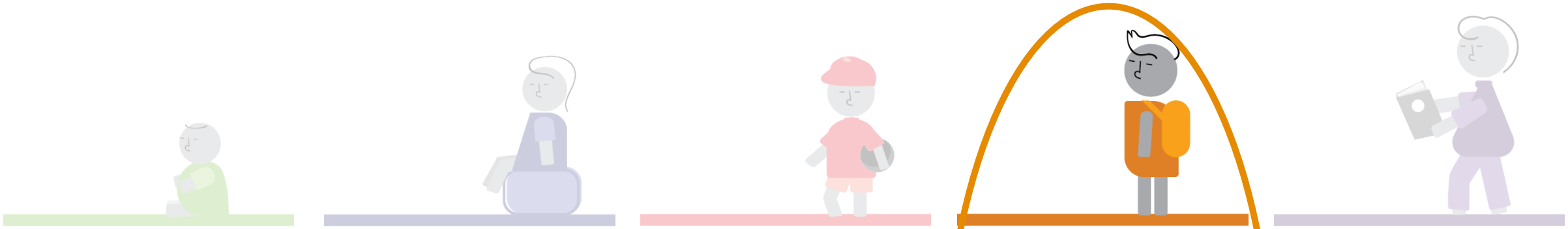
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Outline

- MDI Overview
- Strategies for launching the MDI
- Timeline and Tasks for District MDI Administration
- Steps to MDI Administration in Schools
- MDI Resources

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



Self-report survey for children in Grades 4 to 8



MDi

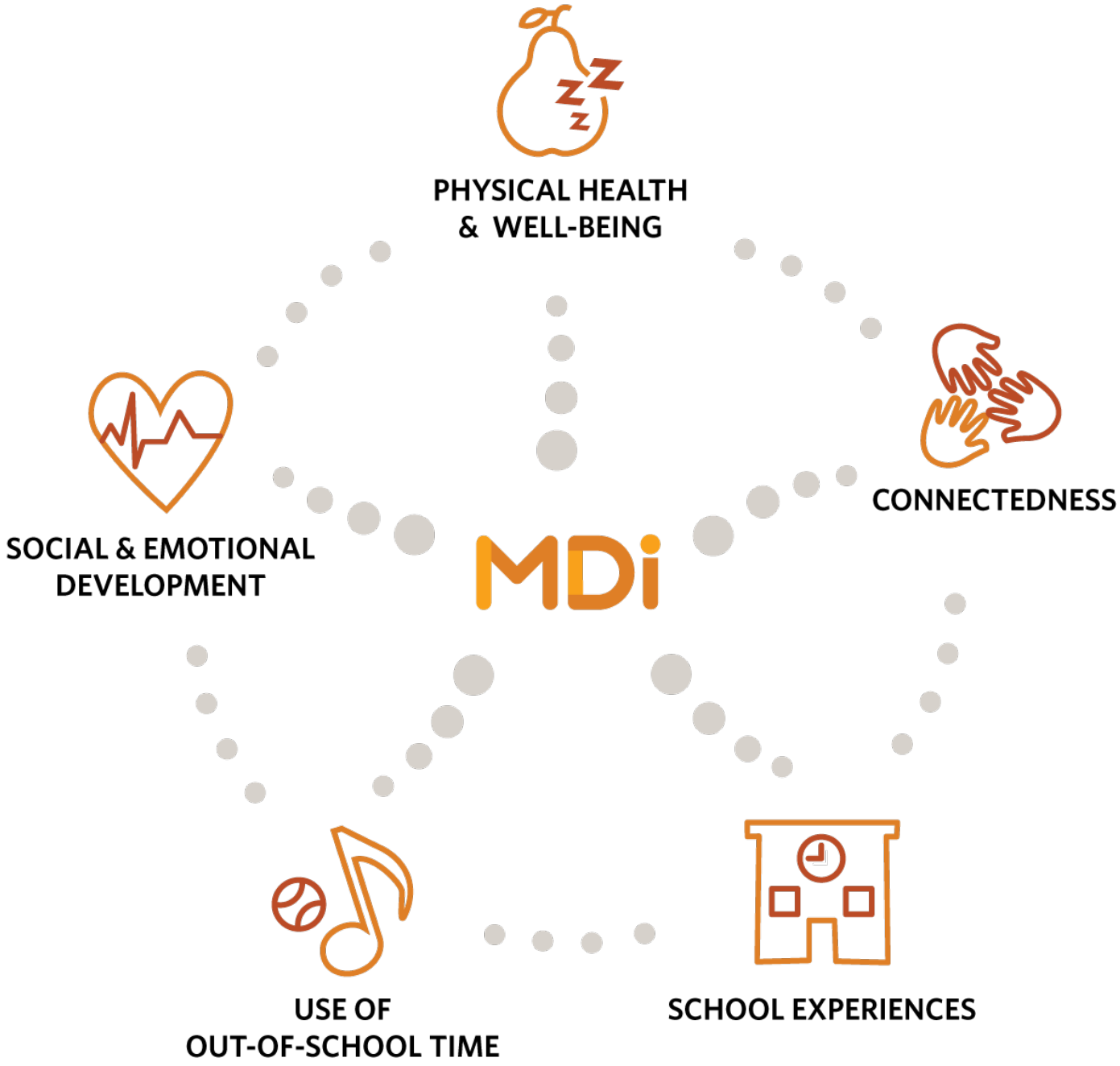
Multiple contexts:

Schools
Families
Neighbourhoods
Out of school time

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.



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The Well-Being Index

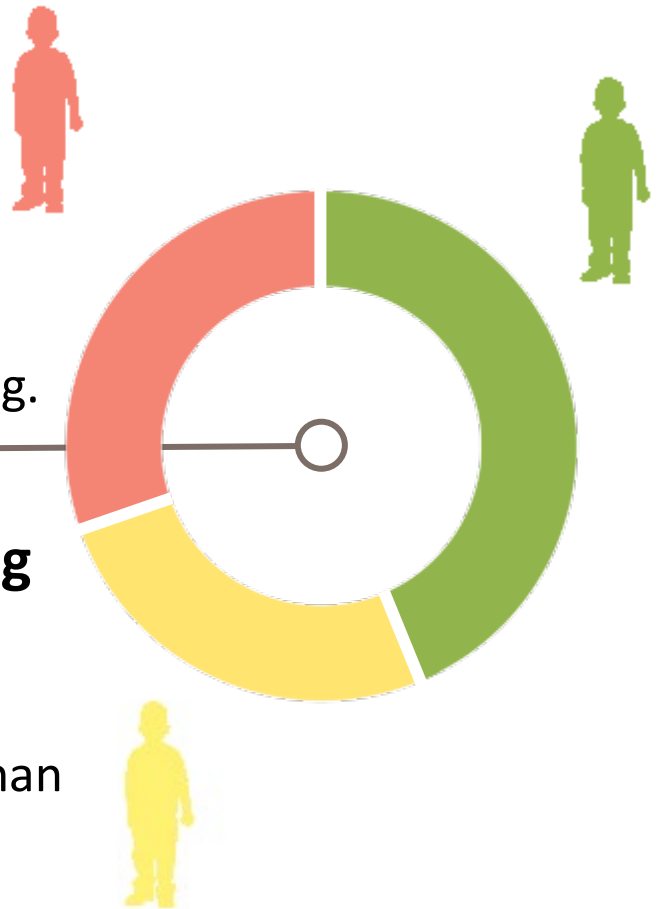
Optimism
Self-Esteem
Happiness
Absence of Sadness
General Health

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.



High Well-Being (Thriving)

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

MDi

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

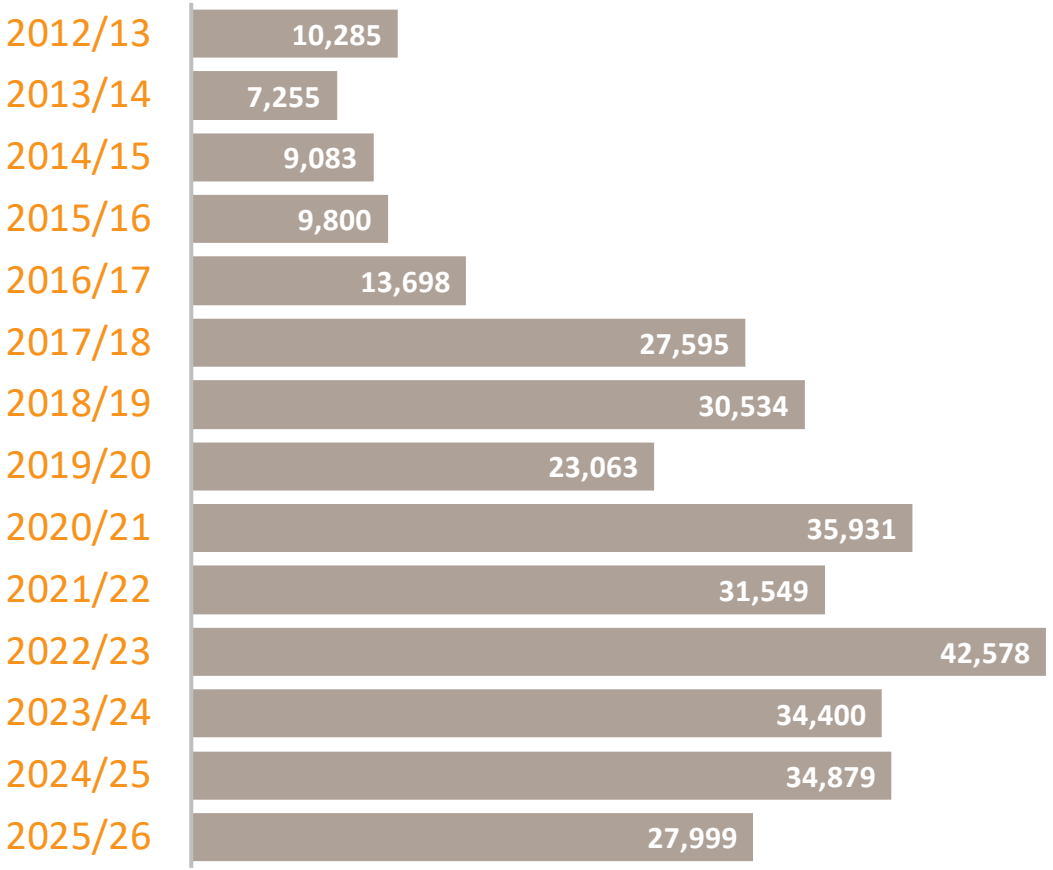


NUTRITION AND SLEEP

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

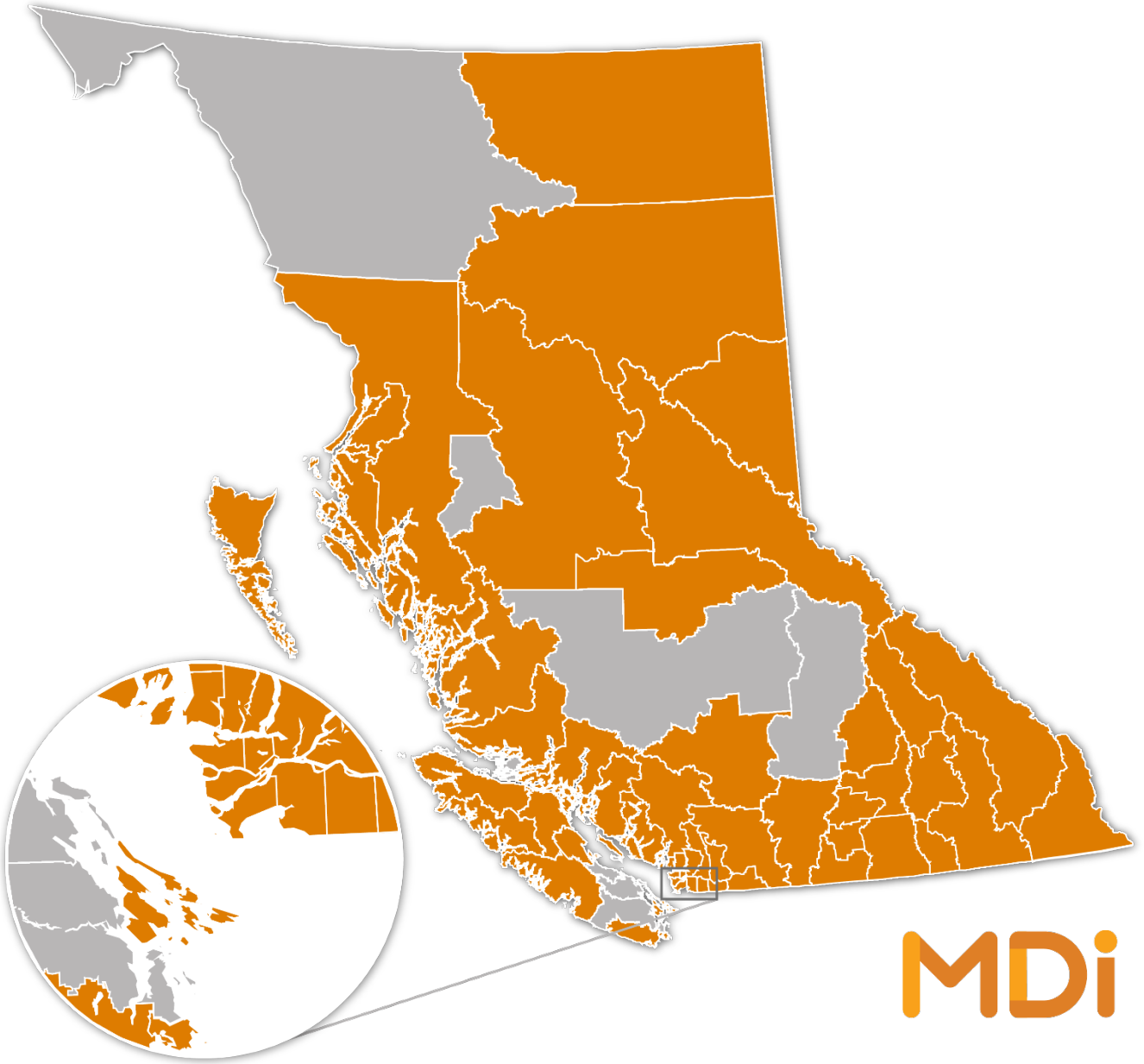
SCHOOL EXPERIENCES Not Reported Publicly

MDI Participation 2009/2010 – 2025/2026



2025/26 Grade 4: 2,412 Grade 5: 11,007 Grade 6: 3,827
Grade 7: 393 Grade 8: 10,360

Total overall (all years & grades): 351,252



BC Districts 2026/27

SD #	SCHOOL DISTRICT
005	Southeast Kootenay
019	Revelstoke
022	Vernon
023	Central Okanagan
028	Quesnel
033	Chilliwack
034	Abbotsford
036	Surrey
038	Richmond
039	Vancouver
041	Burnaby
042	Maple Ridge-Pitt Meadows
043	Coquitlam

SD #	SCHOOL DISTRICT
046	Sunshine Coast
047	qathet (Powell River)
048	Sea to Sky
049	Central Coast
050	Haida Gwaii
053	Okanagan Similkameen
059	Peace River South
060	Peace River North
067	Okanagan Skaha
071	Comox Valley
081	Fort Nelson
082	Coast Mountains
092	Nisga'a
093	Conseil Scolaire Francophone

New in MDI Questionnaire



New questions:

This year, we are adding questions on electronic device and artificial intelligence (AI) use for students in grades 6, 7 and 8

New Questions for Grades 6, 7 & 8

Electronic device use question

70. In your home, is there an electronic device that you use regularly (for example, smartphone, gaming device, computer or iPad)?

No	Yes
○	◉

Clear

If yes, which of the following devices do you use? (Select all that apply)

- [ ] Basic cellphone (can make calls and send texts, but cannot use the internet)
- [ ] Smartphone (can use the internet, apps, and social media, for example, Instagram, TikTok, or Facebook)
- [ ] Smartwatch (for example, Apple Watch)
- [ ] Tablet or iPad
- [ ] Laptop
- [ ] Desktop computer
- [ ] Gaming device (for example, Xbox or Nintendo Switch)
- [ ] Other

Artificial Intelligence (AI) Use Question

The next question is about artificial intelligence or AI.

AI is a type of computer program that can learn from lots of information. It can answer questions, help with tasks, and make things like text, pictures, videos, or music.

Some examples of AI include: AI chatbots (such as ChatGPT, Gemini, or Copilot), AI answers that show up when you search on Google, AI tools that make pictures or videos (such as Canva), or AI tools that help with schoolwork or writing (such as Grammarly).

	I do not use it	I have tried it, but rarely use it	I use it sometimes, about once a week	I use it everyday	I use it several times a day
71. How often do you use AI?	○	○	◉	○	○

Clear

What do you use AI for? (Select all that apply)

- ☐ Help with schoolwork or homework
- ☐ Look up information or research new topics
- ☐ Ask questions about my health or my body
- ☐ Talk about my feelings or things that are bothering me
- ☐ Practice how to talk to people or make friends
- ☐ Make things like pictures, videos, stories, music, or apps
- ☐ Just for fun or to be entertained
- ☐ Other

Strategies for launching the MDI

Preparing for successful launch of the MDI in your school board

- ✓ Encourage senior leadership to communicate their support
- ✓ Highlight the MDI at administrators' meetings
- ✓ Show the connections between the MDI and the school district or school goals or priority areas
- ✓ Explain how the MDI aligns with Personal and Social Competencies in the curriculum
- ✓ Share examples of ways schools and teachers have communicated MDI results and used them to make change
- ✓ Ensure parents/guardians receive the informed passive consent letter – and include MDI announcements in school newsletters, websites and social media

Principal Package

We have compiled a "Principal Package" that you can use in your communication wi

Introductory Letter	**Use this email template to help introduce the MD**
Survey Administrator Checklist (English) Survey Administrator Checklist (French)	**Provide this step-by-step checklist to your schoo administration process.**
Parent Infosheet (English) Parent Infosheet (French)	**Provide this to schools to distribute to parents fo**
Core Competencies Infosheet	**Provide this to schools to show how the MDI ask Education's Personal and Social Competencies ar to understanding children's social and emotional competencies.**
MDI Infosheet	**This is a resource providing an overview of the M about the project. You can share this with your sc or to anyone interested to learn about the MDI.**

Item 1 - Template: Introductory Email to Principals at Participating Schools (see below):
The MDI Administrator Checklist and the Core-Competencies-and-the-MDI factsheet are to be sent as attachments to this template email.

Dear Principal,

Our school district is participating in the Middle Years Development Instrument (MDI) project in January /mid-March. The MDI is a self-report questionnaire for students in [Grades 4, 5, 6, 7 and/or 8]. The questionnaire asks about how students think and feel about their experiences both inside and outside of school. The questionnaire is completed online through the e-MDI and takes one to two class periods to administer. The MDI questions align with the BC Ministry of Education's K-12 curriculum which includes a focus on promoting children's personal and social competencies.

As Principal, your role is to support your teachers or another designated staff to administer the MDI in your school. You may also directly administer the MDI. My role is to support you in this process.

The MDI will be administered between **January 12th and March 12th**. You and your teachers will be granted access to the e-MDI in January.

MDI Resources for Schools (attached)

1. MDI Overview and Survey Administration **Checklist**
2. Core-Competencies-and-the-MDI Factsheet

The MDI Survey Administrator Package and parent/guardian informed passive consent letters will be distributed in **November**. **Additional materials will be available on the MDI Administration Website: https://www.discovermdi.ca/mdi-administration/.**

MDI Survey Administrator Training Webinar Jan 7th, 2027 at 3:15- 4:15PM (PST): Please circulate the registration link below as an option for teachers and principals who may be interested in learning more about the MDI, and what's new this year. We will do a quick walk-through of the e-MDI and step-by-step survey administration. To register: https://ubc.zoom.us/meeting/register/duowW3iFRvSJVl6ziBYAlQ

MDI 101 Video (3 min)
Here is a great resource to share with your staff:
https://youtu.be/rUANTabp01Q

Thank you! We are very excited to be part of this initiative. You can learn more about the MDI here:
https://www.discovermdi.ca/what-is-the-mdi/

MDi Middle Years Development Instrument

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Experiences in the middle years — especially between the ages of 10 to 13 — have critical and long-lasting effects. During this time, children experience **significant cognitive, social, and emotional changes that establish their** lifelong identity and set the stage for successful development in adolescence and adulthood.

The Middle Years Development Instrument (MDI) is a self-report questionnaire that is completed online and asks students in Grades 4 through 8 about their experiences in school, in the home, and in the community. It is a valid and reliable measure with strong scientific evidence. It focuses on highlighting the protective factors and assets that are known to support and optimize development in middle childhood.

To date, the MDI has been implemented with over 280,000 students in BC.

The MDI at a glance

- The MDI uses a strengths-based approach to assess five dimensions of child development that are scientifically linked to social and emotional well-being, health, academic achievement, and overall success through school and life.
- Students complete the survey during class time in January or February through a secure, online portal hosted by the University of British Columbia.
- The MDI project is voluntary. School administrators, teachers, parents or caregivers, and the children themselves are able to choose whether or not they wish to participate.
- The questionnaire is administered by an educator and takes 45-60 minutes to complete.
- Teachers and other school staff are fully supported by the MDI team including training, presentations and a variety of online and printed resources.
- Within two months of the MDI being complete, administrators can access Online School Reports, a comprehensive overview of MDI results for all questions and measures. MDI reports include data and infographics that are easy to interpret and share.

Five Dimensions of the MDI

Physical Health & Well-Being

Children evaluate their own physical well-being in the areas of overall health including help-seeking for emotional well-being, transportation to and from school, nutrition, and sleeping habits.

Connectedness

Questions regarding children's overall social Children are asked about their experiences of support and connection with the adults in their schools and neighbourhoods, with their parents or caregivers at home, and with their peers.

Social & Emotional Development

Children respond to questions about their current social and emotional competencies in several areas such as optimism, self-esteem, happiness, sadness, worries, self-awareness, and self-regulation.

School Experiences

Children are asked about their school experiences in 4 areas: academic self-concept, school climate, school belonging, and experiences with peer victimization (bullying).

Use of Out-of-School Time

Children are asked about the time they spend watching TV, doing homework, volunteering, reading, hanging out with friends, and playing video games.

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Five things to know about the MDI

1. Children's overall health and well-being affects their ability to flourish and thrive, concentrate and learn, develop and maintain positive relationships with adults and peers, and navigate thoughtful decision-making. The MDI takes a "whole child" approach to understanding their health and well-being.

2. Children's social and emotional skills not only predict academic success, but also physical health and mental well-being in adolescence and adulthood. The MDI collects data on the factors that are associated with resilience, including supportive relationships with adults at home, in school, and in the community, as well as their nutrition and sleep, and their constructive use of time during the after-school hours.

3. The MDI aligns with multiple initiatives within BC's curriculum as well as existing research frameworks on social and emotional learning and mental health in schools. Questions on the MDI shine a light on facets of children's Personal and Social Competencies, Physical Education and Health, and other factors that support health and well-being.

4. The MDI upholds Article 12 of the United Nations Convention on the Rights of the Child, which states that children have a right to give their opinion and be heard by the adults around them. The MDI provides children with opportunities for self-reflection and to safely share their experiences, thoughts, and feelings.

5. MDI data are a powerful tool for encouraging exploration of ways to promote children's personal and social competencies in the classroom, in schools, and with parents and caregivers, educators, and leaders in the community. It provides the information needed to take action to support the well-being of children at school and beyond. Explore your MDI community data here: mdi.dashboard.earlylearning.ubc.ca/

●●●

*The MDI is **not** used for individual diagnosis or assessment of children, or comparison of individual teachers, classrooms or schools.*

Instead...

Our goal is to support schools, families, and the children themselves in charting their own course toward improving the lives of children during these critical years of growth and transition.

The Human Early Learning Partnership

The Human Early Learning Partnership (HELP) is a research institute based at the University of British Columbia. For over 20 years HELP has worked in partnership with schools and school districts across British Columbia to gather population-health data related to healthy child development. The MDI is one of a family of tools that can be used as part of HELP's child monitoring system. The information collected is shared with schools and communities to support children and their families. Please visit earlylearning.ubc.ca to learn more about HELP.

CHEQ	EDI	MDi	YDi CHART LAB SFU
Childhood Experiences Questionnaire	Early Development Instrument	Middle Years Development Instrument	Youth Development Instrument
KINDERGARTEN	KINDERGARTEN	GRADES 4-8	GRADES 10-12
Parent & Caregiver Questionnaire	Teacher Questionnaire	Student Questionnaire	Student Questionnaire

DiscoverMDI.ca

Our online resource – Discover MDI: A Field Guide to Promoting Well-Being in Middle Childhood – provides a wide-range of practical strategies and tools that support schools and communities to build an understanding of the MDI along with information on how to promote the well-being of children in middle childhood. The Field Guide provides a supported, step-by-step journey that will help you gain familiarity with the MDI measures, make sense of your MDI data, and guide approaches to building dialogue and action within schools, and communities.

Contact us:
604. 822. 1310
mdi@help.ubc.ca
earlylearning.ubc.ca/mdi

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MDi

Survey Administrat

We have compiled a "Survey Administrator Package"

Survey Admin Package Letter	Use this email ten important informa
Survey Administrator Checklist (English) Survey Administrator Checklist (French)	Provide this step- administration pro
Newsletter Announcement Template	Schools can use t school newsletter
Informed Passive Consent Messaging	Schools can use t they email or send talk to their stude bringing home.
MDI Questions Brief (English) MDI Questions Brief (French)	This is a resource We recommend t administration. Th schools and gives
Teacher/Administrator Letter	Principals can sha

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*** *Please include an announcement about the MDI in your school newsletter or on your school website using this template.* ***

THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO YOUR SCHOOL IN JANUARY/MID-MARCH!

[Your district] has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Years Development Instrument (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.

Grade [4, 5, 6, 7 or 8] students are invited to complete the MDI during class time between: **January 12th and March 12th, 2027.**

For more information and to view the questionnaires:
https://earlylearning.ubc.ca/monitoring-system/mdi/mdi-overview/

Parent FAQs:
https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/

If you don't want your child to participate, please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at mdi@help.ubc.ca.

MDI

District Lead's Role

- Provide resources and communication on the MDI
- Lead presentations/share training and resources
- Organize data collection
- Provide support to teachers and principals

MDi

Admin Portal Search...

Home The MDI MDI Data & Reports Using the MDI Resources News & Events About



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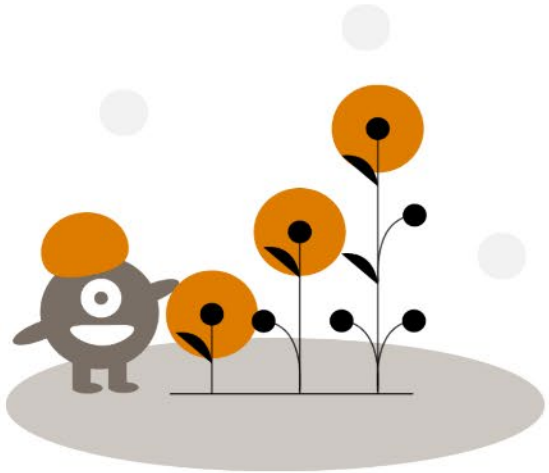
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Admin Portal Search...

Home The MDI MDI Data & Reports Using the MDI Resources News & Events About







Step-by-Step Instructions for School Systems MDI Leads →

Step-by-Step Instructions for School Survey Administrators →

Resources Coming Soon!

http://discovermdi.ca/mdi-administration

Timeline for District Administration

November/ December	☐ Online Training: District Administration Webinar **November 19, 2026** (3:15 – 4:15pm PST) ☐ Login to e-MDI to review class list upload from MyEdBC or upload Class List directly to e-MDI ☐ Review **Email Package #4** – MDI Survey Administrator Package ○ Distribute MDI consent information letters to parents/guardians ○ Distribute MDI survey administration materials ☐ Host an MDI teacher training session (optional)
January/ Mid-March	☐ Online Training: Survey Administrator Training Webinar **January 07, 2027** (3:15 – 4:15pm PST) ☐ Survey administration: **January 12 to March 12, 2027**

Informed Passive Consent

- The MDI uses informed passive consent, which means ***parents are asked to withdraw their child if they do not want their child to participate.***
- HELP provides detailed parent/guardian information letters in twelve languages.
- Any parent who does not want their child involved in the project can notify their teacher or email us directly and their child will be withdrawn from the project.



Human Early Learning Partnership (HELP)
University of British Columbia
440-2206 East Mall Vancouver
BC Canada V6T 1Z3
www.earlylearning.ubc.ca

SCHOOL DISTRICT OR LOCAL SPONSORING AGENCY LETTERHEAD

Understanding Middle Childhood: The Middle Years Development Instrument (MDI)
Parent/Guardian Informed Passive Consent Letter

Principal Investigator: Eva Oberle, Ph.D., Human Early Learning Partnership, School of Population and Public Health, eva.oberle@ubc.ca
Co-Investigators at UBC's Human Early Learning Partnership, School of Population & Public Health: Kimberly Schonert-Reichl, Ph.D., Magdalena Janus, Ph.D., Martin Guhn, Ph.D., Anne Gadermann, Ph.D.
Project Contact: Kimberly Mascarenas, mdi@help.ubc.ca, 604-822-1310

[DATE]

AT A GLANCE

- A survey about social and emotional development, health, and well-being will take place in your child's school.
- Your child is invited to complete the survey unless you request to withdraw your child.
- Your child can choose to complete the survey, and can skip questions or stop at any time.
- If you would like to learn more about the survey, please visit https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/.

Dear Parent/Guardian,

Your school and the Human Early Learning Partnership (HELP) at the University of British Columbia (UBC) invite your child to take part in completing the Middle Years Development Instrument (MDI). The MDI includes questions about social and emotional development, health, school experiences, connectedness, and out of school time. Students in Grades 4 to 8 will be invited to complete the MDI during class time in January/February. The MDI project is sponsored by your school district.

What is the purpose of this project?

The purpose of this project is to better understand aspects of children's social and emotional development, health, and well-being that contribute to their success in school and in life. This information helps us understand influences on children's health and well-being. The MDI gives children a voice in sharing their thoughts, feelings, and experiences in school, at home, and in the community, including how they spend their time outside of school. Schools, governments and communities can use MDI information to improve supports and services for children. To view the survey questions, please visit https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/.

What will happen?

Students complete the MDI online, supervised by school staff. The survey takes 45-60 minutes of class time. Several of the questions ask about children's feelings and relationships. There is a place in the survey where your child can ask for help with any problems they are having. If your child asks for help, the teacher and principal will receive an email and they will follow up with your child according to school procedures.

(for both teachers and principals)

Committee, has established a protocol to support First Nations, Métis and Inuit governments and Indigenous-led organizations with data and reports for Indigenous children. HELP only reports MDI data for Indigenous Peoples through guidance and stewardship of the Aboriginal Steering Committee.

Where can you get more information on the project?

For more information, please visit HELP's website at https://earlylearning.ubc.ca/monitoring-system/mdi/mdi-overview/. If you have any questions or concerns please contact Marit Gilbert, Project Contact, via email at mdi@help.ubc.ca or by phone at 604-827-5504 or toll free 1-888-908-4050. You can also contact the principal investigator at the email provided below.

Who can y

If you have ar
experiences w
of Research Et

Yours sincerel

Eva Oberle, Ph
Professor, Hu
University of B
Email: eva.ob

✂----------✂----------✂

If you want to withdraw your child, please, sign and return this section to your child's teacher.

Please return this form to the classroom teacher within 2 weeks if you do **NOT** want your child to participate. You can also email mdi@help.ubc.ca to withdraw your child ANY TIME prior to survey administration.

☐ I do **not** consent for my child [NAME] _____ to participate in the Middle Years Development Instrument (MDI) survey taking place in January/February.

Parent/Guardian Name: _____ Date: _____

School: _____ Teacher: _____

✂----------

If you want t

Please return this form to the classroom teacher within 2 weeks if you do **NOT** want your child to participate. You can also email mdi@help.ubc.ca to withdraw your child ANY TIME prior to survey administration.

☐ I do **not** consent for my child [NAME] _____ to participate in the Middle Years Development Instrument (MDI) survey taking place in January/February.

Parent/Guardian Name: _____ Date: _____

School: _____ Teacher: _____

UBC is using the Middle
and more about children's
side of school. The MDI
ities valuable information

more, read on about
visit
g.ubc.ca/mdi

- Control their emotions
- Manage their behaviour
- Feel self-confident
- Express their needs
- Show empathy
- Adapt to change
- Set goals
- Build strong friendships
- Cope with stress

1 of 2

(12 languages available)

MDI

What to do next:

- Log in to the e-MDI system
- Communicate to your principals & teachers about the MDI
  - January 12 – March 12, 2027
- Encourage survey administrators to book lab time
  - Book 60 mins for Grade 4 and 5, and 45 mins for Grades 6, 7 and 8
  - Survey works on iPads, Netbooks and tablets as well as desktop computers
- Send MDI Administrator letter to principals and teachers
- Send Parent/Guardian letters to schools to send home with students

MDi Middle Years Development Instrument

HUMAN EARLY LEARNING PARTNERSHIP

MDI QUESTIONS BRIEF

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



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 these areas: optimism, self-esteem, happiness, self-regulation, and sadness.

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 Out-of-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.

Can I see the MDI questionnaire?

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



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 school:

- **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.

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

Will children have any questions for me after completing the MDI?

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 about these topics.

- **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 other adults.

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MDi THE MIDDLE YEARS DEVELOPMENT INSTRUMENT: OVERVIEW

Gaining a deeper understanding of children's social and emotional health.

https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/

implementation of programs, practices and policies that promote children's social and emotional health and well-being. MDI data are used by school systems and broader community partners, along with families and the children themselves, to work collectively toward positive change during this important transitional time in children's lives.

Parent FAQs

https://earlylearning.ubc.ca/monitoring-system/mdi/parent-caregiver-info/



Steps to MDI Administration in Schools

e-MDI Survey Administration Overview

1. Encourage your teachers to inform their students about the MDI
2. Review class list
3. Print student log ins
4. Prep an alternative activity for students who aren't participating
5. Administer the survey to students (can be over multiple sessions)
6. Follow up with student requests for help

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THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI)

MDI SURVEY ADMINISTRATOR CHECKLIST



The MDI at a glance

- a self-report questionnaire gathering children's voices in Grade 4 to 8
- measures aspects of children's social and emotional development and well-being that align with the BC Ministry of Education's New Curriculum on Personal and Social Competencies
- developed collaboratively with researchers, educators, community and children
- offers valid and reliable data on children's development and well-being to support action aimed at creating conditions in which children can flourish

The MDI is coming to your school in January/mid-March!

Your district has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional health, well-being and assets through the Middle Year Development Instrument (MDI).

Please keep in mind....

1. The MDI is voluntary: children, parents, teachers and schools are free to withdraw from participating.
2. The MDI data will be provided to your school in a School Report, followed by a District & Community Report.
3. This is a population-level tool—not an individual assessment.
4. Children's voices matter. The MDI lets children know that we value their thoughts and feelings, and provides an opportunity for self-reflection.

SEE NEXT PAGE FOR TIMELINE & CHECKLIST



HELP UBC Contact:

mdi@help.ubc.ca
1-888-908-4050 (toll free)
604-822-1310

District Contact:

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Important Links

MDI Administration website
(on Discover MDI)
discovermdi.ca/mdi-administration

eMDI website
(to administer the survey)
mdi.ubc.ca

HELP-UBC website
(for more information and School District reports)
https://earlylearning.ubc.ca/mdi

HELP UBC Contact:

mdi@help.ubc.ca
1-888-908-4050 (toll free)
604-822-1310

District Contact:

Timeline & Checklist

OCT

- ☐ Mark your calendars. Schedule your MDI administration date and book your computer lab and/or laptops/tablets.

NOV/DEC

- ☐ Read the Survey Administrator Letter, the MDI Administration Guide and the MDI Instructional Survey. (these materials are coming soon!)
- ☐ Inform Parents/Guardians! **Distribute Parent/Guardian Informed Passive Consent Letters at least 2 weeks before survey administration** (excluding winter break).

  I.e., to start on January 12, 2027, the opening date of the MDI, letter **must be distributed by mid-December.** Please adjust the administration time of the MDI according to when the parent/guardian letters went home.

JAN/FEB

- ☐ Attend optional training webinar January 7, 2027 at 3:15 pm (PST). To sign up, visit: Webinar registration link
- ☐ Set up your password to access the eMDI website once you receive your login instructions (see Administrator Guide for more info - coming soon).
- ☐ Watch MDI Training Video (~5 minutes)
- ☐ Tell your students about the MDI a week before administering the survey (see the Administrator Guide for more info - coming soon).
- ☐ Review your Class Lists and add/delete/withdraw students as necessary before the Survey Administration.
- ☐ Print off student logins.
- ☐ Administer the MDI. Students complete the survey online. The survey takes 45-60 minutes to complete. (See Instructional Survey for more information - coming soon.)
- ☐ Follow-up with student requests for help.
- ☐ Complete the Survey Administrator Feedback Form.

APR

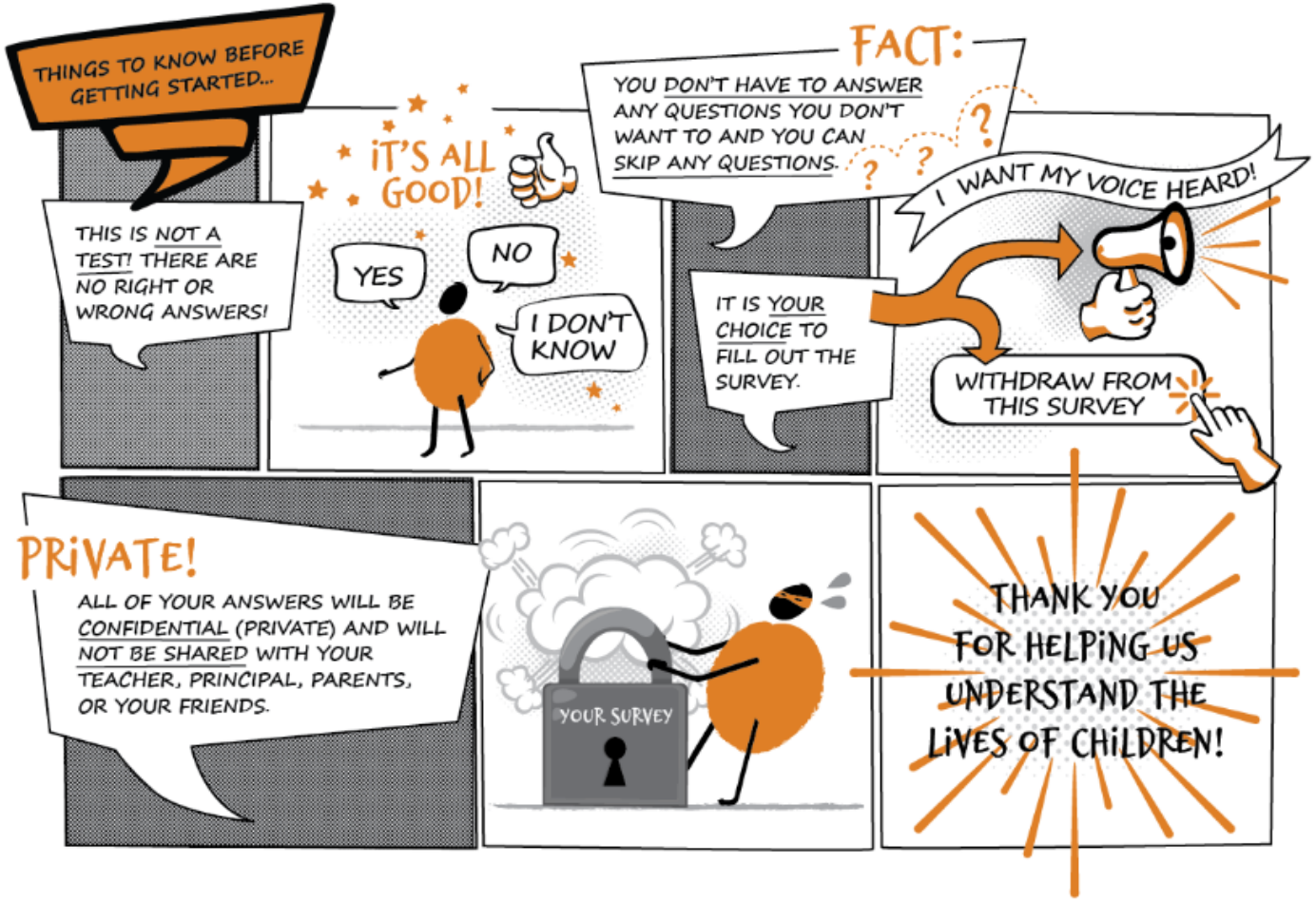
- ☐ School reports are released on our eMDI website.

MDi

Assent Cartoon

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 for Student Page

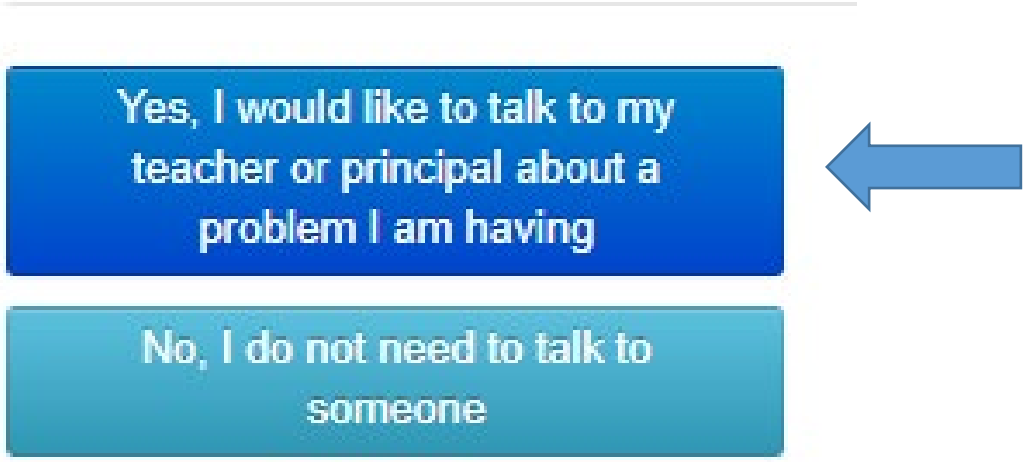
Help for Students

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?



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

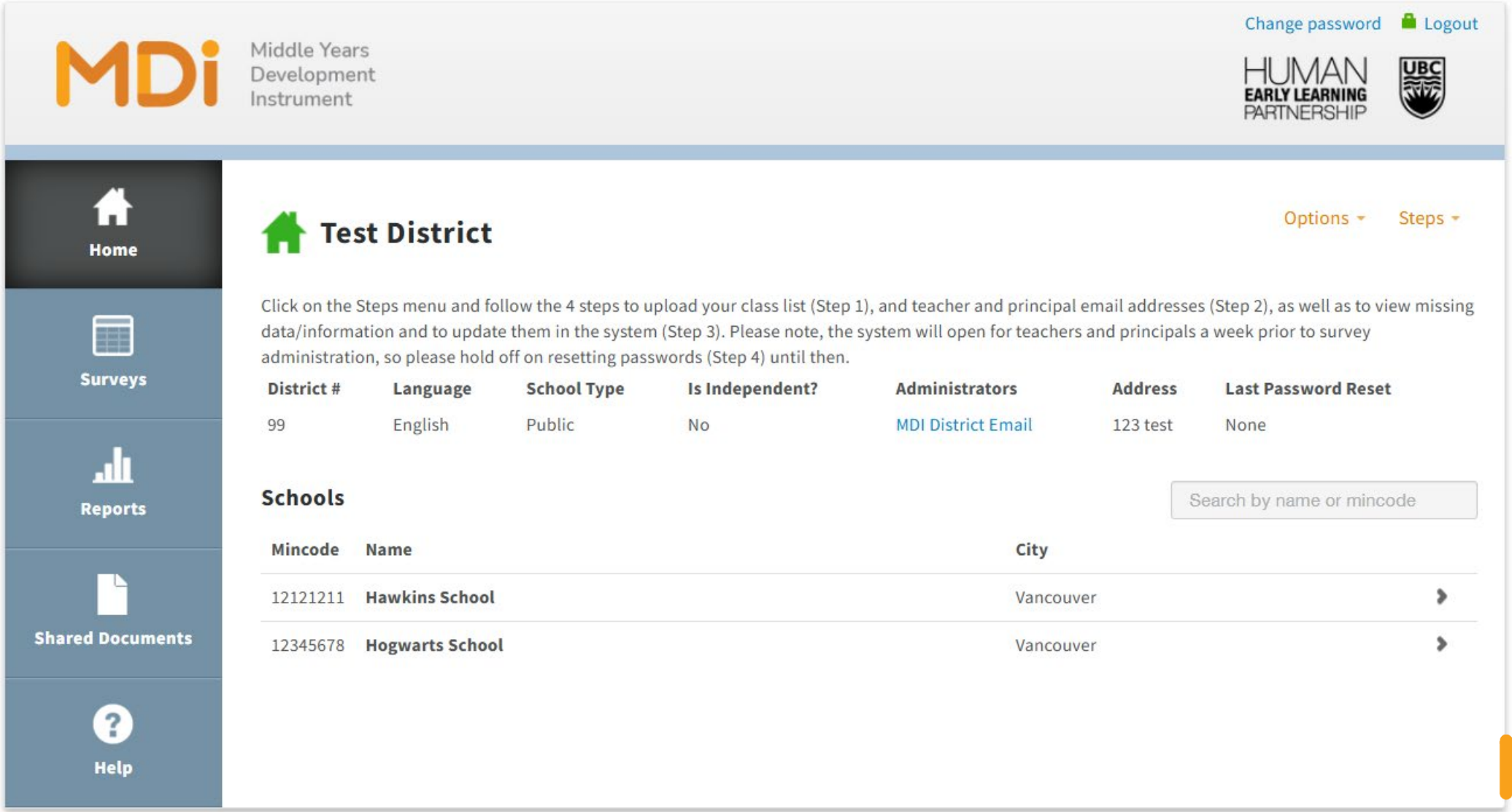
While completing the MDI, students are asked questions about their health and happiness; what their lives inside and outside of school are like; and about their relationships with peers and adults, including questions about bullying and experiences of victimization. At the end of the survey (or if a 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.

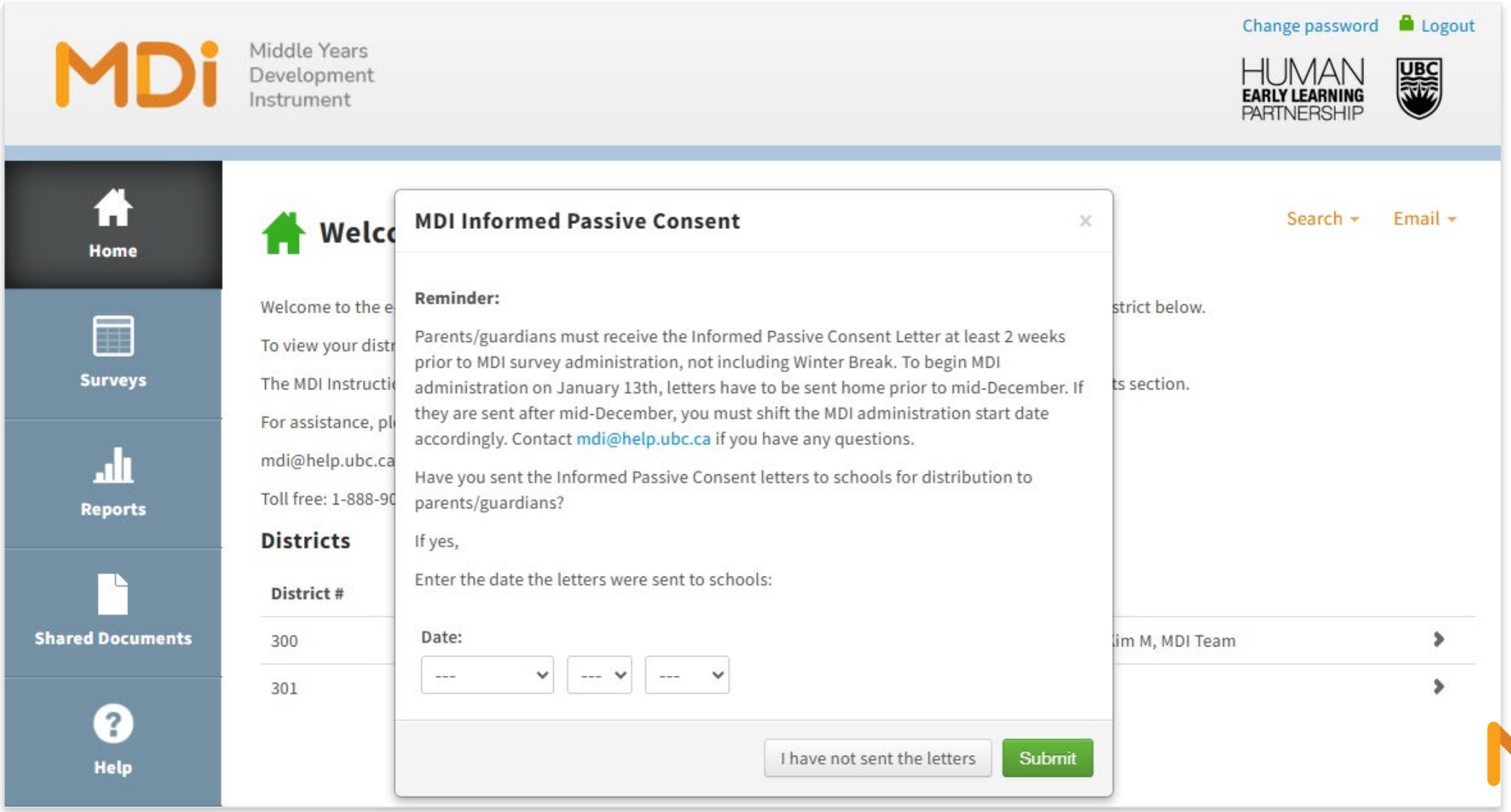
For more information Student Help Request

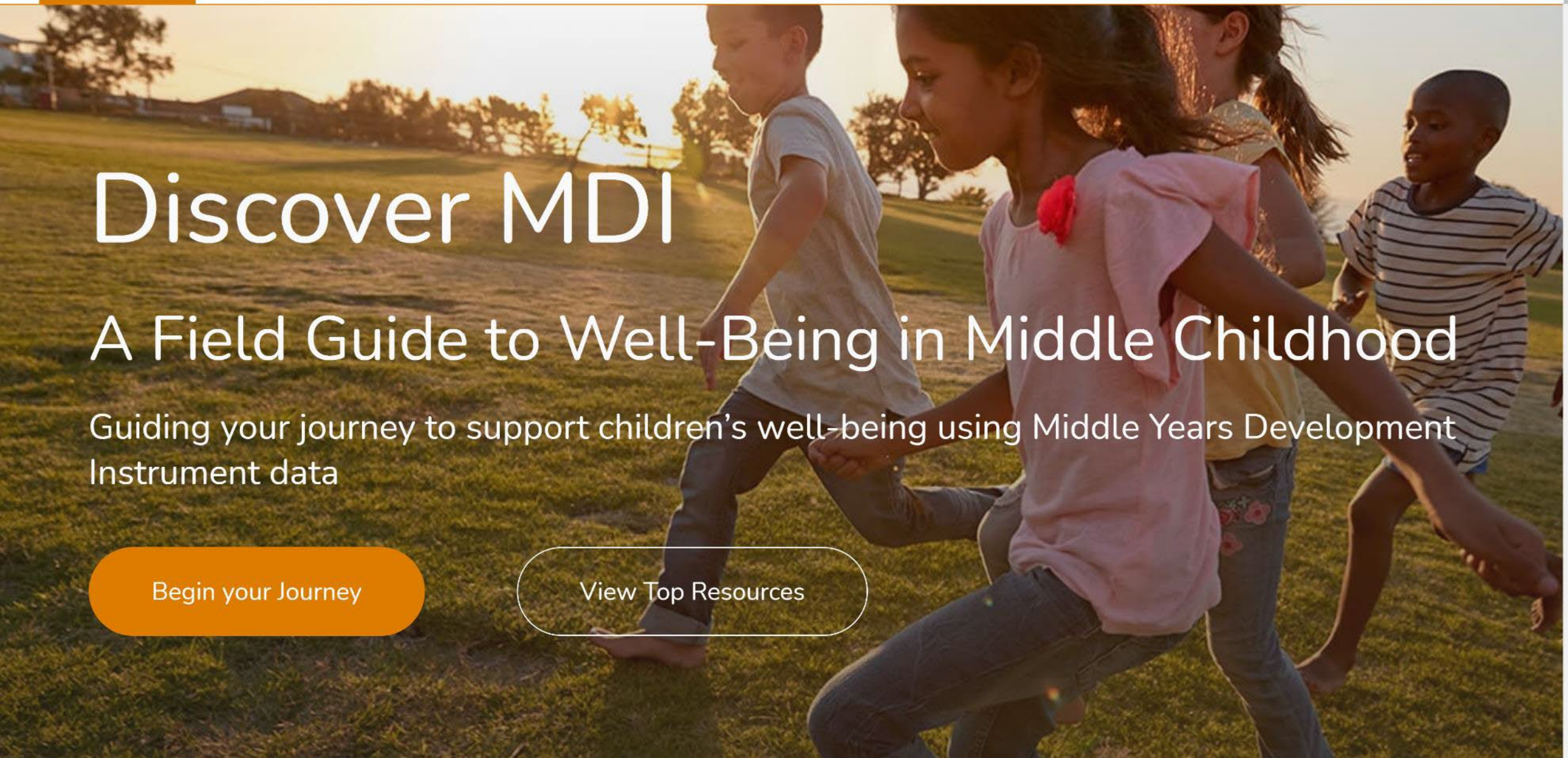
Thank you for participating in the MDI!

e-MDI – www.mdi.ubc.ca



Pop-up reminder





Discover MDI

A Field Guide to Well-Being in Middle Childhood

Guiding your journey to support children's well-being using Middle Years Development Instrument data

Begin your Journey

View Top Resources

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

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

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

- 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

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MDI

Reports coming in Spring 2027!

Next Webinar

January 07, 2027 | 3:15 PM (PST)

MDI Survey Administrator Training Webinar

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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.

www.earlylearning.ubc.ca

DATA RESEARCH IMPACT

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

Amanda Chao
Project Lead
604-822-3361
amanda.chao@ubc.ca

mdi@help.ubc.ca



Thank You!

MDi

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earlylearning.ubc.ca/mdi
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Questions