MDI

Middle Years Development Instrument



MDI Training Webinar:

Steps to District Administration 2026-2027

MDI Implementation Team
Kim Mascarenas and Amanda Chao
January 7, 2027

HUMAN EARLY LEARNING PARTNERSHIP

UBC



HUMAN EARLY LEARNING PARTNERSHIP

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

Photo: UBC / Paul Joseph

Outline

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

Survey Administration: Jan 12 – March 12, 2027

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



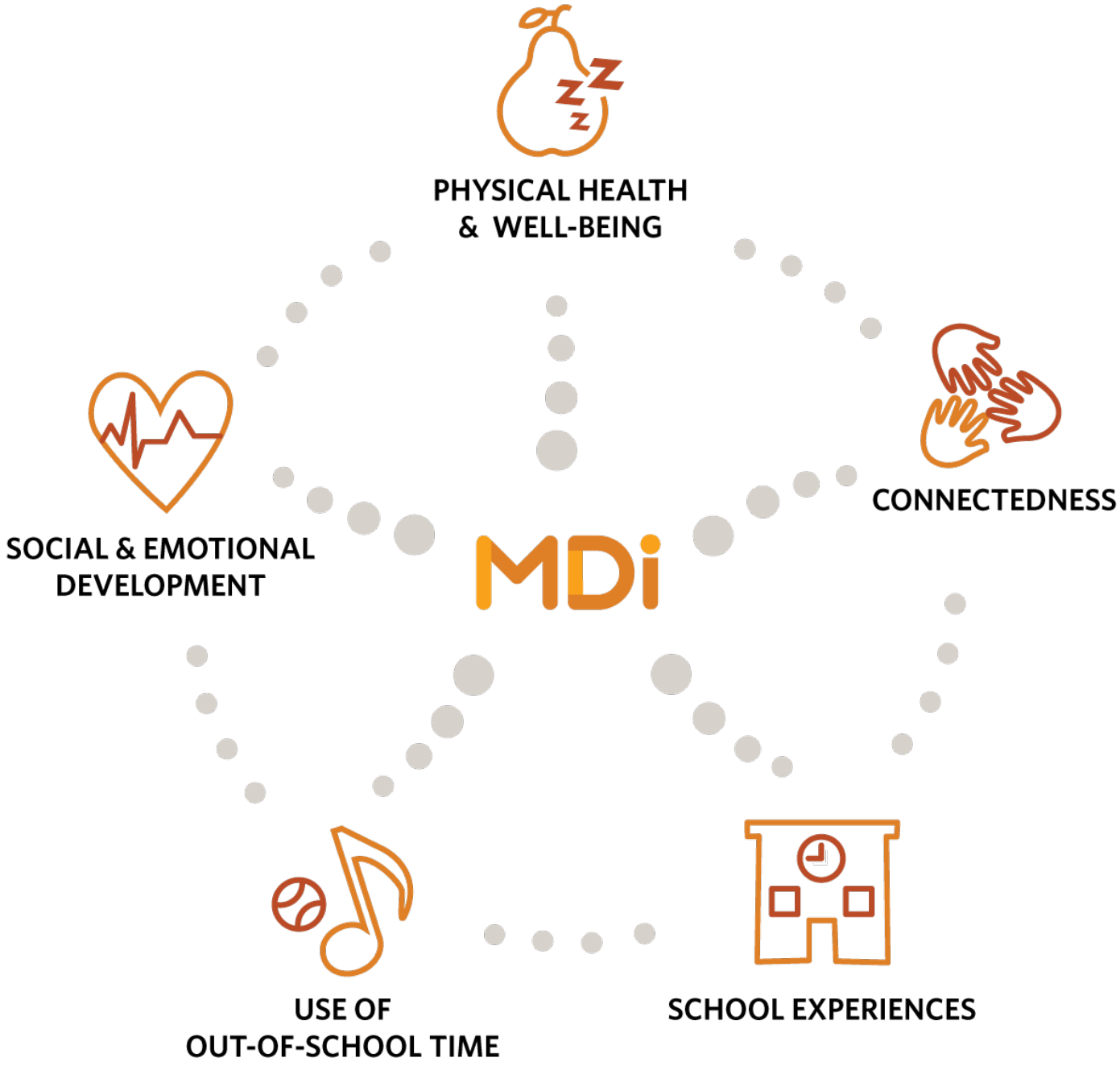
Multiple contexts:

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

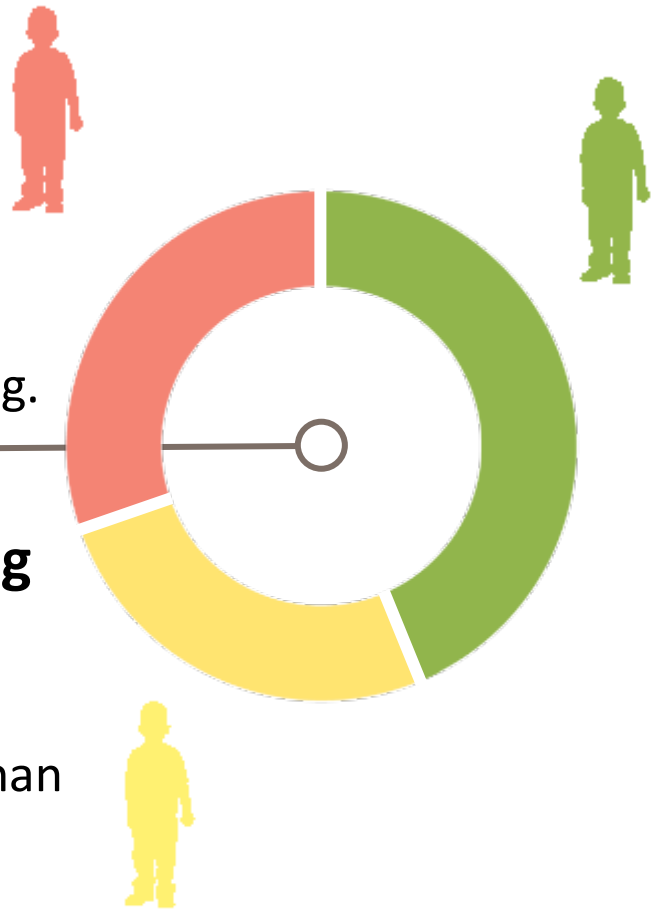
Optimism
Self-Esteem
Happiness
Absence of Sadness
General Health

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.

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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

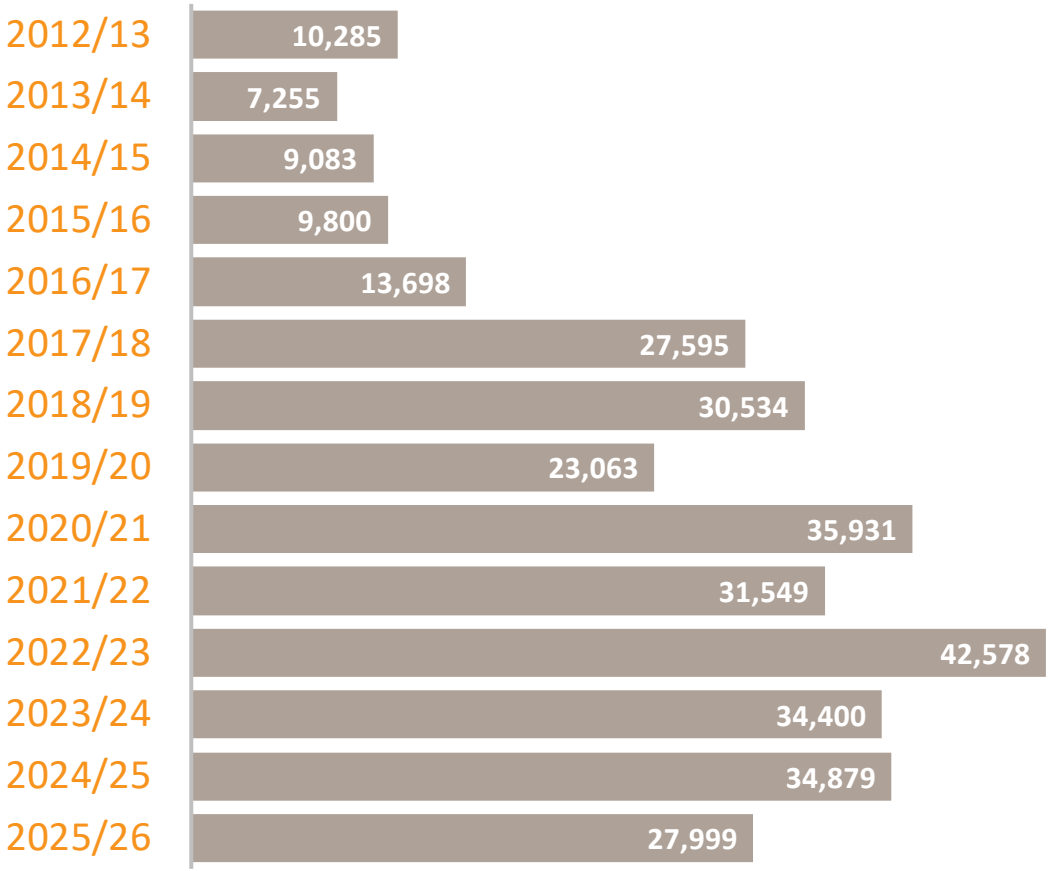


NUTRITION AND SLEEP

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

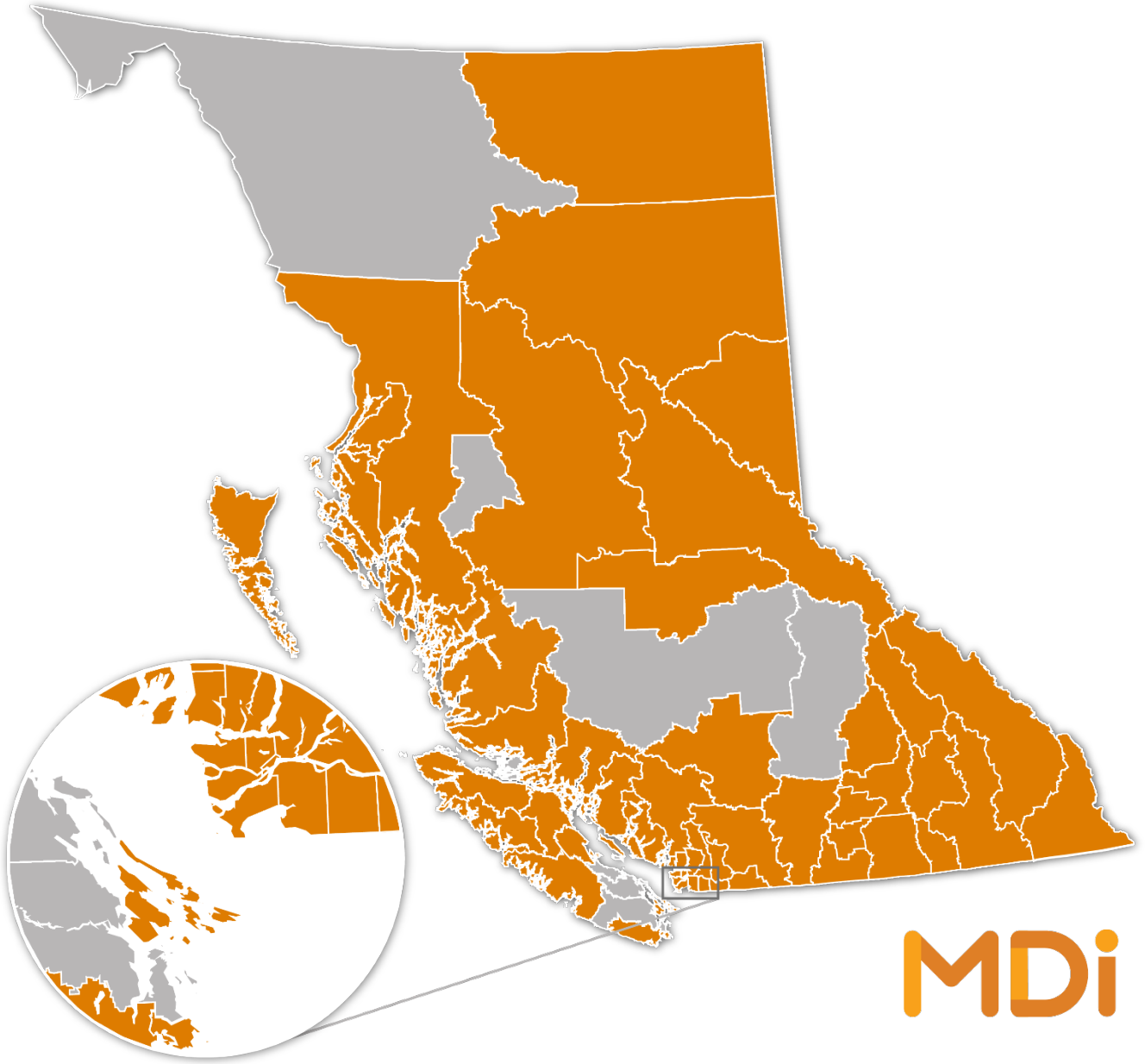
SCHOOL EXPERIENCES Not Reported Publicly

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

Steps to MDI Administration in Schools

PRIVACY AND CONFIDENTIALITY

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

PARTICIPATION IS VOLUNTARY

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

Parent FAQs

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



MDI Questions Brief

Middle Years Development Instrument

HUMAN EARLY LEARNING PARTNERSHIP

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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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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:

HUMAN EARLY LEARNING PARTNERSHIP

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

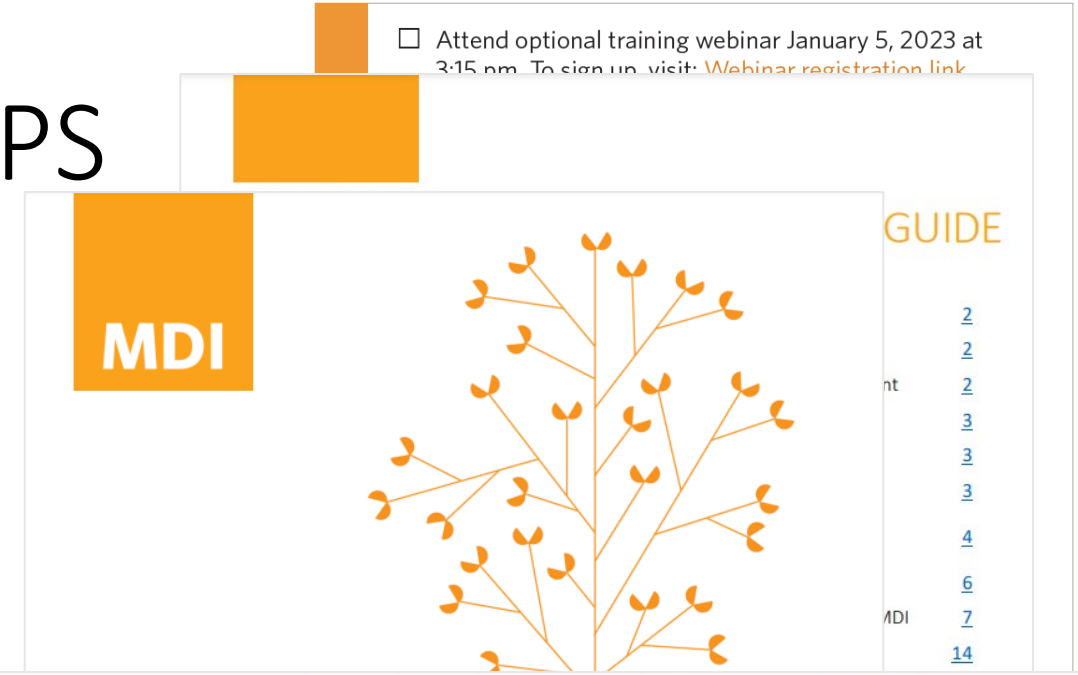
MDI ADMINISTRATION STEPS

- Before the day of MDI administration

  Inform your students about the MDI!

  Review helpful materials*
  - MDI Survey Administrator Checklist
  - MDI Survey Administration Guide
  - MDI Instructional Survey
  - MDI Introduction video (4 mins)

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





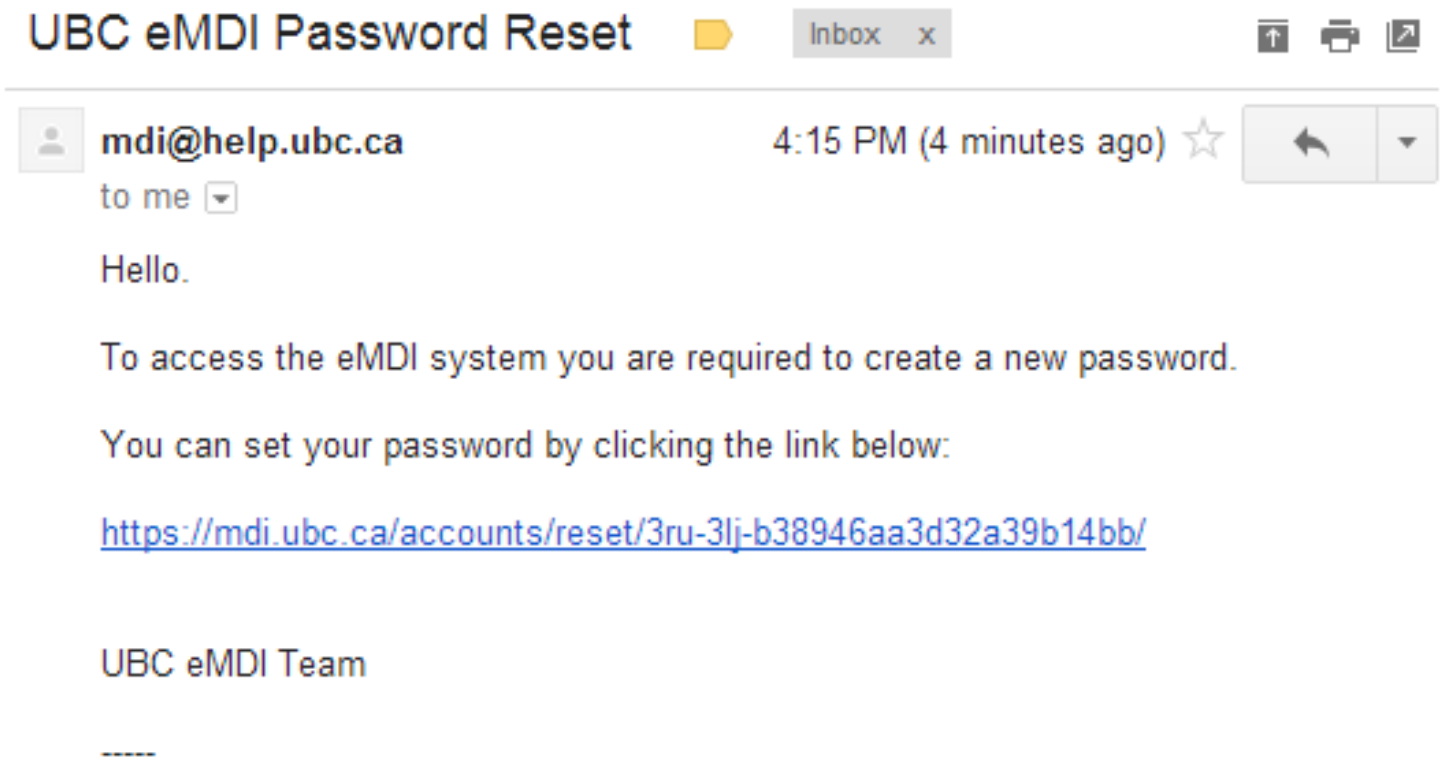
MDI ADMINISTRATION STEPS

- Before the day of MDI administration

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

www.mdi.ubc.ca

PASSWORD RESET EMAIL



UBC eMDI Password Reset

Inbox x

mdi@help.ubc.ca 4:15 PM (4 minutes ago)

to me

Hello.

To access the eMDI system you are required to create a new password.

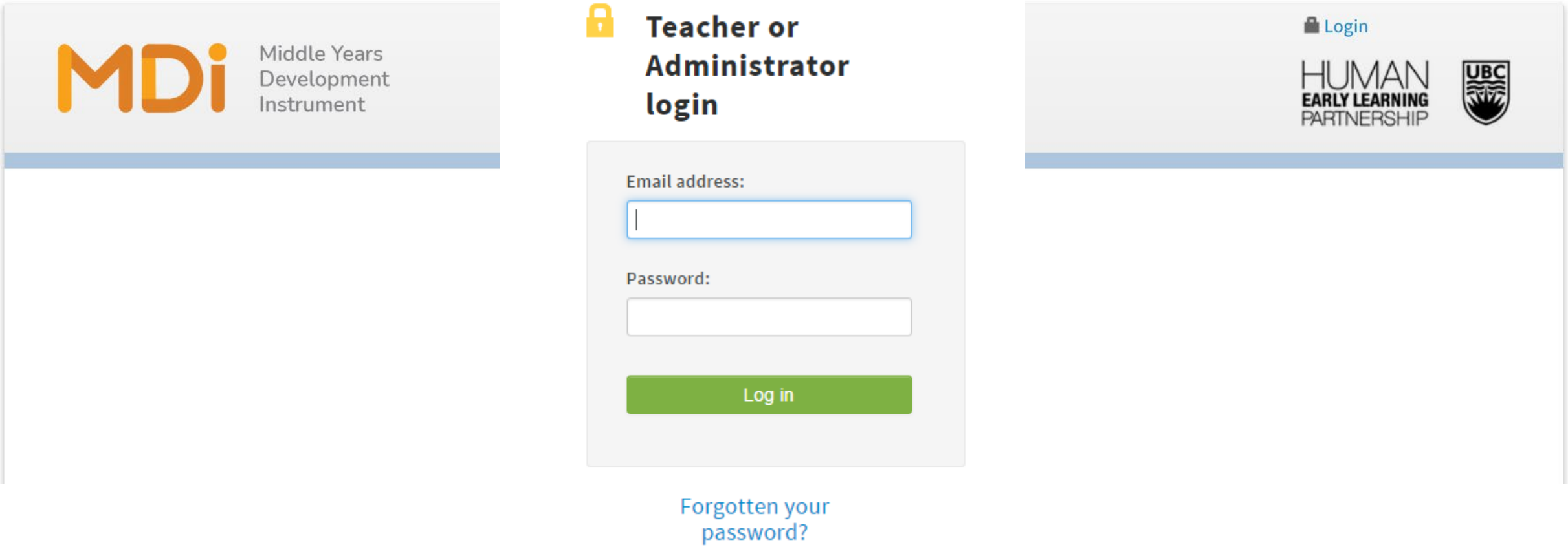
You can set your password by clicking the link below:

https://mdi.ubc.ca/accounts/reset/3ru-3lj-b38946aa3d32a39b14bb/

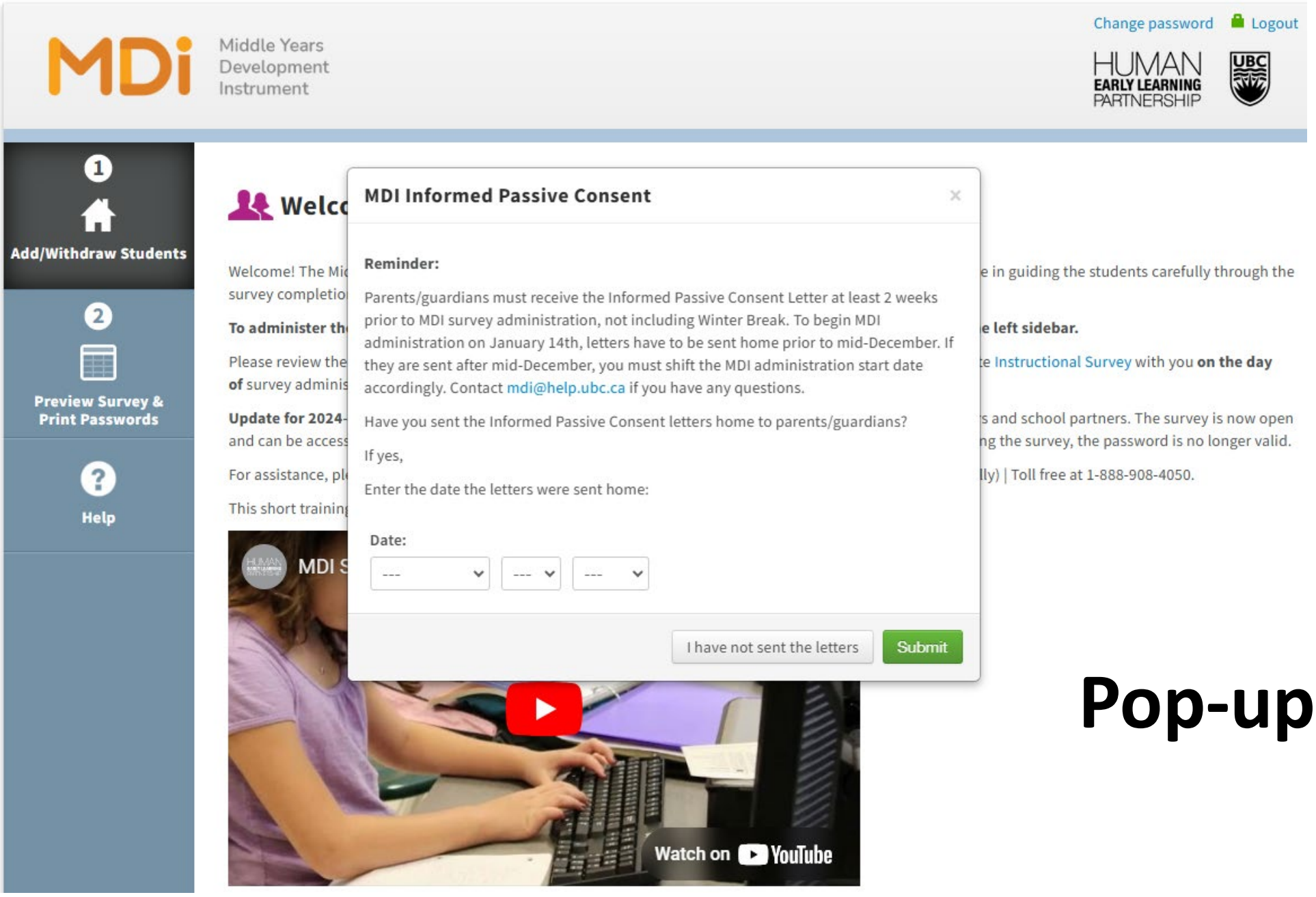
UBC eMDI Team

- Password reset email will be sent Monday, January 11th
- Create a password and log in with your School/School District email address to www.mdi.ubc.ca.

www.mdi.ubc.ca



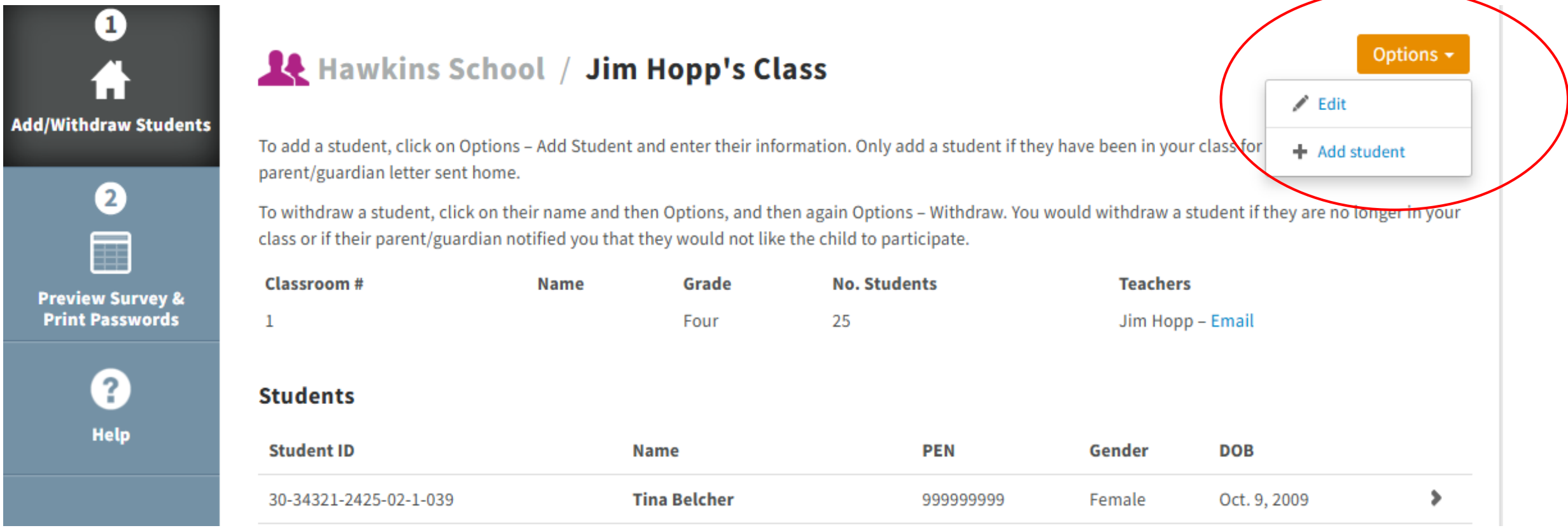
- Teacher/Administrator login page



Pop-up reminder

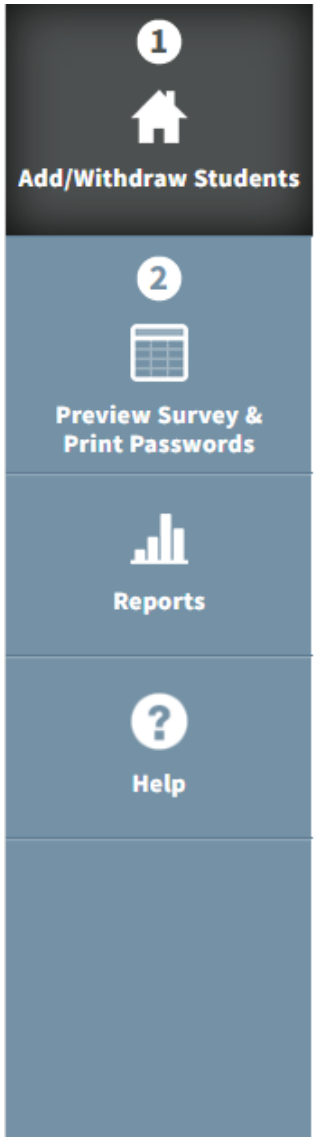
MDi

REVIEW CLASS LIST



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

WITHDRAWALS



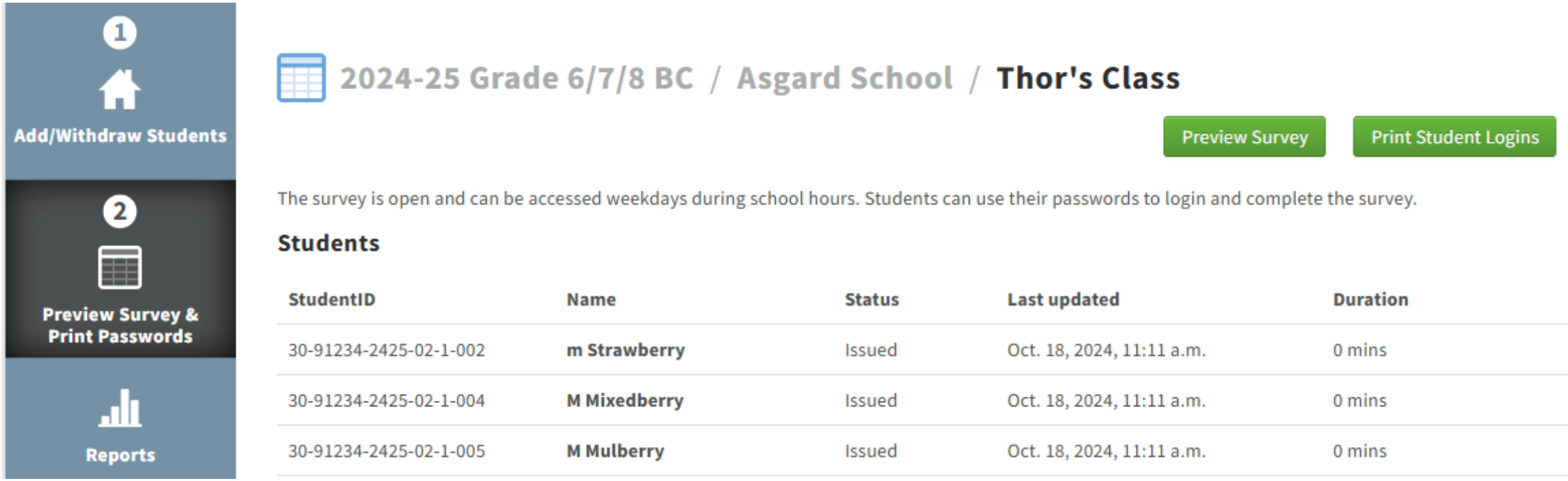
Asgard School / Thor's Class / **M Acaiberry**

Options

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

Name	M Acaiberry
PEN	769769120
StudentID	30-91234-2425-02-1-010 Withdrawn
Withdrawal	Type: Teacher Reason: Parent withdrew the student Date: Oct. 18, 2024, 12:19 p.m.
Date of birth	Oct. 13, 2015
Gender	Female
Post code	V5T6Y1
Aboriginal Status	
Special Needs	
English Language Learner?	Unknown
English as a Second Dialect?	Unknown
French Immersion	Unknown

PRINT STUDENT LOGINS



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

PRINT STUDENT LOGINS

Print this page

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

Classroom: Jim Hopp's Class

Teachers: Jim Hopp

This is confidential

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

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

Joyce Byers	Jonathan Byers
Username: 799 364 Password: 98vpen	Username: 690 151 Password: pasnq4
Kids Help Phone 1-800-668-6868 or text CONNECT to 686868	Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

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

MDI ADMINISTRATION STEPS

- On the day of MDI administration (45mins to 1hr)

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



UPDATE: IN 2024-25, UNLOCK SURVEY FUNCTION WAS REMOVED

1. PREPARE ONLINE CLASSROOM/COMPUTER LAB/CLASSROOMS



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

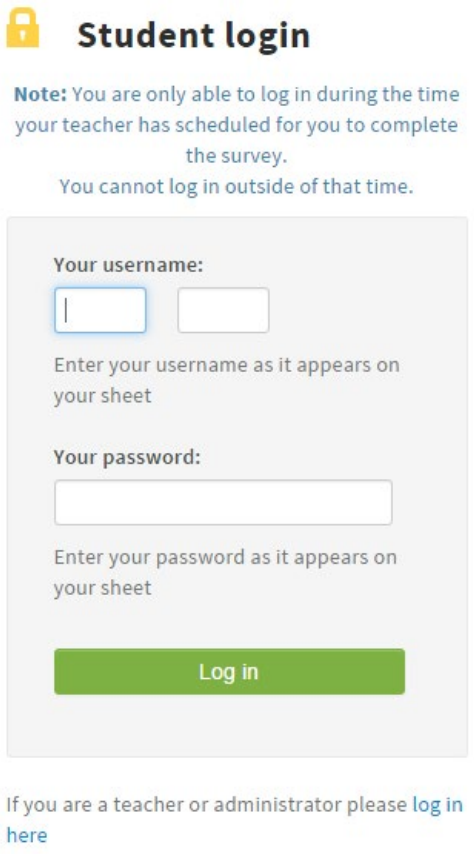
INFORM SCHOOL COUNSELLOR

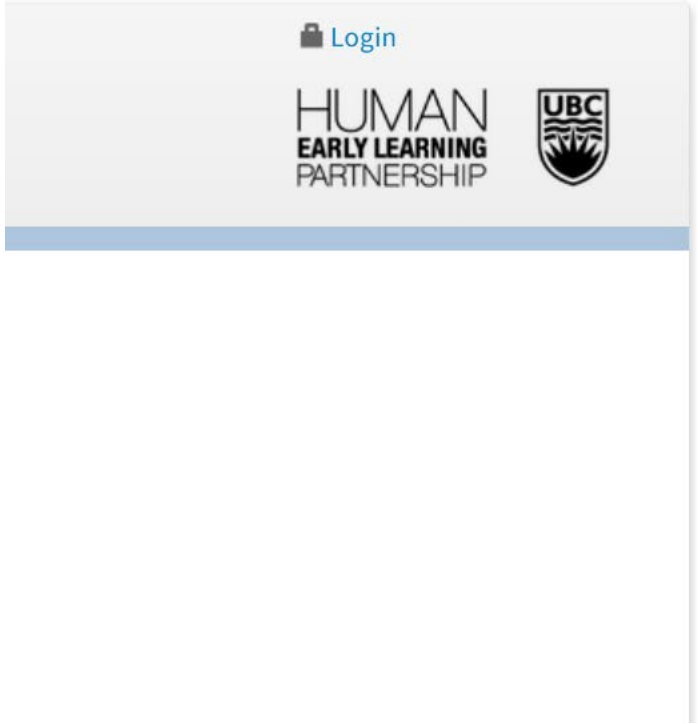


Tavola Elementary Ribbon Cutting and Meet the Teacher by Jill Carlson - Flickr CC Attribution

2. STUDENT LOG-IN







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

3. ADMINISTER THE MDI

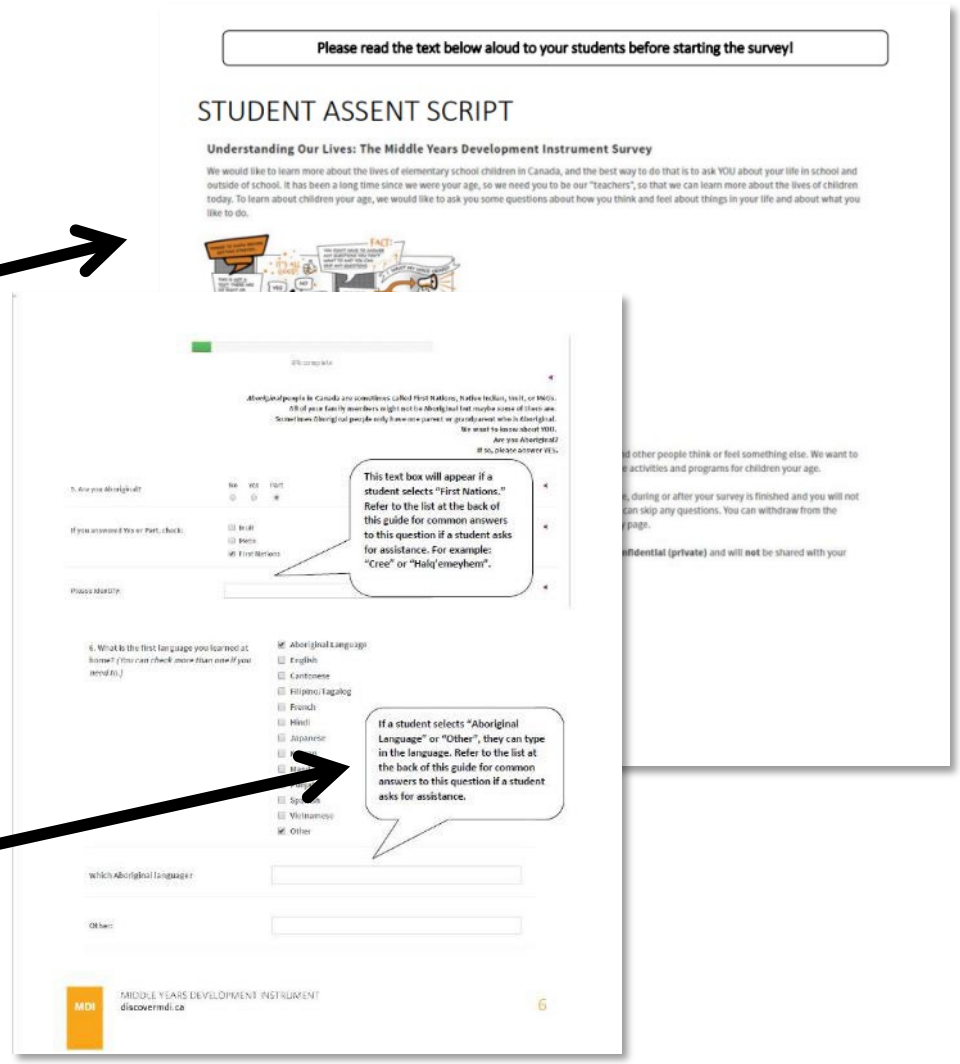
Use the **Instructional Survey** to guide your students in completing the MDI.

IMPORTANT

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

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

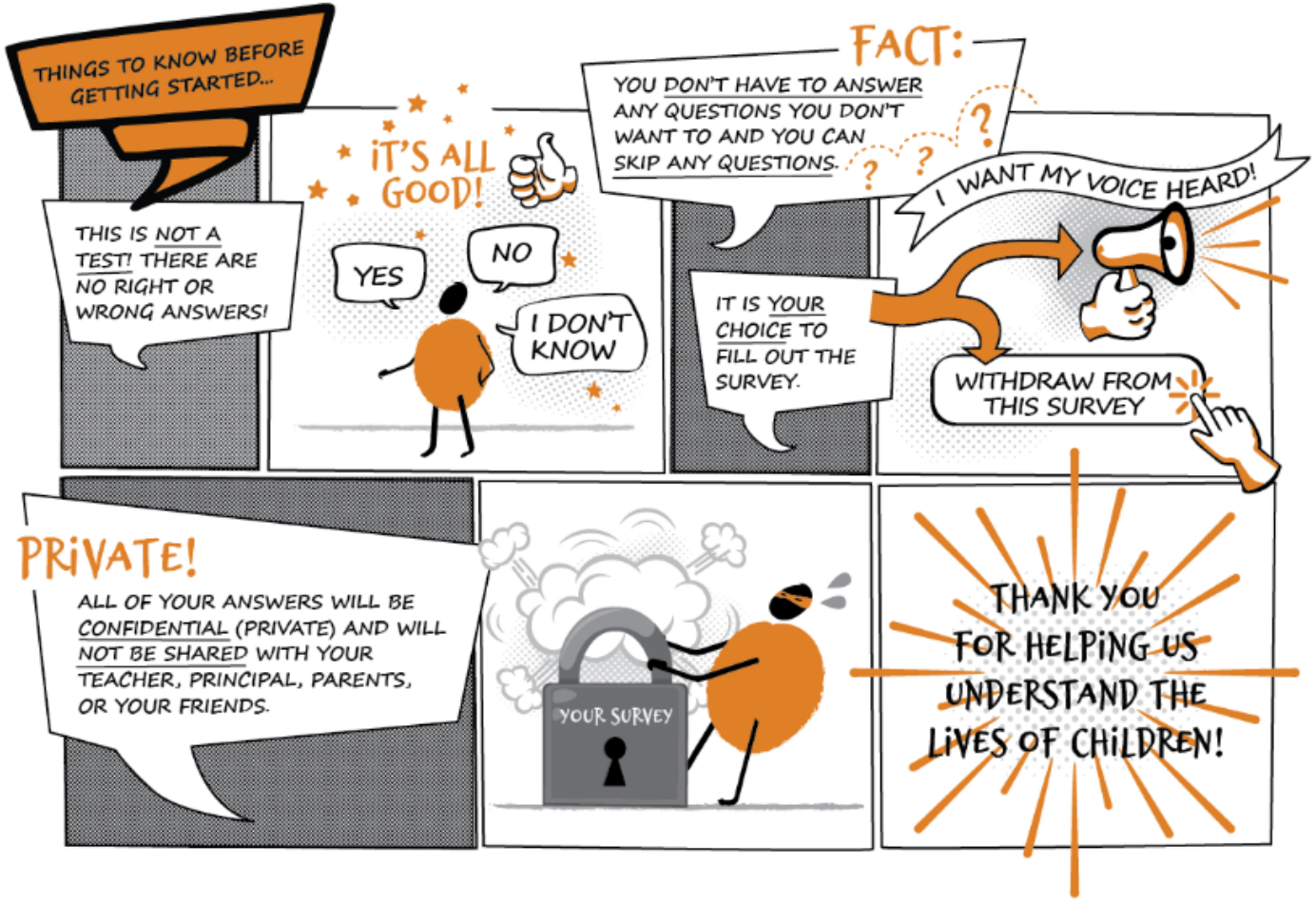
Contains **tips and instructions** for survey administration throughout.



Assent Cartoon

Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of elementary school children in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. It has been a long time since we were your age, so we need you to be our "teachers", so that we can learn more about the lives of children today. To learn about children your age, we would like to ask you some questions about how you think and feel about things in your life and about what you like to do.



HELP

INDIGENOUS NATIONS & LANGUAGES IN CANADA

INDIGENOUS LANGUAGES IN CANADA

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

Assiniboine / Nakota / Nakʰóda

Atikamekw Nehirâmowin

Blackfoot / Siksiká / Siksikáíʔpowahsin / Pikanii

Cayuga / Gayogo̱hó:nǫʼ

Chinuk Wawa / Chinook Jargon

Dakelh / Carrier / Dakeł / ᑕᗺᒃ

Dakota / Dakhótiyapi / Sioux (Yanton Santee)

Delaware / Munsee / Hulunîixsuwaakan

Dane-Zaa / Beaver / ᑕᓀ ᑲ / Dane-zaa Záágéʔ / Dunne-za

Danezāgéʼ / Kaska / Kaska Dena

Dene / North Slavey (Bearlake/

Inuinnaqtun

Inuktun (Dialects Siglitun, Natsilingmiutut)

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

Inuvialuktun

Ktunaxa

Kwak̓wala / Kwakwaka'wakw

Lakota / Lakȟótiyapi / Teton

Lingít / Łingít / Tlingit

Mohawk / Kanien'kéha

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

Moose Cree / ililîmowin ᐃᓕᓴᒪᐧᐃᐣ

Michif / Métis Cree / Cree Michif

Saulteaux / Nakawêmowin / Plains Ojibway

Secwepemctsín / Secwepemc / Shuswap

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

Seneca / Onödowá'ga: / Onötowáka

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

She shashishalhem / Sechelt / sháshishálem

Sḵwxwú7mesh sníchim / Squamish

Sm̓algya̱x / Ts'msyen Sm'algya̱x / Tsimshian

St̓át̓imcets / Ucwalmícwts

WHILE ADMINISTERING THE SURVEY

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

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

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

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

4. HELP FOR STUDENTS PAGE

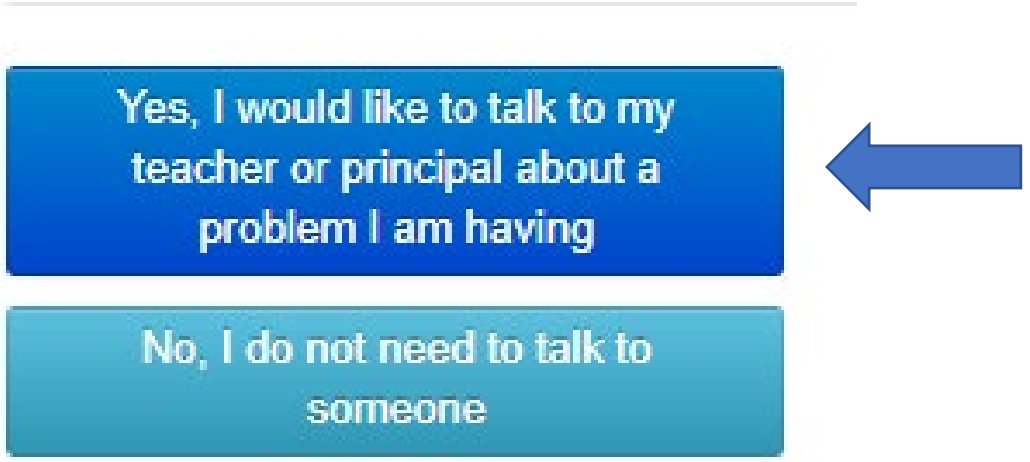
Help for Students

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

Below is an option to ask for help.

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

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



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

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

Help for Student Page

From: mdi@help.ubc.ca
Date: November 7, 2019 at 11:49:31 AM PST
To: maritgilbert@shaw.ca
Subject: e-MDI Student Help Request

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

M Blackberry

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

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

For more information Student Help Request

Thank you for participating in the MDI!

5. OPTIONAL FEEDBACK FORM

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

https://bit.ly/mdi202627

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



MDI

Reports coming in Spring 2027!



Discover MDI

A Field Guide to Well-Being in Middle Childhood

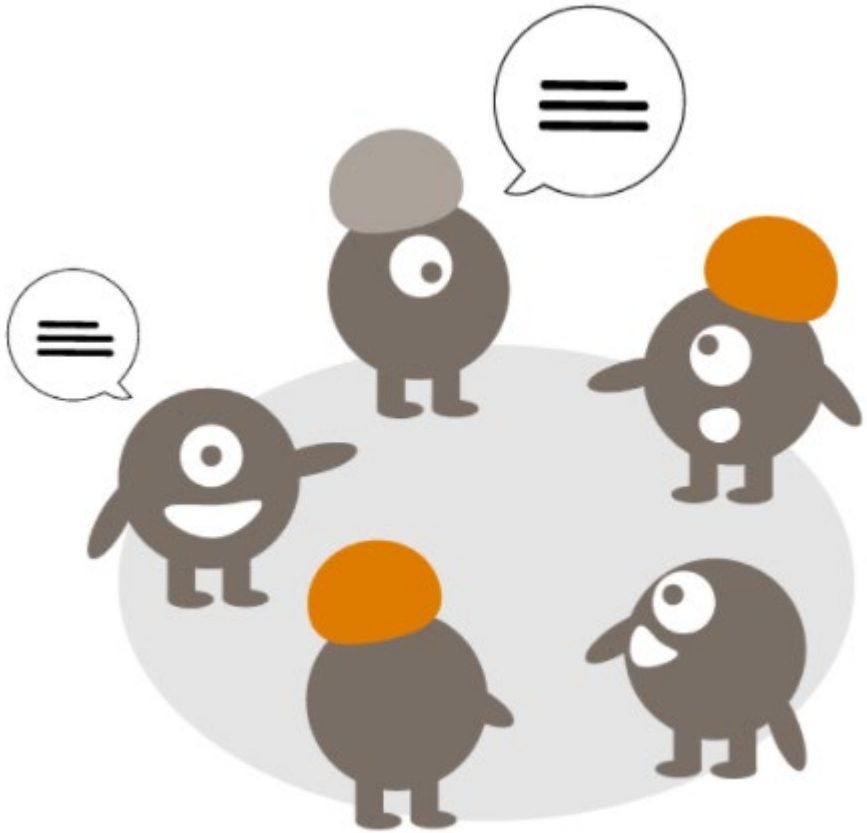
Guiding your journey to support children's well-being using Middle Years Development Instrument data

Begin your Journey

View Top Resources

Lesson plans

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



INFOGRAPHICS

https://earlylearning.ubc.ca/infographics/

MDI Infographics 2024-25

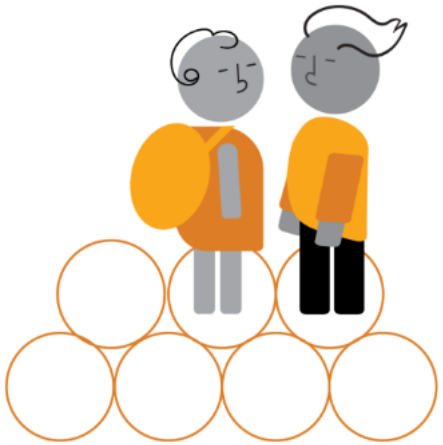
Explore MDI infographics highlighting information shared by children in Grades 4-8 about their thoughts, feelings and experiences in school and in the community collected in the 2024-25 school year. More infographics will be added as new data becomes available. Learn more about the MDI through our overview.



MDI Well-being Infographic

Provides an overview of MDI Well-being Index data for children in **Grades 4-8** collected in the 2024-25 school year and over time.

View MDI Well-being Infographic



MDI Connectedness Infographic

Children in **Grades 4-8** shared information about their relationships at home, at school, with peers and in their communities. Strong connections and a sense of belonging support higher well-being, with over half of children reporting multiple connectedness and belonging assets in their lives. This infographic builds on the CHART Lab (SFU) Youth Development Instrument (YDI) infographic *The Importance of Connectedness & Belonging*.

View MDI Connectedness Infographic

View YDI Connectedness Infographic



MDI Mental Health Infographic

Children in **Grades 6-8** reported on their mental health status and their access to mental health support. Most reported good or excellent mental health, while some identified needs and barriers.

View Mental Health Infographic

HUMAN EARLY LEARNING PARTNERSHIP

Search ...

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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.

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Thank You!

MDi

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Questions