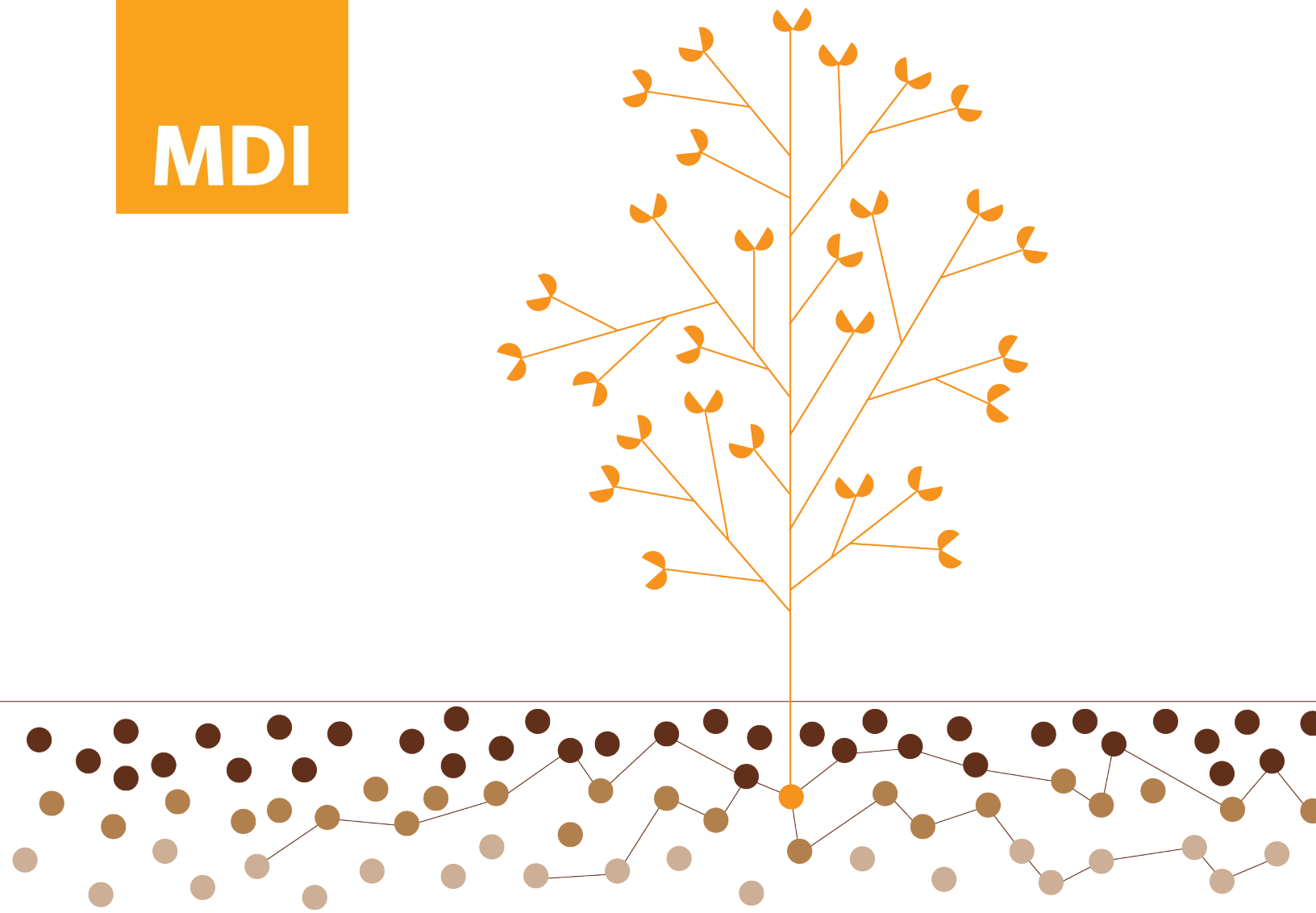
MDI



UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2026–2027 **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA
INSTRUCTIONAL SURVEY

You can preview the survey online at www.mdi.ubc.ca.

HUMAN EARLY LEARNING PARTNERSHIP

a place of mind UBC

MDI

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Version: Sept 1, 2026
H18-00507-A082

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 on 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!

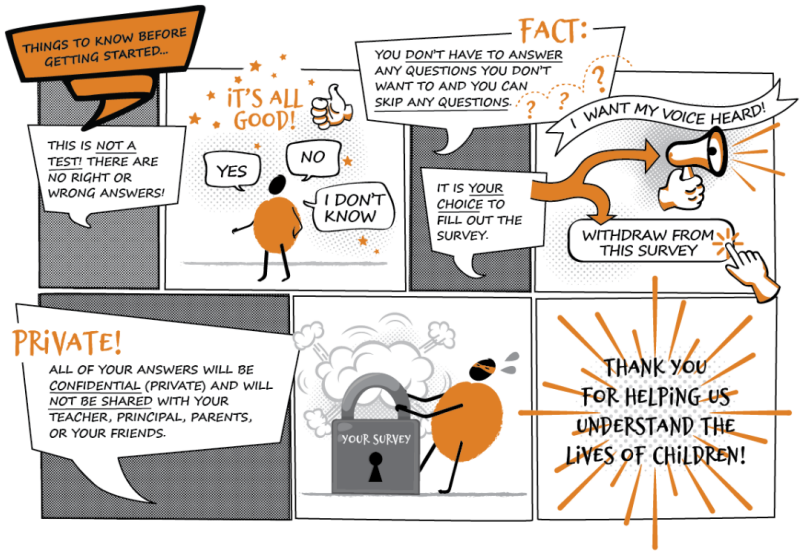
Please read the text below aloud to your students before starting the survey!

STUDENT ASSENT SCRIPT

MDi | STUDENT SURVEY Withdraw from this survey Logout

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 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.

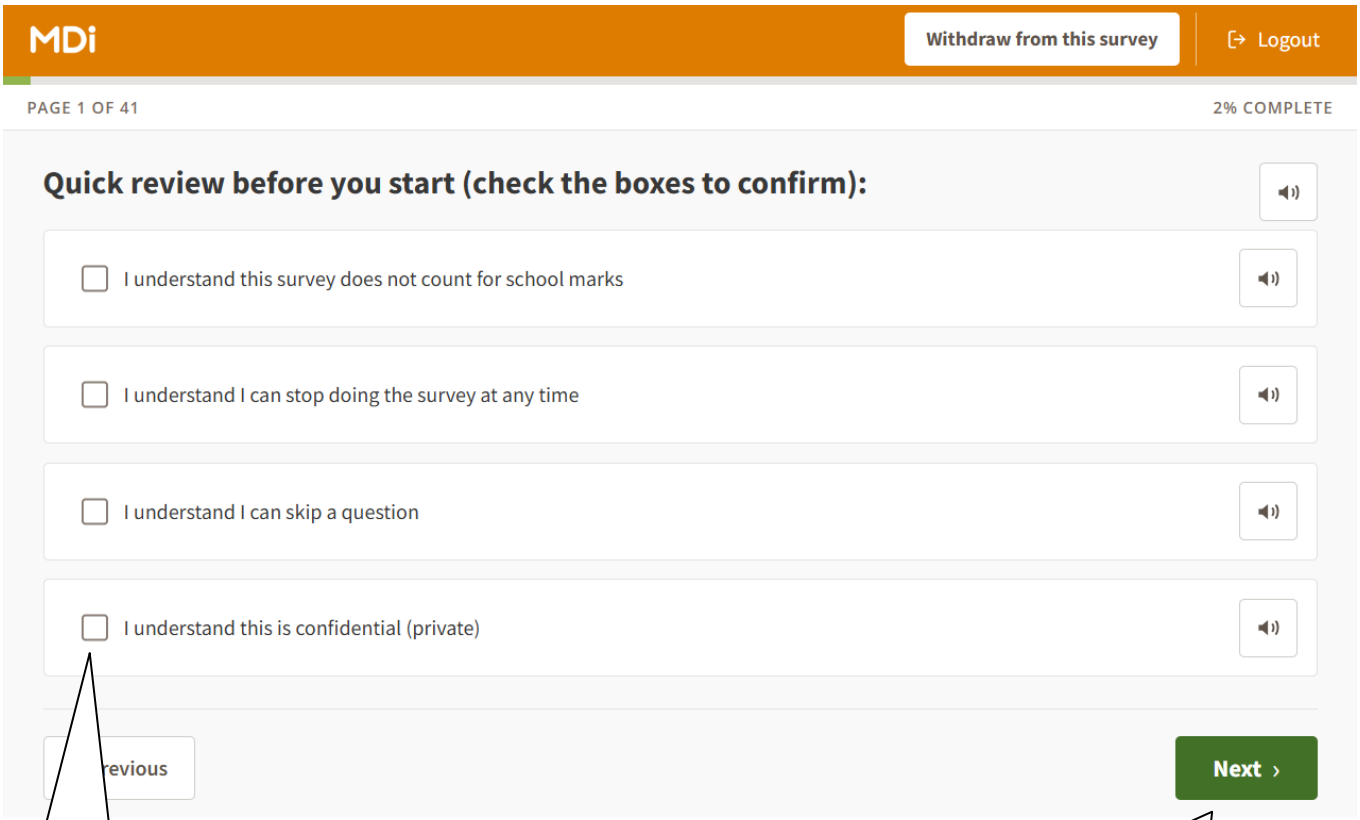
Please answer each question the best you can.

Thank you for your help!

HUMAN EARLY LEARNING PARTNERSHIP

Start Survey ›

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



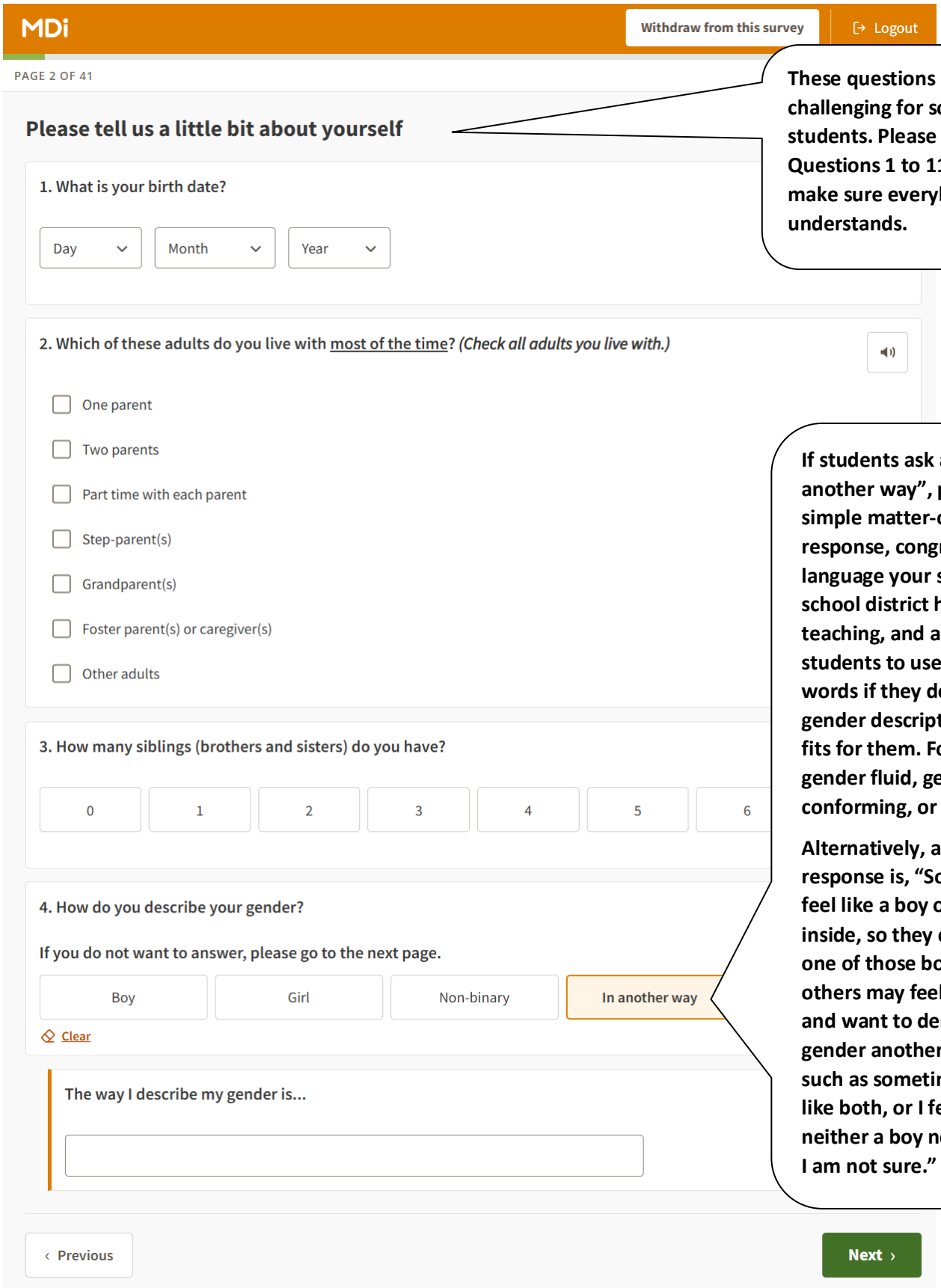
Students can click the check boxes to confirm they understand the Assent Script.

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

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.

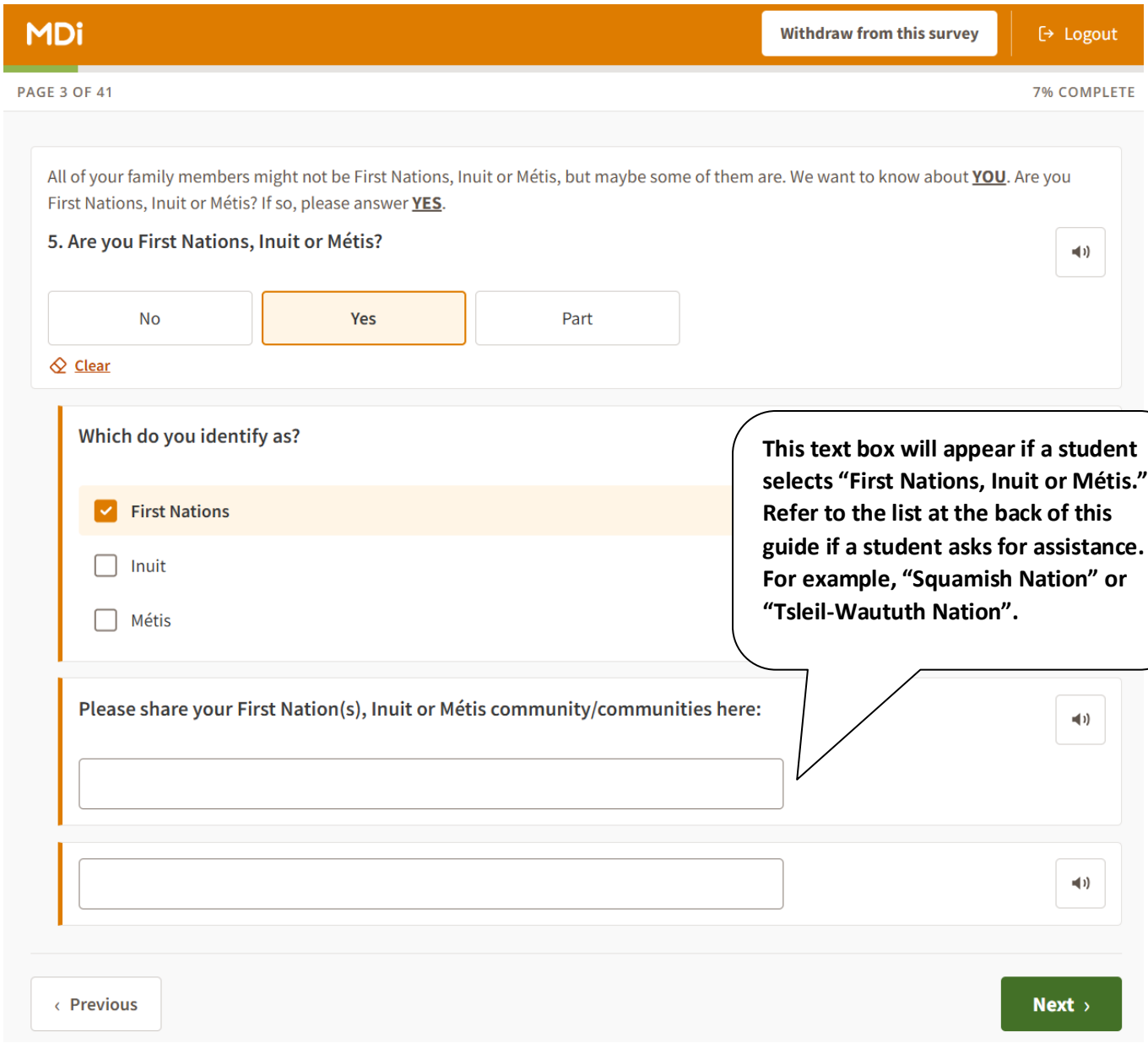




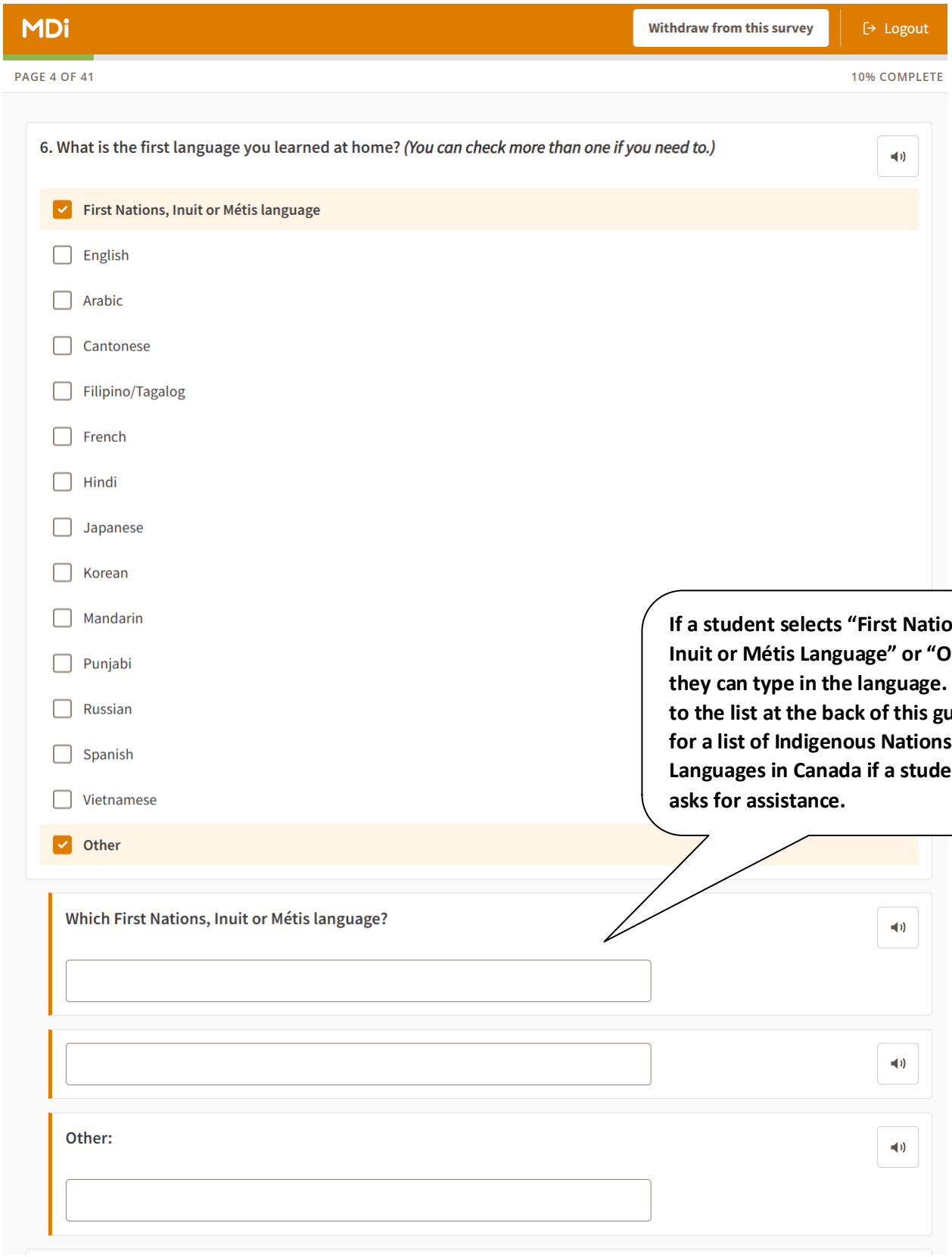
These questions can be challenging for some students. Please read Questions 1 to 11 aloud to make sure everybody understands.

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."



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 "Tsleil-Waututh Nation".


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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
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.
Which First Nations, Inuit or Métis language?
Other:

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

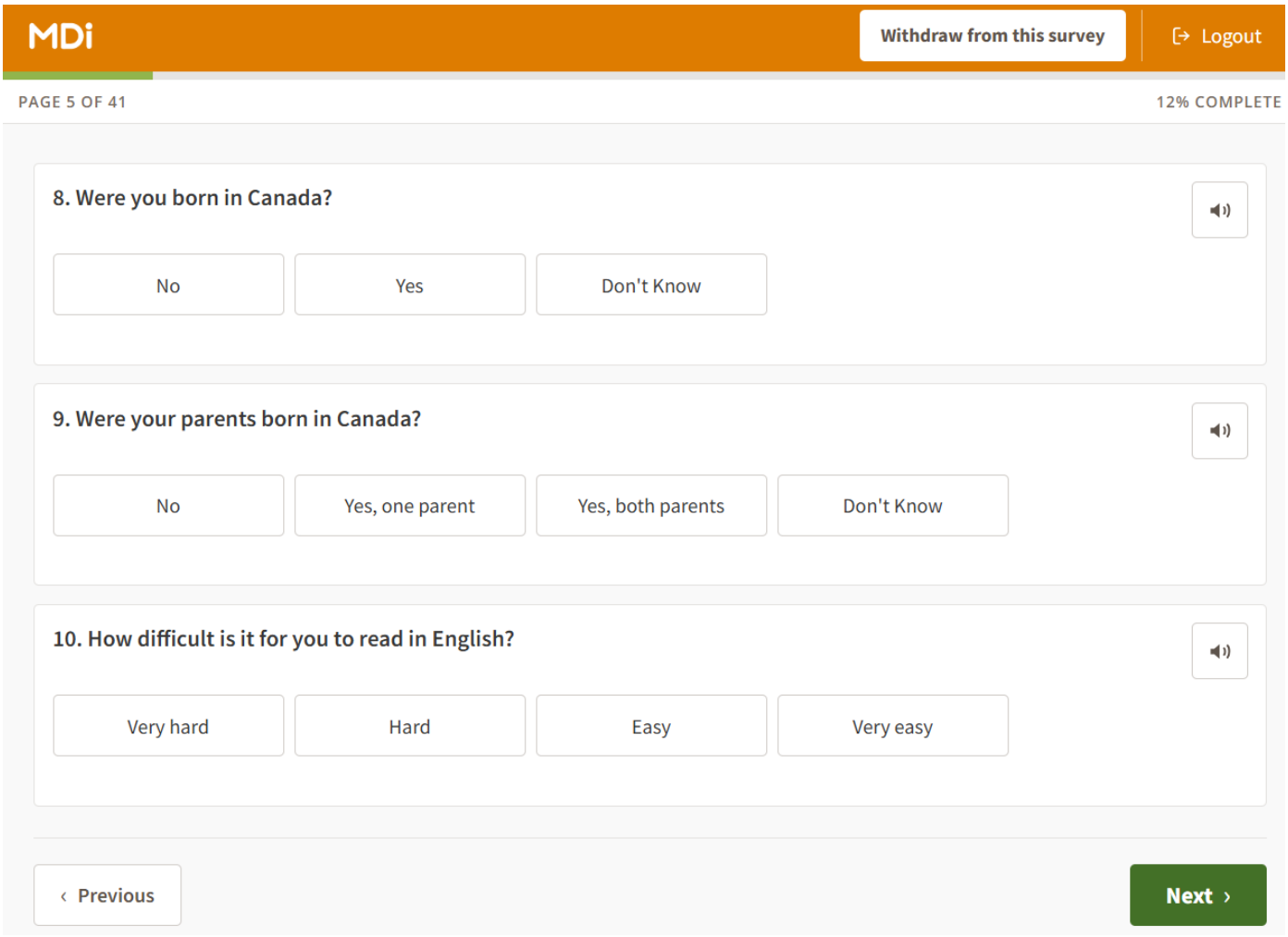
- [x] **First Nations, Inuit or Métis language**
- [ ] English
- [ ] Arabic
- [ ] Cantonese
- [ ] Filipino/Tagalog
- [ ] French
- [ ] Hindi
- [ ] Japanese
- [ ] Korean
- [ ] Mandarin
- [ ] Punjabi
- [ ] Russian
- [ ] Spanish
- [ ] Vietnamese
- [x] **Other**

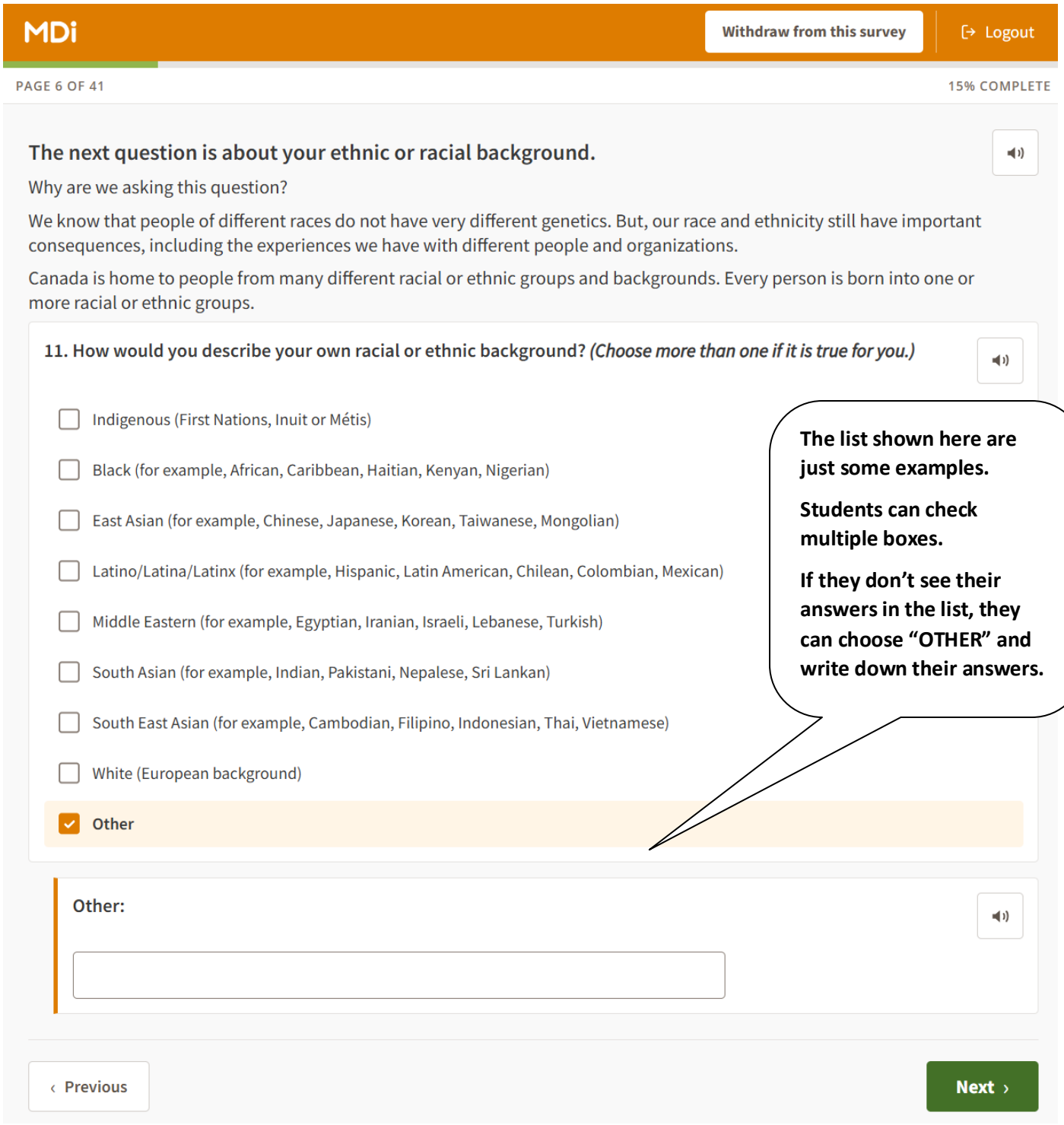
Which First Nations, Inuit or Métis language?

Other:

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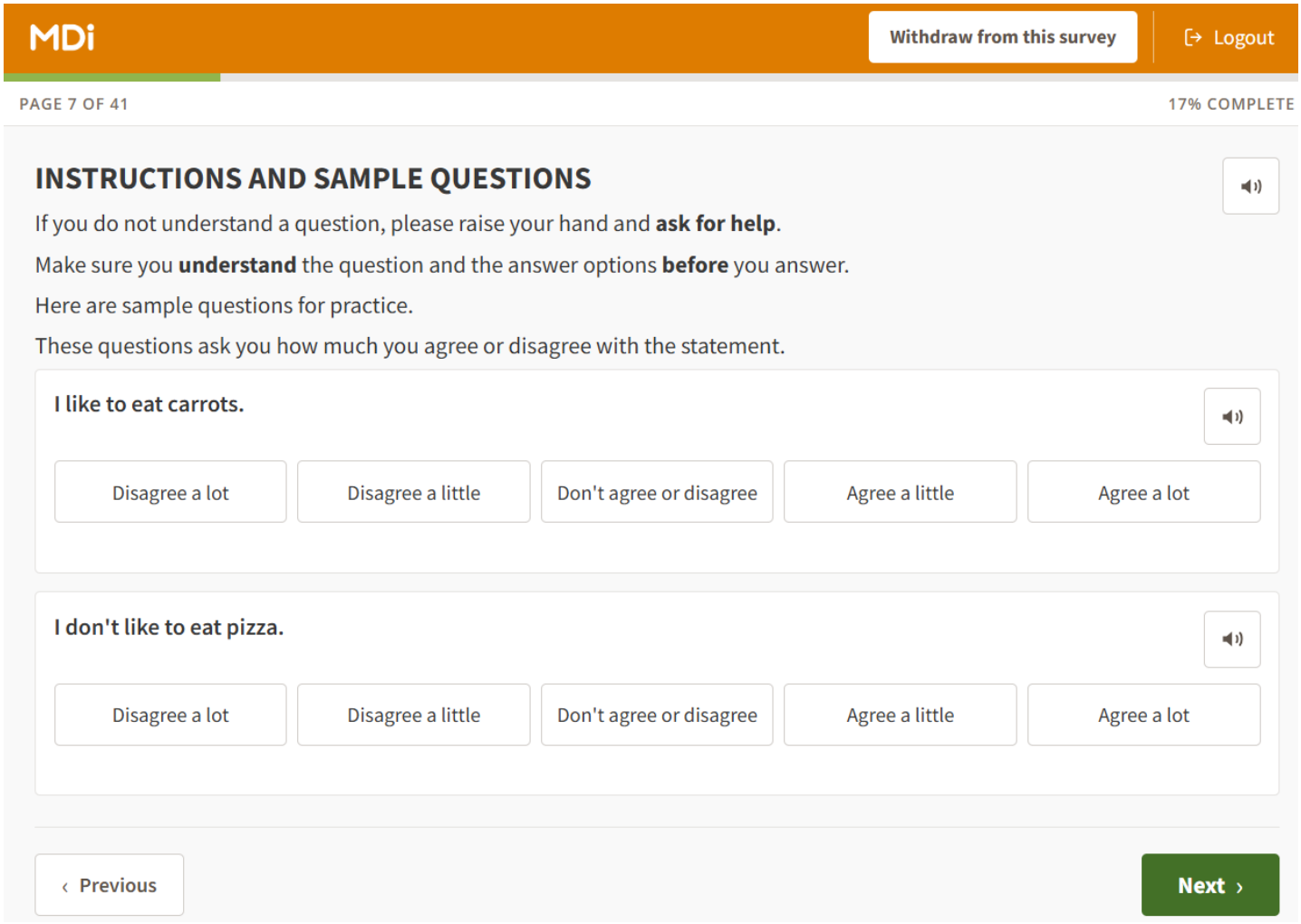
Next ›

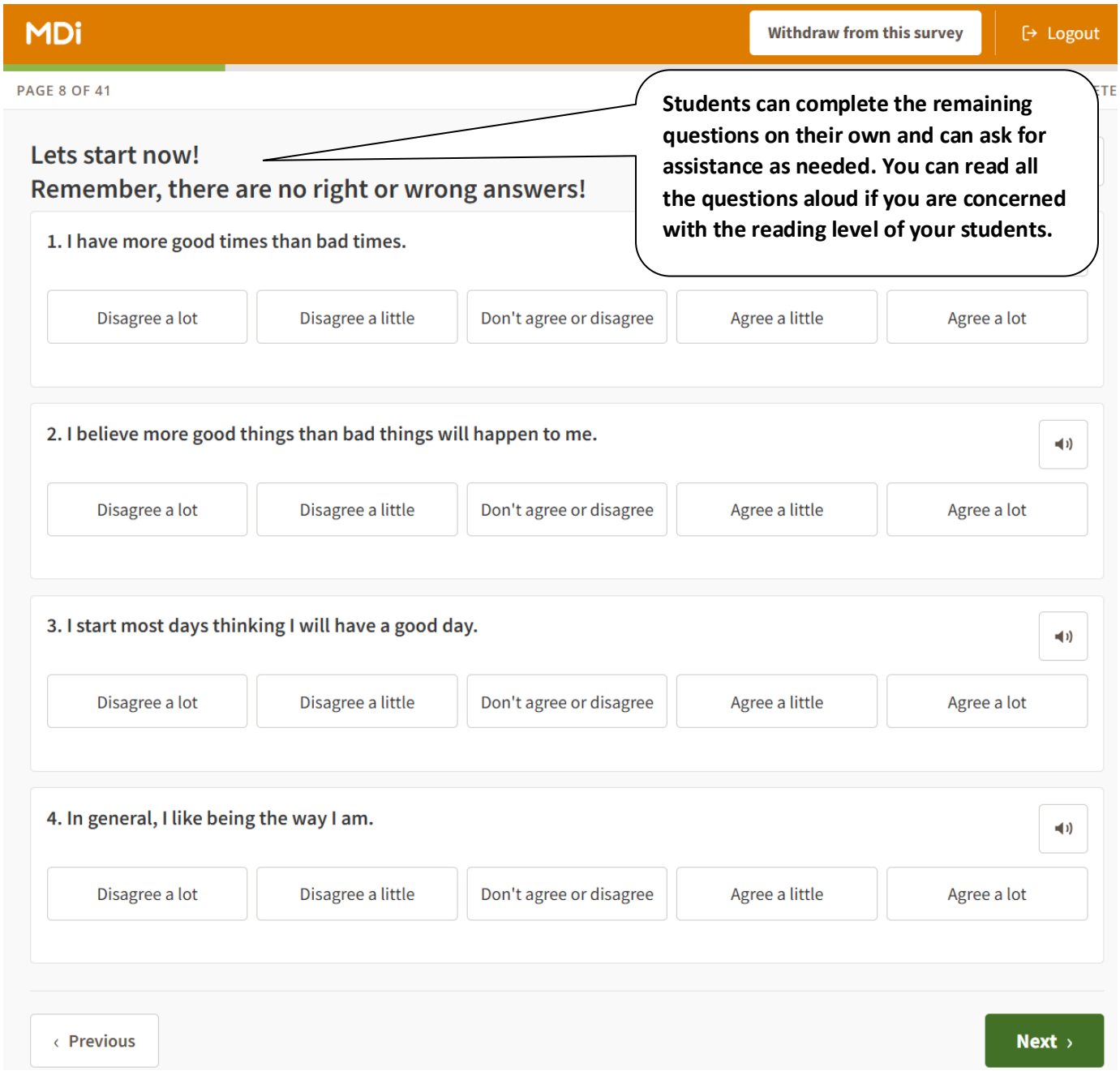

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12% COMPLETE
8. Were you born in Canada?
No
Yes
Don't Know
9. Were your parents born in Canada?
No
Yes, one parent
Yes, both parents
Don't Know
10. How difficult is it for you to read in English?
Very hard
Hard
Easy
Very easy
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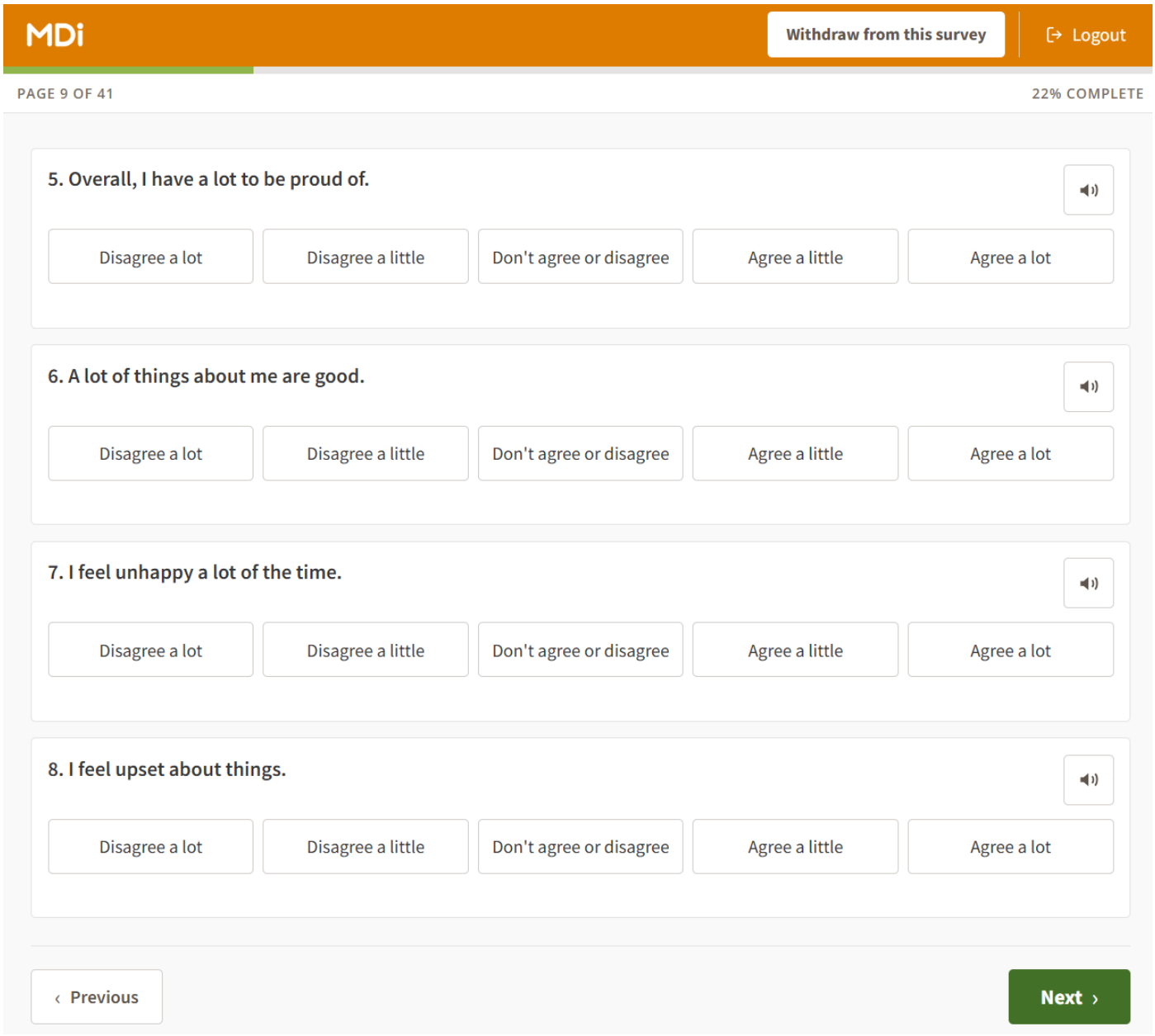

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15% COMPLETE
The next question is about your ethnic or racial background.
Why are we asking this question?
We know that people of different races do not have very different genetics. But, our race and ethnicity still have important consequences, including 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
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.
Other:
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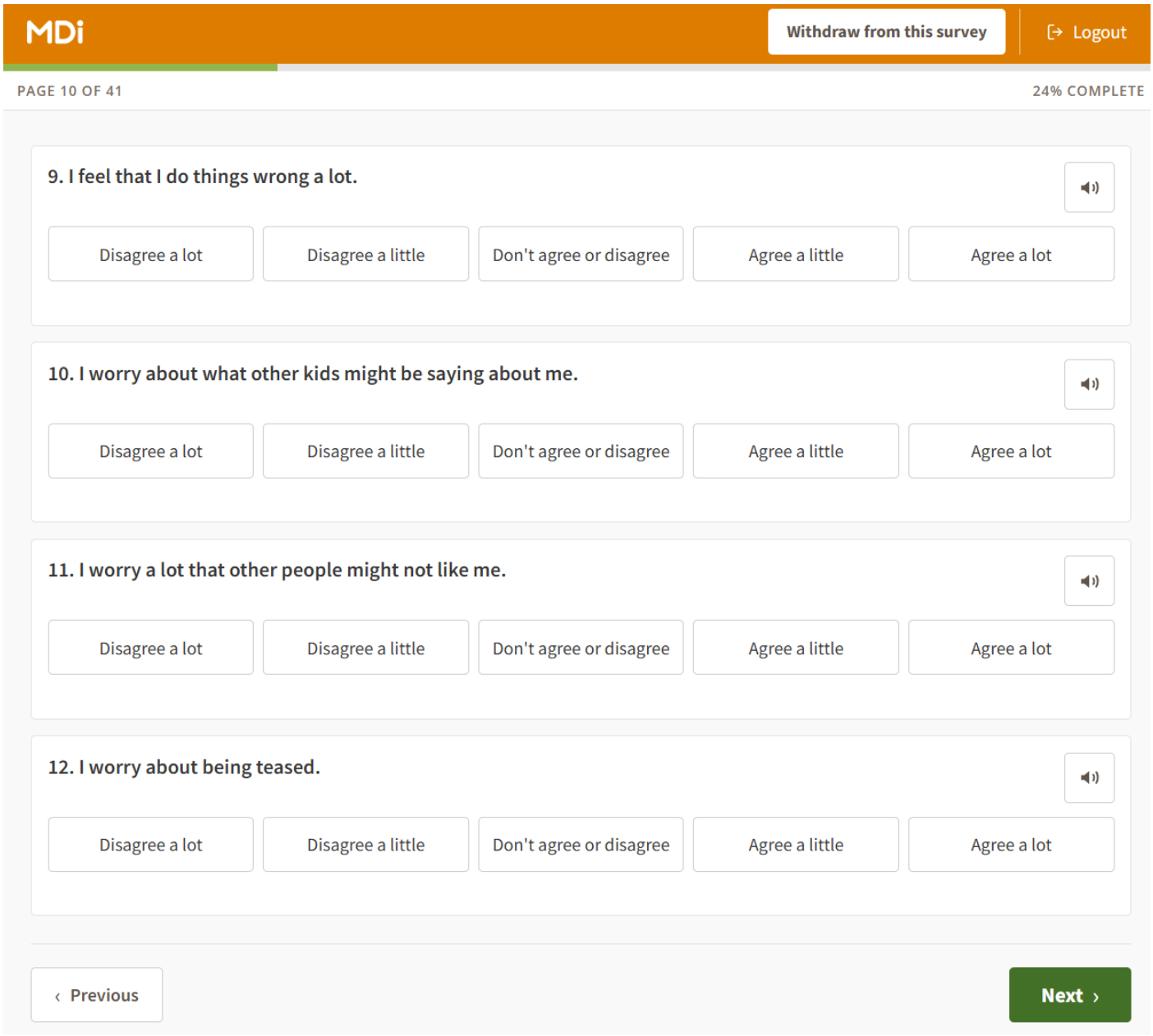
Please read the INSTRUCTIONS and SAMPLE QUESTIONS aloud to make sure everybody understands.

The sample questions give students practice with both positive and negative questions.




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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.
Lets start now!
Remember, there are no right or wrong answers!
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
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22% COMPLETE
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
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24% COMPLETE
9. I feel that I do things wrong a lot.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
10. I worry about what other kids might be saying about me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
11. I worry a lot that other people might not like me.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
12. I worry about being teased.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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Withdraw from this survey | Logout

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27% COMPLETE

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 | **Several days** | Over half the days | Nearly every day

Clear

b) Not being able to stop or control worrying.

Not at all | **Several days** | Over half the days | Nearly every day

Clear

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 | Somewhat difficult | Very difficult | Extremely difficult

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14. In most ways my life is close to the way I would want it to be.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

15. The things in my life are excellent.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

16. I am happy with my life.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

17. So far I have gotten the important things I want in life.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

18. If I could live my life over, I would have it the same way.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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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

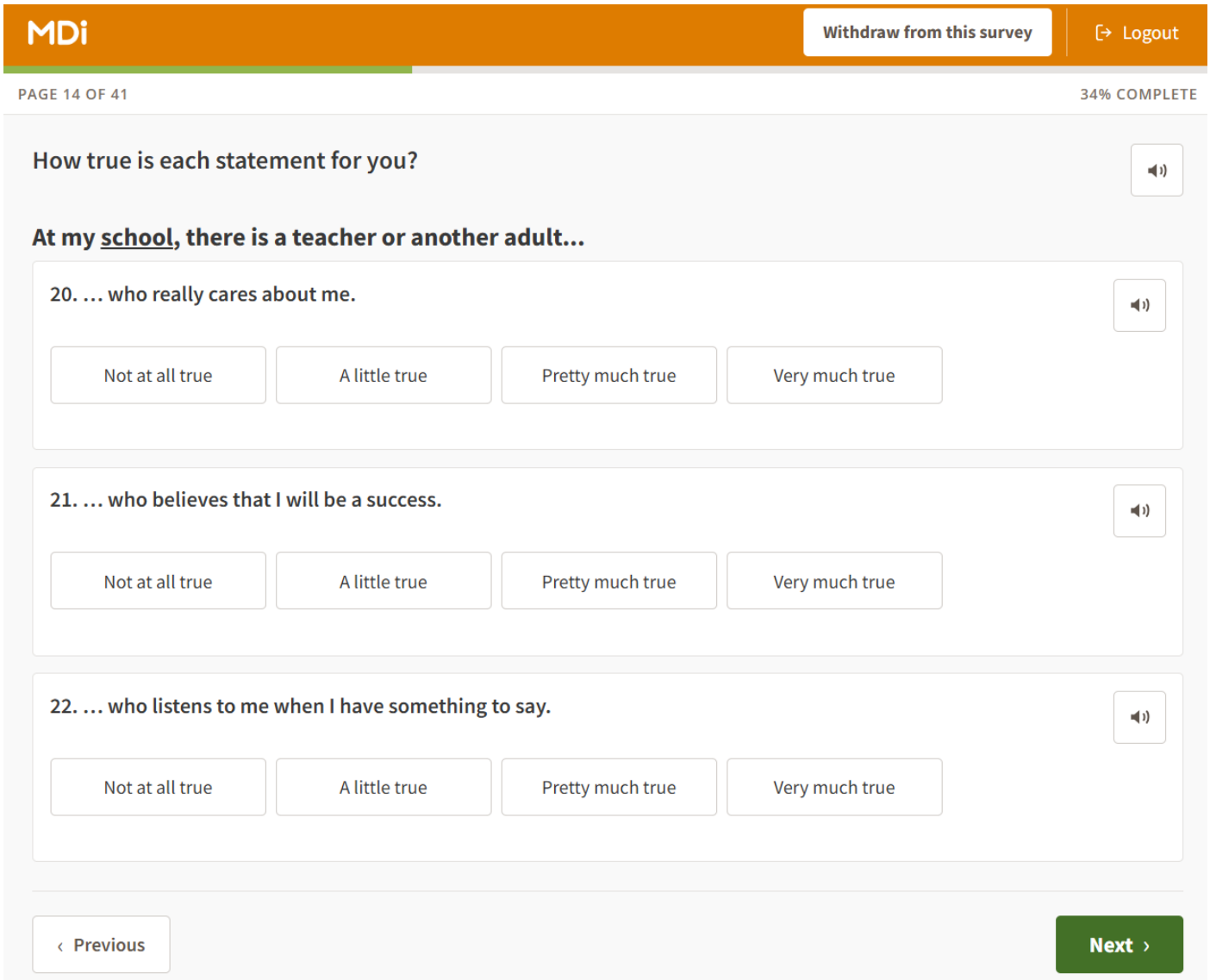
Person 4

Person 5

Person 6

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34% 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
A little true
Pretty much true
Very much true
21. ... who believes that I will be a success.
Not at all true
A little true
Pretty much true
Very much true
22. ... who listens to me when I have something to say.
Not at all true
A little true
Pretty much true
Very much true
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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 | A little true | Pretty much true | Very much true

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

Not at all true | A little true | Pretty much true | Very much true

25. ... who I can talk to about my problems.

Not at all true | A little true | Pretty much true | Very much true

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PAGE 16 OF 41 | 39% 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

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41% 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

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33. I have a friend I can tell everything to.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

34. There is somebody my age who really understands me.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

35. I am certain I can learn the skills taught in school this year.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

36. If I have enough time, I can do a good job on all my school work.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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MDi | Withdraw from this survey | Logout

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37. Even if the work in school is hard, I can learn it.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

38. Teachers and students treat each other with respect in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

39. People care about each other in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

40. Students in this school help each other, even if they are not friends.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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49% COMPLETE

41. I feel like I belong in this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

42. I feel like I am important to this school.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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	Once or a few times	About every month	About every week	Many times a week

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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).

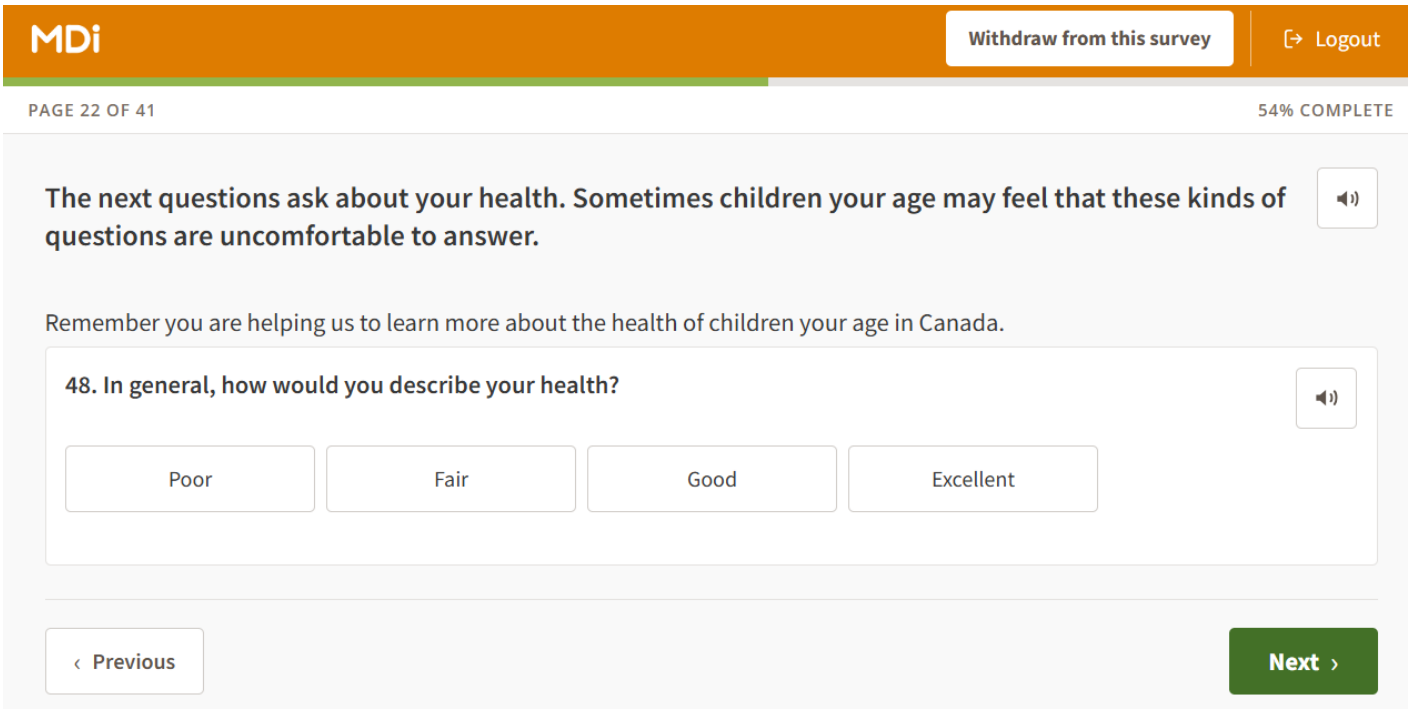
Not at all this school year	Once or a few times	About every month	About every week	Many times a week

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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54% 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
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49. In general, how would you say your mental health is?

Poor | Fair | Good | Excellent

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**

Clear

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

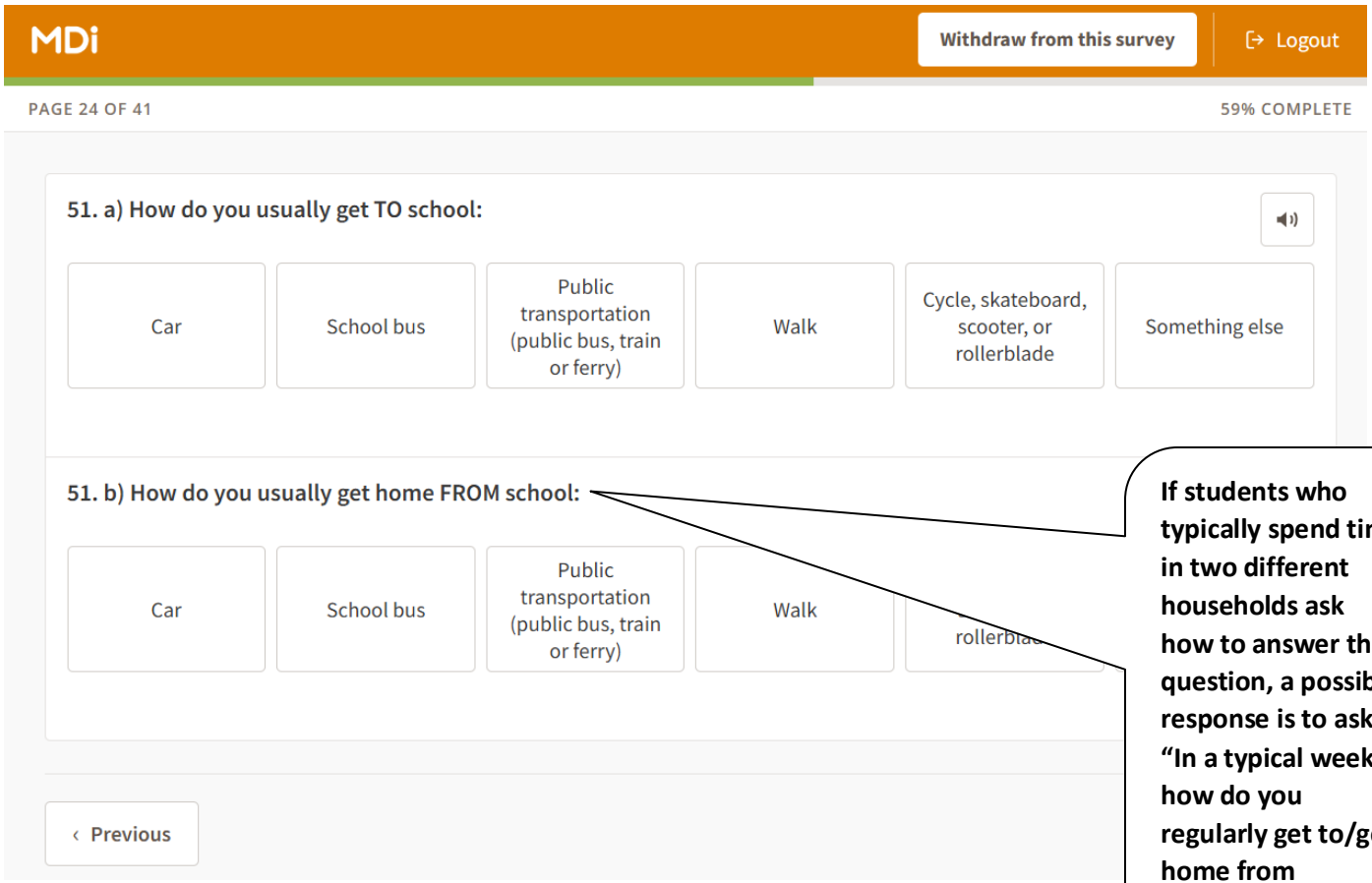
Clear

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
- [ ] I used an AI chatbot instead (for example, ChatGPT, Gemini, or Claude)
- [ ] I used a wellness or mental health app instead
- [ ] 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?"

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61% 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

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

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

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

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

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.

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

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

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.

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

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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

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

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

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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

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

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

60. I spend time on my phone or other electronic devices before I go to sleep.

Never	Rarely	Sometimes	Often	Very often

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PAGE 29 OF 41 | 71% COMPLETE

61. When thinking of your friends and classmates, how common is it that people your age...

a) ...vape?

Not at all common | Somewhat common | Quite common | Very common

b) ...use tobacco products (for example, cigarettes)?

Not at all common | Somewhat common | Quite common | Very common

c) ...drink alcohol?

Not at all common | Somewhat common | Quite common | Very common

d) ...use other drugs (for example, cannabis)?

Not at all common | Somewhat common | Quite common | Very common

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

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	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)

b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).

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

c) I go to an after school program/daycare (in my school or someplace else).

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

d) I go to a friend's house.

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

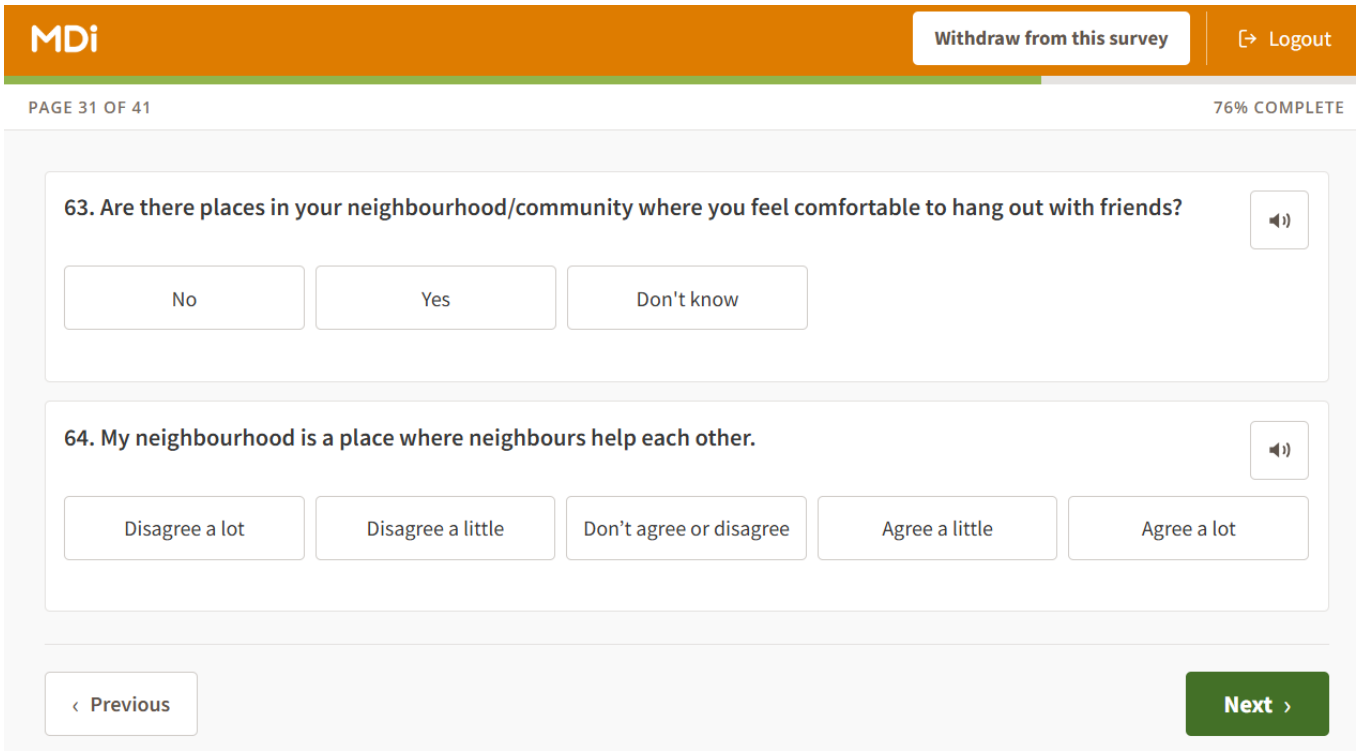
e) I go to a library.

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

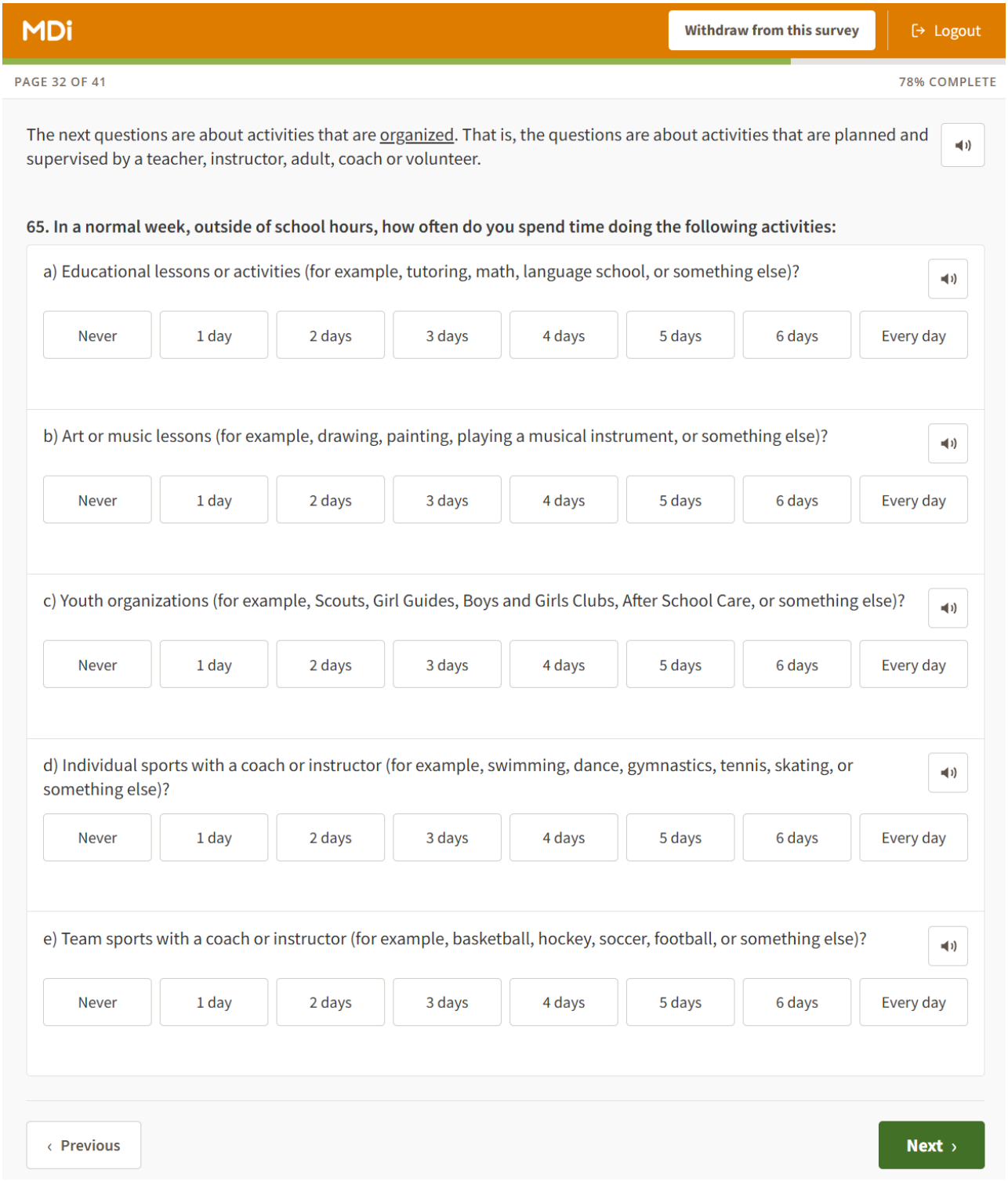
f) I go someplace else, for example, a family member's home, or other places.

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

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76% COMPLETE
63. Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?
No
Yes
Don't know
64. My neighbourhood is a place where neighbours help each other.
Disagree a lot
Disagree a little
Don’t agree or disagree
Agree a little
Agree a lot
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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."**



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

b) … do homework?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

c) … read for fun?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

d) … hang out with friends in person?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

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

f) … religious, spiritual or faith-based activities?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

g) … cultural activities?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

h) … volunteer (either at school or in the community)?

Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day

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

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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

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

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PAGE 35 OF 41 — 85% 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

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

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

d) … spend on social media sites or apps, such as Instagram, Snapchat, 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

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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

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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).

71. How often do you use AI?

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

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

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

72. When I make a decision, I think about what might happen afterward.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

73. I take responsibility for my mistakes.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

74. I can say 'no' when someone wants me to do things that are wrong or dangerous.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

75. When I'm sad, I can usually start doing something that will make me feel better.

Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

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95% COMPLETE

76. After I'm interrupted or distracted, I can easily continue working where I left off.

Disagree a lot | Disagree a little | Don't agree or disagree | Agree a little | Agree a lot

77. I can calm myself down when I'm excited or upset.

Disagree a lot | Disagree a little | Don't agree or disagree | Agree a little | Agree a lot

78. When I'm upset, I notice how I am feeling before I take action.

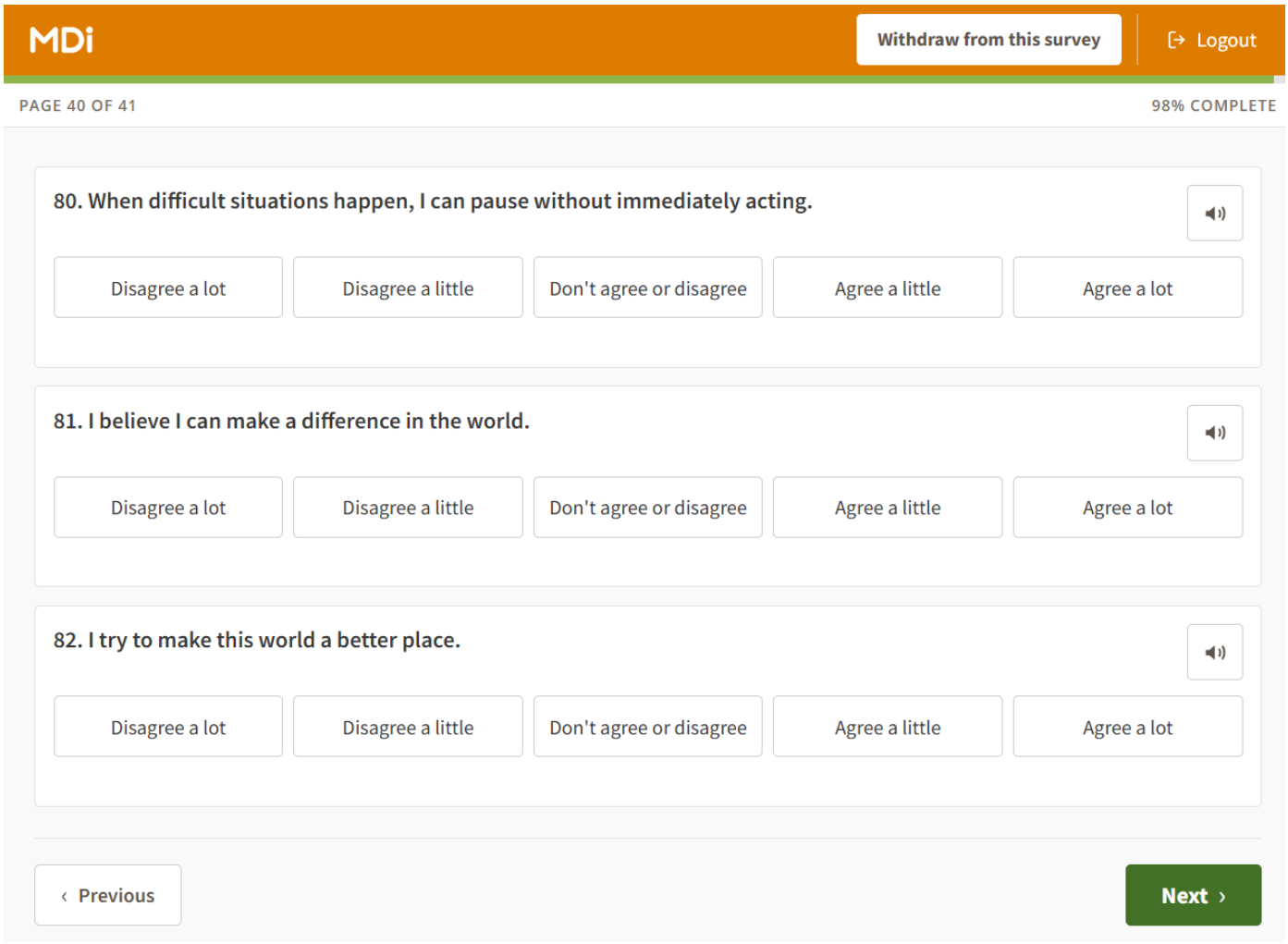
Disagree a lot | Disagree a little | Don't agree or disagree | Agree a little | Agree a lot

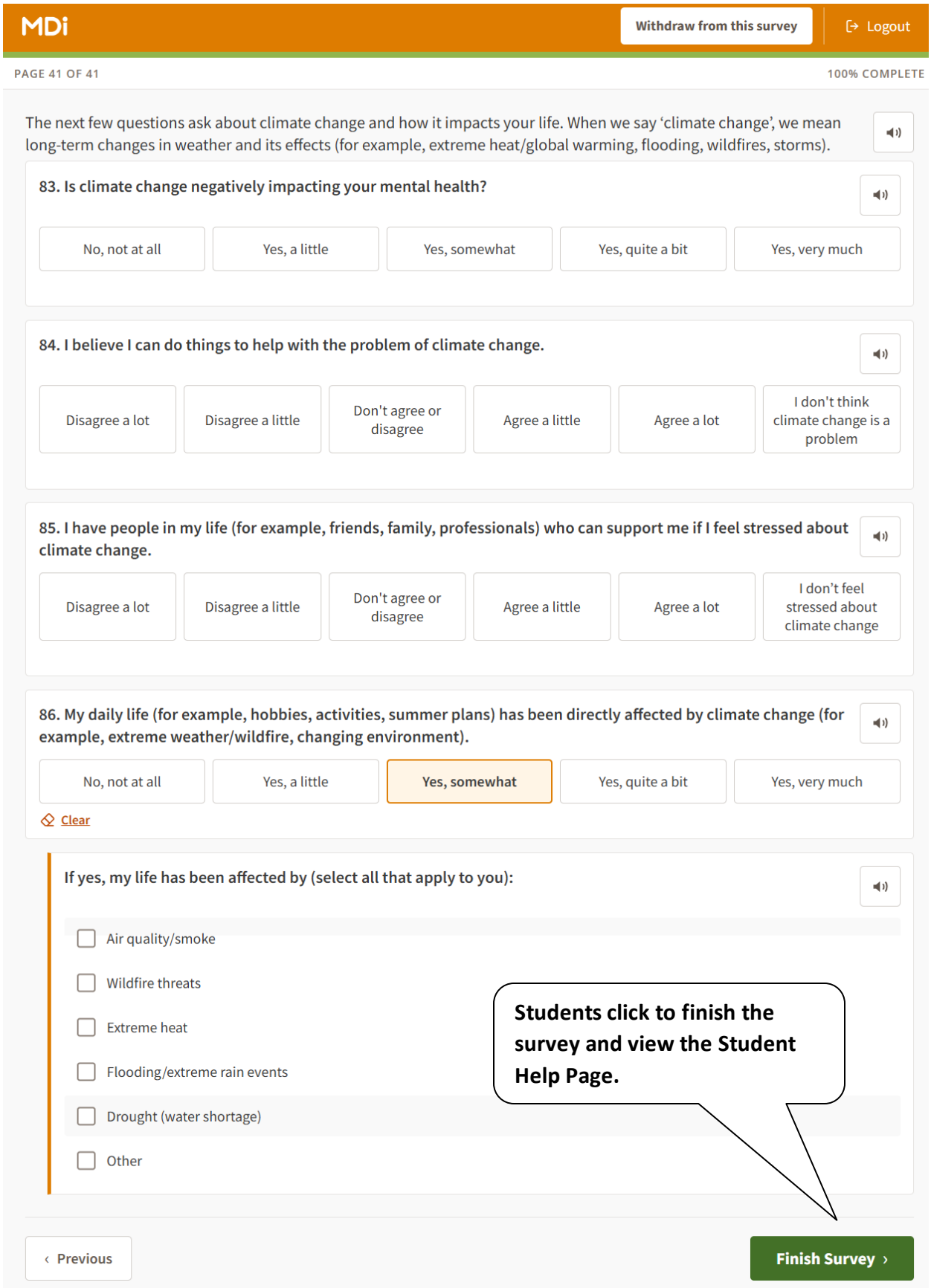
79. I am aware of how my moods affect the way I treat other people.

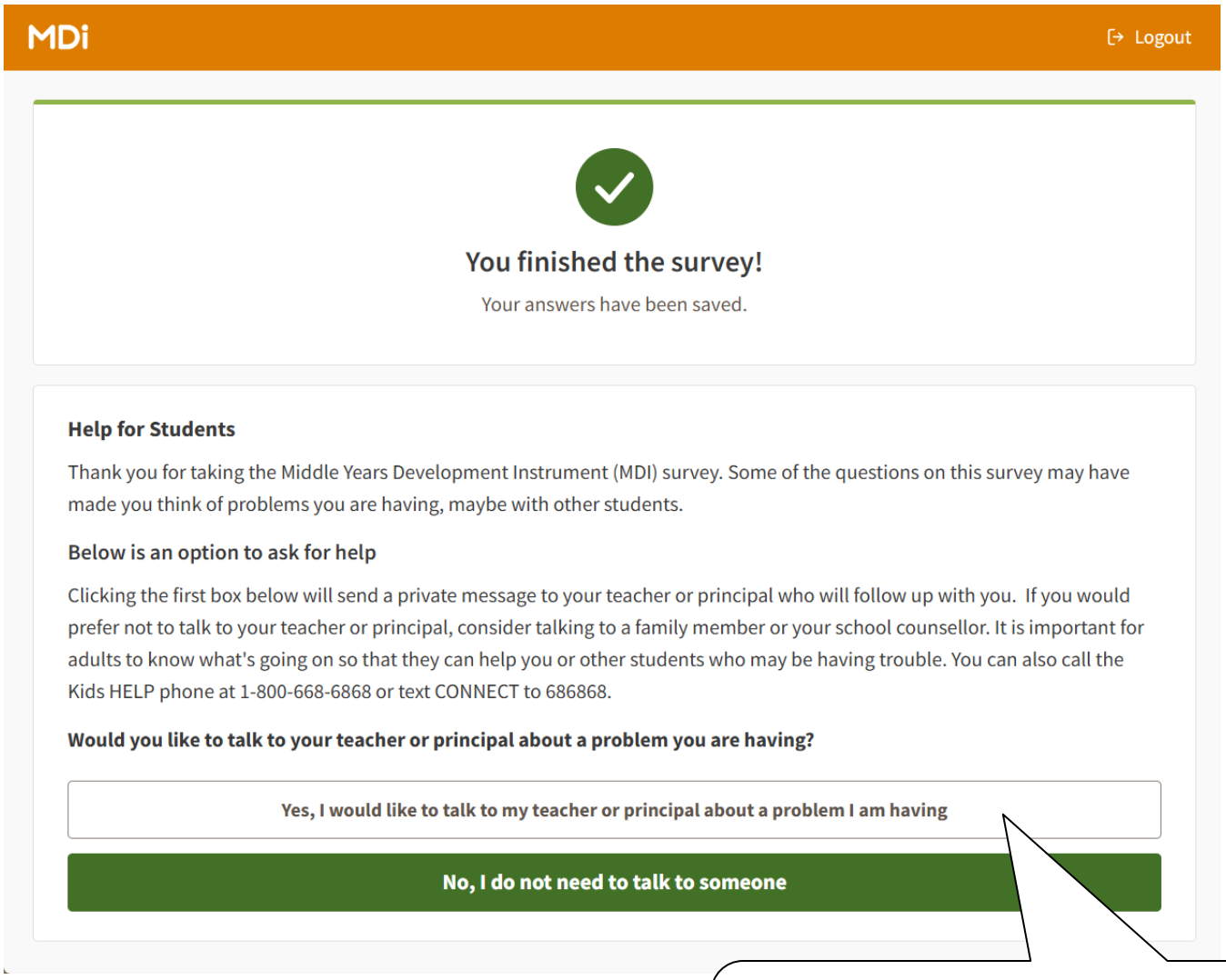
Disagree a lot | Disagree a little | Don't agree or disagree | Agree a little | Agree a lot

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98% COMPLETE
80. When difficult situations happen, I can pause without immediately acting.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
81. I believe I can make a difference in the world.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
82. I try to make this world a better place.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
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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).
83. Is climate change negatively impacting your mental health?
No, not at all
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
84. I believe I can do things to help with the problem of climate change.
Disagree a lot
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
I don't think climate change is a problem
85. 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
Disagree a little
Don't agree or disagree
Agree a little
Agree a lot
I don't feel stressed about climate change
86. 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
Yes, a little
Yes, somewhat
Yes, quite a bit
Yes, very much
Clear
If yes, my life has been affected by (select all that apply to you):
Air quality/smoke
Wildfire threats
Extreme heat
Flooding/extreme rain events
Drought (water shortage)
Other
Students click to finish the survey and view the Student Help Page.
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Finish Survey ›



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