

**MDI**  
**GRADE 4**



SCHOOL DISTRICT 61 ■ **GREATER VICTORIA**

# SCHOOL DISTRICT & COMMUNITY REPORT

HUMAN  
EARLY LEARNING  
PARTNERSHIP



2016/2017 GRADE 4 RESULTS





MIDDLE YEARS  
DEVELOPMENT  
INSTRUMENT

## ACKNOWLEDGEMENTS

The MDI team would like to extend its warmest appreciation to the students, teachers and administrators who made this project possible. Thank you for your participation.

MDI research is made possible with funding from the United Way of the Lower Mainland (UWLM) and school districts across BC. We would like to thank and acknowledge the UWLM and all participating school districts for their support and collaboration on this project. The BC Ministries of Children and Family Development, Education and Health have also provided support for MDI Research.

HELP faculty and staff would also like to acknowledge our Founding Director, Dr. Clyde Hertzman, whose life's work is a legacy for the institute's research. He continues to inspire and guide our work and will always be celebrated as "a mentor to all who walked with him."

For more information please contact HELP's MDI Project Coordinator at [mdi@help.ubc.ca](mailto:mdi@help.ubc.ca) or visit [earlylearning.ubc.ca/mdi](http://earlylearning.ubc.ca/mdi).



## ABOUT THE HUMAN EARLY LEARNING PARTNERSHIP

HELP is an interdisciplinary research institute, based at the School of Population and Public Health at the University of British Columbia. The institute was founded by Drs. Clyde Hertzman and Hillel Goelman in 1999. Clyde's vision for HELP was to advance knowledge about child development and importantly, to apply this knowledge in communities.

HELP's unique partnership brings together researchers and practitioners from across BC, Canada and internationally to address complex child development issues. HELP's research projects explore how different environments and experiences contribute to health and social inequities in children's development over their life course. To learn more please visit our website at [earlylearning.ubc.ca](http://earlylearning.ubc.ca).

### ***Suggested citation***

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# SCHOOL DISTRICT & COMMUNITY REPORT

## 2016/2017 GRADE 4 MDI

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# INTRODUCTION TO THE MDI



## WHY THE MIDDLE YEARS MATTER

Experiences in the middle years, ages 6 to 12, have critical and long lasting effects. They are powerful predictors of adolescent adjustment and future success. During this time, children are experiencing significant cognitive, social and emotional changes that establish their lifelong identity and set the stage for adolescence and adulthood. The overall health and well-being of children in their middle years affects their ability to concentrate and learn, develop and maintain friendships, and make thoughtful decisions.

Early adolescent children have an increased awareness of themselves and others. During middle childhood they are developing ideas about how they may or may not “fit in” to their social and academic environments. These ideas have the power to either promote health and academic achievement or lead to negative outcomes such as depression and anxiety in adolescence and adulthood. Although middle childhood is a time of risk, it is also a time of opportunity. There is mounting evidence to suggest that positive relationships with adults and peers during this critical time act to increase a child’s resiliency and success.

## ABOUT THE MIDDLE YEARS DEVELOPMENT INSTRUMENT

The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in Grade 4 and Grade 7 about their thoughts, feelings and experiences in school and in the community. The MDI is not an assessment for individual children. Instead, it is a unique and comprehensive population-based measure that helps us gain a deeper understanding of children’s health and well-being during middle childhood. Researchers at the Human Early Learning Partnership (HELP) are using results from the MDI to understand the factors that promote children’s social-emotional health and well-being. In addition, the MDI is being used to inform policy and practice and support collaboration across education, health and community sectors.

The MDI uses a strengths-based approach to assess five areas of development that are strongly linked to children’s well-being, health and academic achievement. It focuses on highlighting the protective factors and assets that are known to support and optimize development in middle childhood. These areas are: **Social and Emotional Development, Physical Health and Well-Being, Connectedness, Use of After-School Time** and **School Experiences**. Each of these dimensions is made up of several measures and each measure is made up of one or more questions.

# INTRODUCTION TO THE MDI

Combining select measures from the MDI helps us paint a fuller picture of children’s overall well-being and the assets that contribute to their healthy development. The results for key MDI measures are summarized by two indices:

- **The Well-Being Index** consists of measures relating to children’s physical health and social and emotional development that are of critical importance during the middle years: Optimism, Self-Esteem, Happiness, Absence of Sadness and General Health.
- **The Assets Index** consists of measures of key assets that help to promote children’s positive development and well-being. Assets are resources and influences present in children’s lives such as supportive relationships and enriching activities. The MDI measures five types of assets: Adult Relationships, Peer Relationships, Nutrition and Sleep, After-School Activities and School Experiences. The School Experiences asset is not reported as part of the Assets Index to prevent the ranking of individual schools or districts. Please refer to the School Climate and Bullying and Victimization measures for data related to this asset.

The chart below illustrates the relationship between MDI dimensions and measures, and highlights which measures contribute to the Well-Being and Assets Indices.

## 5 DIMENSIONS OF THE MDI

SOCIAL & EMOTIONAL DEVELOPMENT	PHYSICAL HEALTH & WELL-BEING	CONNECTEDNESS	USE OF AFTER-SCHOOL TIME	SCHOOL EXPERIENCES
<p><b>MEASURES</b></p> <ul style="list-style-type: none"> <li>• <b>Optimism</b></li> <li>Empathy</li> <li>Prosocial Behaviour</li> <li>• <b>Self-Esteem</b></li> <li>• <b>Happiness</b></li> <li>• <b>Absence of Sadness</b></li> <li>Absence of Worries</li> <li>Self-Regulation (Short &amp; Long Term)</li> <li>* Responsible Decision-Making</li> <li>* Self-Awareness</li> <li>* Perseverance</li> <li>* Assertiveness</li> <li>* Citizenship and Social Responsibility</li> </ul>	<p><b>MEASURES</b></p> <ul style="list-style-type: none"> <li>• <b>General Health</b></li> <li>■ <b>Eating Breakfast</b></li> <li>■ <b>Meals with Adults at Home</b></li> <li>■ <b>Frequency of Good Sleep</b></li> <li>Body Image</li> </ul> <p>* These questions are on the Grade 7 MDI only</p>	<p><b>MEASURES</b></p> <ul style="list-style-type: none"> <li>■ <b>Adults at School</b></li> <li>■ <b>Adults in the Neighbourhood</b></li> <li>■ <b>Adults at Home</b></li> <li>■ <b>Peer Belonging</b></li> <li>■ <b>Friendship Intimacy</b></li> <li>Important Adults</li> </ul>	<p><b>MEASURES</b></p> <ul style="list-style-type: none"> <li>■ <b>Organized Activities</b></li> <li>- Educational Lessons or Activities</li> <li>- Youth Organizations</li> <li>- Sports</li> <li>- Music or Arts</li> <li>How Children Spend Their Time</li> <li>After-School People and Places</li> <li>Children’s Wishes and Barriers</li> </ul>	<p><b>MEASURES</b></p> <ul style="list-style-type: none"> <li>Academic Self-Concept</li> <li>School Climate</li> <li>School Belonging</li> <li>Motivation</li> <li>Future Goals</li> <li>Victimization and Bullying</li> </ul>

### WELL-BEING INDEX

- A measure in the Well-Being Index



### ASSETS INDEX

- A measure in the Assets Index



### CONNECTING THE MDI WITH THE PERSONAL AND SOCIAL COMPETENCIES OF THE BC CURRICULUM

Your MDI data provide a unique approach to understanding children’s social and emotional development and well-being in relation to the BC Ministry of Education’s Personal and Social Competencies.

As illustrated below, areas measured by the MDI reflect facets of children’s Personal and Social Competencies, providing valuable context for understanding children’s growth and progress on the core competencies.



# MOVING TO ACTION



MDI data can support planning and inform action across schools, organizations and communities. There are many opportunities for working with your MDI results and there are examples of successful initiatives from across the province to learn from. Here, we provide suggestions to help you get started.



## EXPLORE THE MDI FIELD GUIDE

**Discover MDI: A Field Guide to Well-Being in Middle Childhood** is an online resource to help interpret the MDI reports and move forward with action. The MDI Field Guide supports your journey from data to action with tools for “making sense” and “making change.” It provides a solid orientation to the MDI, a deeper look at the research, and action planning suggestions.

For this in-depth resource on moving to action visit [discovermdi.ca](https://discovermdi.ca).

## MAKING SENSE AND MAKING CHANGE

### UNDERSTAND YOUR MDI RESULTS

MDI reports provide information with both detail and depth into the social and emotional lives of children. The MDI Field Guide can help walk you through how to read the results and provide background information during your meaning-making process. Approach the results with a lens of curiosity, inquiry and appreciation.

### ENGAGE EVERYONE

Increasing local dialogue on the importance of child well-being in the middle years is an excellent way to start improving outcomes for children. Once you are ready, review your MDI report with multiple audiences: children, parents and elders, caregivers and teachers, school administrators, after-school programmers, local early/middle childhood committees, local government and other community stakeholders.

Visit the MDI Field Guide for tips and tools to widen the conversation and to think critically about the data together.

## MOVING TO ACTION

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### CHOOSE A FOCUS: THINK BIG, START SMALL

It may be overwhelming to consider the many opportunities for change presented in the MDI data. Where will your focus be? What results do you have some control or influence over? How will you make change? We suggest narrowing your efforts to one or two key focus areas for improvement. The MDI Field Guide provides information on all the MDI dimensions and measures to help you start this process.

### ACTION EVERYWHERE: BE INSPIRED AND LEARN FROM OTHERS

Innovation happens when people build on ideas, rather than simply duplicating them. Identify individuals in school and community settings who are championing middle childhood issues. Explore the growing collection of video stories, downloadable tools and action articles in the MDI Field Guide. Be inspired, edit, adapt or create new!

### CONNECT

If you have any additional questions about the MDI report itself, or simply want to find out more about the MDI, please visit our website at [earlylearning.ubc.ca/mdi](http://earlylearning.ubc.ca/mdi) or contact the MDI research team at [mdi@help.ubc.ca](mailto:mdi@help.ubc.ca).





# ABOUT THIS REPORT

## HOW THE RESULTS ARE REPORTED

This report provides MDI data at two levels of geography:

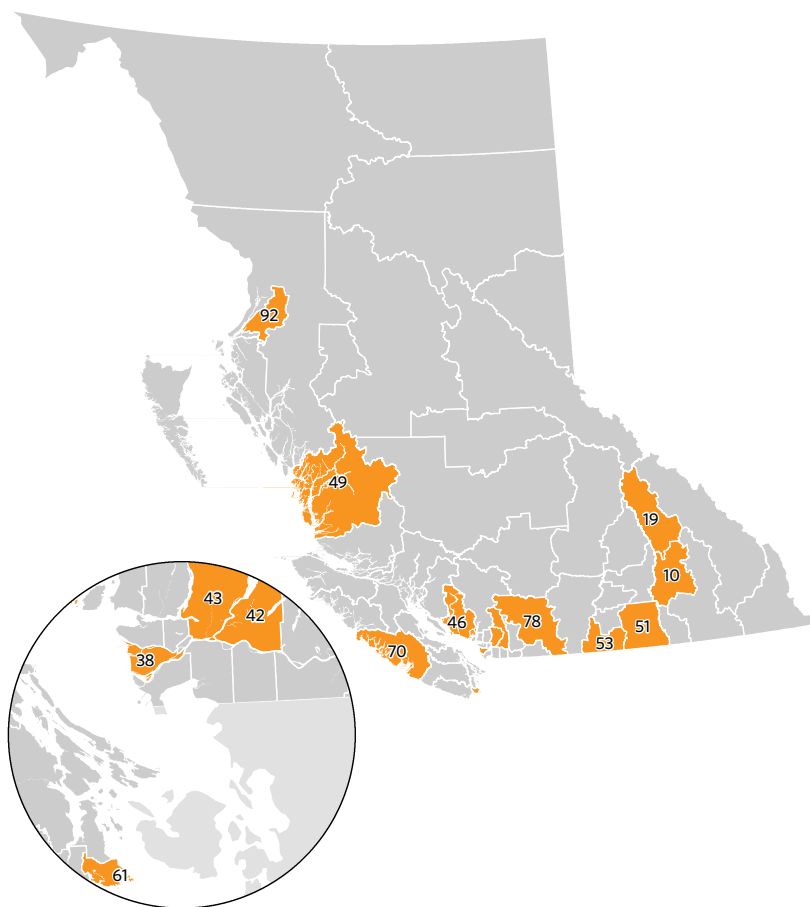
- School district data** - Includes all children who participated within the public school district. School district data is compared to the **average for all districts** which includes children from all participating public school districts and a number of independent schools.  
  
 Districts with large populations contribute more in computing the **average for all districts** than districts with smaller populations; therefore, large-districts' results tend to be closer to the **average for all districts** and large differences may not be expected. Please see the table below for a list of participating districts, and note that the average for these districts **do not** represent a complete provincial snapshot.
- Neighbourhood data** - Includes all children living within the neighbourhood. Data are aggregated using children's home postal codes, not by where they attend school. Neighbourhood data includes children attending participating public and independent schools.

Where school districts or neighbourhoods contain fewer than 35 children, the results are suppressed.

The data in this report have been rounded. Many questions on the MDI allow children to provide multiple responses. Totals for some measures and questions may not equal 100%.

## PARTICIPATING SCHOOL DISTRICTS, 2016/2017

School District	Number of Children	Participation Rate *
10 Arrow Lakes	27	66%
19 Revelstoke	67	89%
23 Central Okanagan	1,470	88%
38 Richmond	1,243	83%
42 Maple Ridge - Pitt Meadows	956	88%
43 Coquitlam	2,037	86%
46 Sunshine Coast	184	81%
47 Powell River	93	74%
49 Central Coast	7	78%
51 Boundary	84	82%
53 Okanagan - Similkameen	162	94%
61 Victoria	866	61%
70 Alberni	235	86%
78 Fraser - Cascade	108	86%
92 Nisga'a	29	88%
All Independent Schools	31	
<b>Total</b>	<b>7,599</b>	



\* Please note that higher participation rates result in MDI data being more representative of the entire Grade 4 school district population.

# SCHOOL DISTRICT RESULTS

## SD61 ■ GREATER VICTORIA

### DEMOGRAPHICS

#### SCHOOL DISTRICT POPULATION

Total Sample	866	Boys	382
Participation Rate	61%	Girls	431

#### Total Sample

Refers to the total number of children represented in this report. Children are included in the district sample if they complete at least one question on the MDI questionnaire.

#### Participation Rate

Refers to the percentage of the school district's total Grade 4 population that participated in the MDI survey this year.

#### Gender

Children are asked to report their gender and this report reflects their responses. Responses may not add to the district total as some children did not provide an answer to the question on gender.

#### LANGUAGES SPOKEN AT HOME

Aboriginal Language	0%	Korean	1%
Cantonese	1%	Mandarin	3%
English	94%	Punjabi	1%
Filipino/Tagalog	2%	Spanish	2%
French	16%	Vietnamese	0%
Hindi	1%	Other	8%
Japanese	1%		

#### Languages Spoken at Home

Children are able to select more than one language spoken in the home. Therefore, in some cases, the percentages may add up to more than 100%.

#### Aboriginal Languages

If a child selects "Aboriginal Language" as a language spoken at home they are then asked to identify, if possible, the specific language. These data are not publicly available.

#### Other

A limited selection of languages are offered on the MDI questionnaire. The "other" category gives children an opportunity to enter their own response(s). For a list of common responses given for "other" languages, please email: [mdi@help.ubc.ca](mailto:mdi@help.ubc.ca).



# SOCIAL & EMOTIONAL DEVELOPMENT

## IT'S IMPORTANT BECAUSE...

Social and emotional well-being is associated with greater motivation and achievement in school, as well as positive outcomes later in life including post-secondary education, employment, healthy lifestyles, and physical and psychological well-being. Nurturing social and emotional competencies in school, home and after-school environments contribute to children's successful development.

Detailed information on the MDI survey questions and response scales for Social and Emotional Development are available in the **MDI Field Guide** at [discovermdi.ca/making-sense/social-emotional-development](http://discovermdi.ca/making-sense/social-emotional-development).

## Results for your district

Number of children: 866

Percentage of children who reported:

High well-being

Medium well-being

Low well-being

Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.



*Social and emotional competencies include children's ability to recognize, understand, and effectively respond to emotions, manage stress and be optimistic. They also include showing concern for others, sustaining healthy relationships, and making effective personal and social decisions (Weissberg, Durlak, Domitrovitch, & Gullota, 2015).*

### OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."

### EMPATHY

Empathy is the experience of understanding and sharing the feelings of others. e.g. "I care about the feelings of others."

### PROSOCIAL BEHAVIOUR

Prosocial behaviour refers to actions that benefit others. e.g. "I helped someone who was hurt."

### SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."

### HAPPINESS

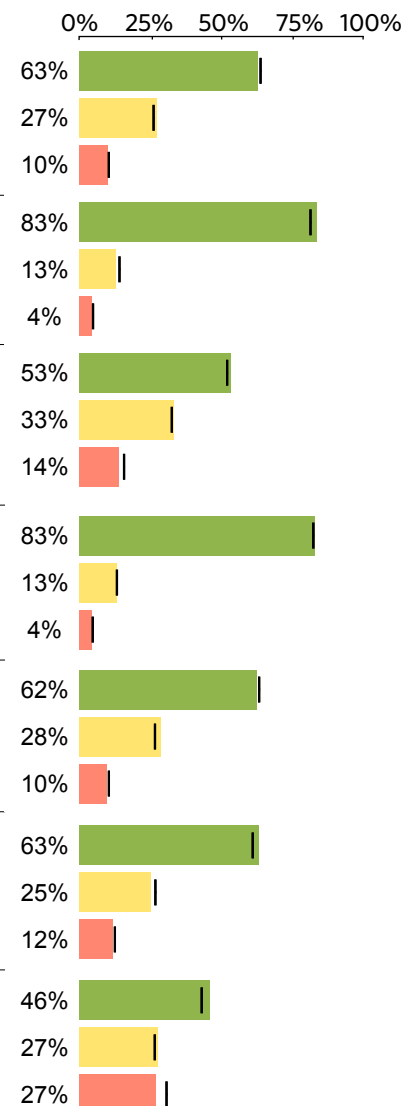
Happiness refers to how content or satisfied children are with their lives. e.g. "I am happy with my life."

### ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."

### ABSENCE OF WORRIES

Worries measure the beginning symptoms of anxiety. e.g. "I worry a lot that other people might not like me."



## SOCIAL & EMOTIONAL DEVELOPMENT



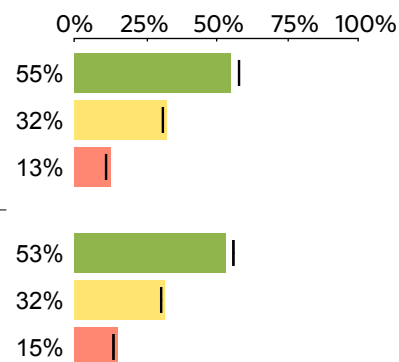
*Middle childhood is an important time for promoting self-regulation and problem-solving strategies to help children persevere in the face of obstacles and setbacks. Related skills and strategies learned during middle childhood tend to stick with children throughout the rest of their lives (Skinner et al., 2016).*

### SELF-REGULATION (LONG-TERM)

Long-term self-regulation requires adapting present behaviour to achieve a goal in the future. e.g. "If something isn't going according to my plans, I change my actions to try and reach my goal."

### SELF-REGULATION (SHORT-TERM)

Short-term self-regulation is about impulse control. It requires adapting behaviour or emotions to meet an immediate goal. e.g. "I can calm myself down when I'm excited or upset."





# PHYSICAL HEALTH & WELL-BEING

## IT'S IMPORTANT BECAUSE...

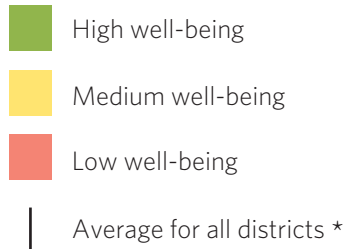
Promoting children’s physical and mental health is important for maintaining their overall health outcomes. It is important to provide children with direction, information and opportunities to develop a healthy lifestyle and to make appropriate lifestyle choices. In addition to physical activity, a good night’s sleep, combined with sharing meals with family members and starting the day with a healthy breakfast, are important factors for positive physical health outcomes.

Detailed information on the MDI survey questions and response scales for Physical Health and Well-Being are available at the **MDI Field Guide** at [discovermdi.ca/making-sense/physical-health-and-well-being](http://discovermdi.ca/making-sense/physical-health-and-well-being).

## Results for your district

Number of children: 866

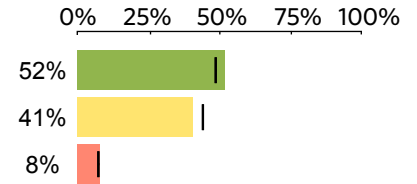
Percentage of children who reported:



\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.

### GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



### EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



### MEALS WITH ADULTS AT HOME

Children are asked, "How often do your parents or adult family members eat meals with you?"



### FREQUENCY OF GOOD SLEEP

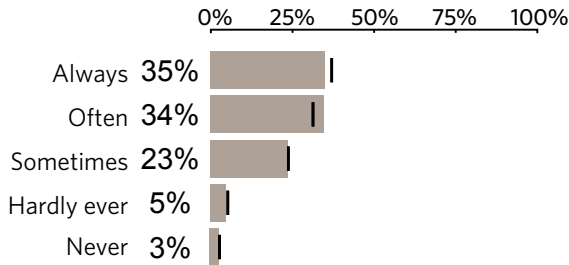
Children are asked, "How often do you get a good night's sleep?"



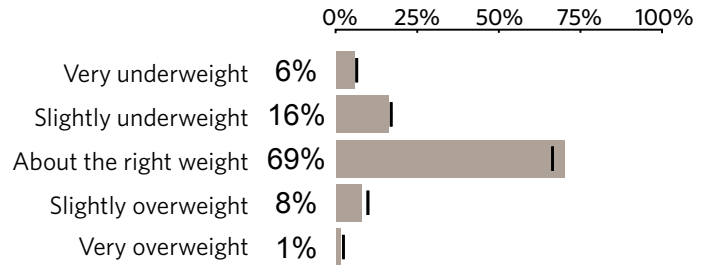
*Eating meals together as a family often is related to increased self-esteem and school success, and decreased chance of eating disorders, substance abuse, violent behaviour, and symptoms of depression (Harrison et al., 2015).*

## PHYSICAL HEALTH & WELL-BEING

### HOW OFTEN DO YOU LIKE THE WAY YOU LOOK?



### HOW DO YOU RATE YOUR BODY WEIGHT?



### WHAT TIME DO YOU USUALLY GO TO BED DURING THE WEEKDAYS?

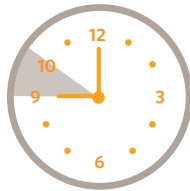


Children ages 5 to 13 need 9–11 hours of uninterrupted sleep a night (Hirshkowitz et al., 2015). When children do not get enough sleep they are more likely to have troubles at school, be involved in family disagreements, and display symptoms of depression (Smaldone, Honig, & Byrne, 2007).



Before 9pm

**46%**



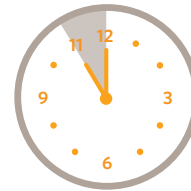
9pm - 10pm

**38%**



10pm - 11pm

**8%**



11pm - 12am

**4%**



After 12am

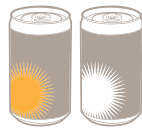
**5%**

### HOW OFTEN DO YOU EAT FOOD LIKE POP, CANDY, POTATO CHIPS, OR SOMETHING ELSE?



Never-Once/week

**41%**



2-4 times/week

**41%**



5+ times/week

**18%**

### DO YOU HAVE A PHYSICAL OR HEALTH CONDITION THAT KEEPS YOU FROM DOING SOME THINGS OTHER KIDS YOUR AGE DO?

For example, school activities, sports or getting together with friends. Children can select all of the options that apply.

No health condition	Yes, a physical disability	Yes, a long-term illness	Yes, overweight	Yes, something else
<b>83%</b>	<b>5%</b>	<b>4%</b>	<b>3%</b>	<b>8%</b>



# CONNECTEDNESS

## IT'S IMPORTANT BECAUSE...

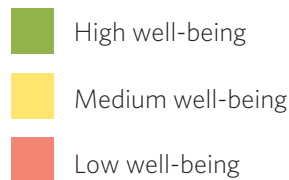
Children's connections to their parents, peers and the people in their schools and communities play a central role in their development. These connections promote mental health and can act as protective factors to children's well-being. Research shows that a single caring adult, be it a family member, a teacher or a neighbour, can make a very powerful difference in a child's life.

Detailed information on the MDI survey questions and response scales for Connectedness are available in the MDI Field Guide at [discovermdi.ca/making-sense/connectedness](http://discovermdi.ca/making-sense/connectedness).

## Results for your district

Number of children: 866

Percentage of children who reported:



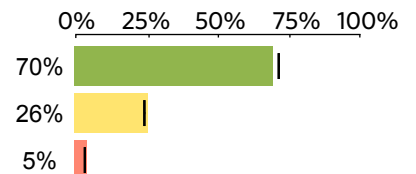
Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.

### CONNECTEDNESS WITH ADULTS

#### ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g. "At my school there is an adult who believes I will be a success."



#### ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g. "In my neighbourhood/community there is an adult who really cares about me."



#### ADULTS AT HOME

Assesses the quality of relationships children have with the adults in their home. e.g. "In my home there is a parent or other adult who listens to me when I have something to say."



*A sense of belonging with peers and a supportive relationship with adults, at home and school, are important aspects related to children's satisfaction with life, even more than family income or personal health (Gadermann et al., 2015).*

### NUMBER OF IMPORTANT ADULTS AT SCHOOL



**71%**  
2 or more



**9%**  
One



**20%**  
None

# CONNECTEDNESS

## CONNECTEDNESS WITH PEERS

Percentage of children who reported:

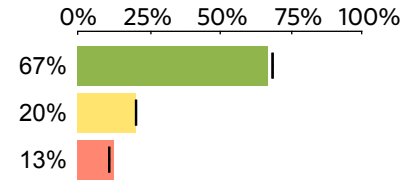
- High well-being
- Medium well-being
- Low well-being

| Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.

### PEER BELONGING

Measures children's feelings of belonging to a social group. e.g. "When I am with other kids my age, I feel I belong."



### FRIENDSHIP INTIMACY

Assesses the quality of relationships children have with their peers. e.g. "I have a friend I can tell everything to."



*Strong social connections in adolescence are a better predictor of well-being in adulthood than their academic achievement (Olsson, 2013).*

*Social competencies and friendship-building skills can buffer children against bullying, anxiety and depression (Guhn et al., 2013).*





# USE OF AFTER-SCHOOL TIME

## IT'S IMPORTANT BECAUSE...

Participation in activities after school provides important developmental experiences for children in their middle years. These activities create a variety of opportunities for children to build relationship skills and gain competencies. Research has consistently found that children who are engaged in after-school activities experience greater academic and social success.

Detailed information on the MDI survey questions and response scales for Use of After-School Time are available in the **MDI Field Guide** at [discovermdi.ca/making-sense/after-school-time](http://discovermdi.ca/making-sense/after-school-time).

## Results for your district

Number of children: 866

Percentage of children who reported:

- 2+ times per week
- Once per week
- Not at all

Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.

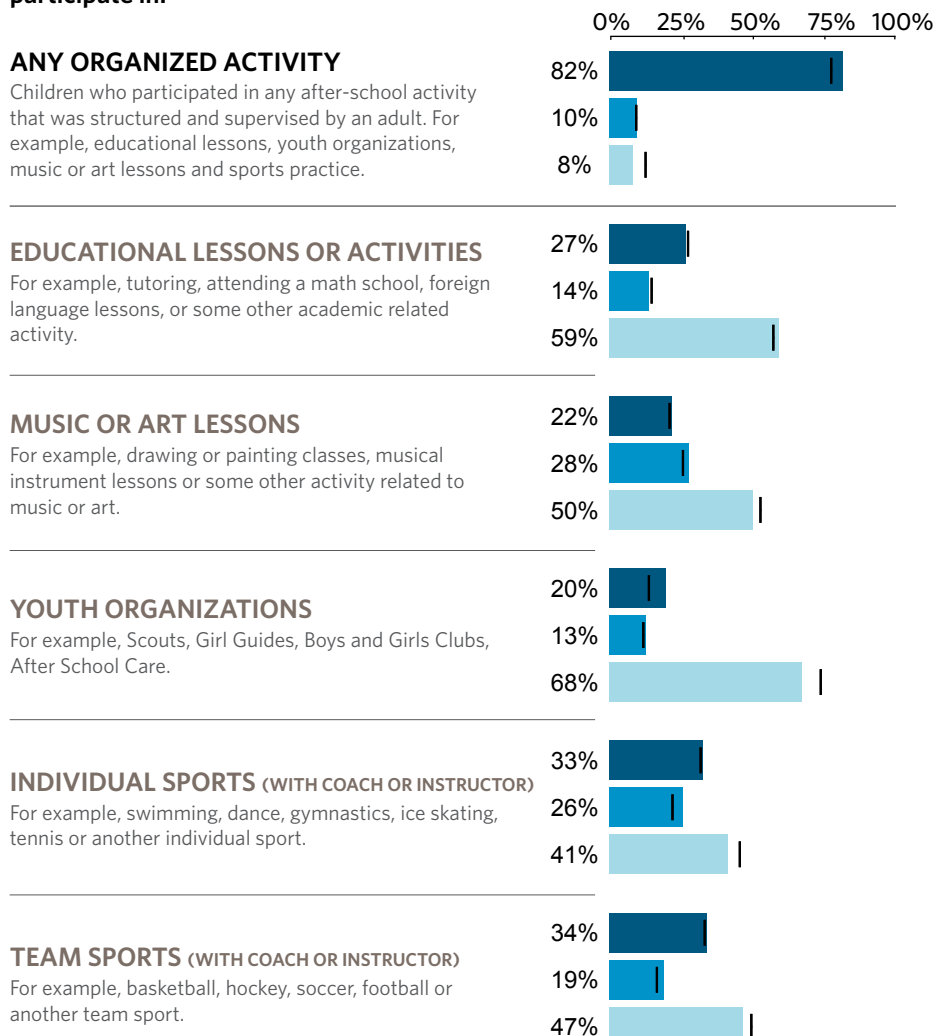


*Participation in after-school programs can result in greater connectedness to school and success in school as well as decreased negative behaviours (Durlak et al., 2010).*

*Children who demonstrate a lack of self-control and problem solving skills may experience the greatest benefit from activities such as music, arts, and sports that help to develop these skills (Diamond, 2014).*

### AFTER-SCHOOL ACTIVITIES

**During last week after school (from 3pm - 6pm), how many days did you participate in:**



# USE OF AFTER-SCHOOL TIME

## HOW CHILDREN SPEND THEIR TIME

Children were asked how they spend their time during the after-school hours of 3pm-6pm on unstructured or unsupervised activities:

Percentage of children who reported:



Average for all districts \*

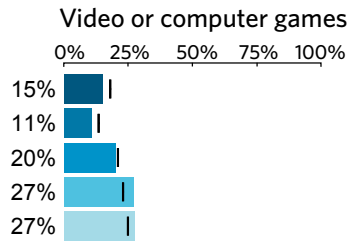
\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.



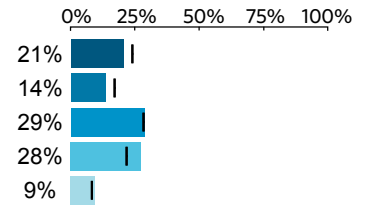
When youth are passionately engaged and motivated in activities including arts, physical exercise, or volunteer activities, they experience improved brain development, social competence, and academic success (Diamond, 2014).

Quiet reflection time and daydreaming is as important to brain health and development as active and focused activities (Immordino-Yang et al., 2012).

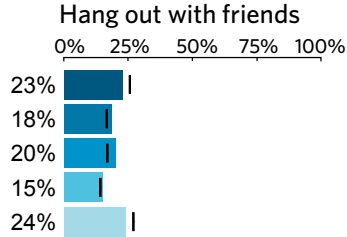
### TV & COMPUTER USE



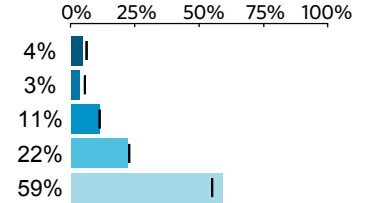
### Watch TV, Netflix, Youtube or something else



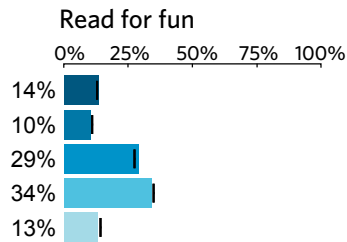
### SOCIALIZING WITH FRIENDS



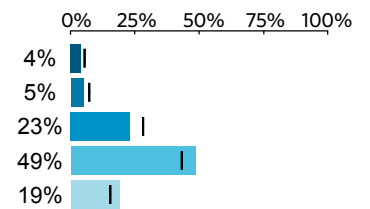
### Use a phone or the Internet to text or chat with friends



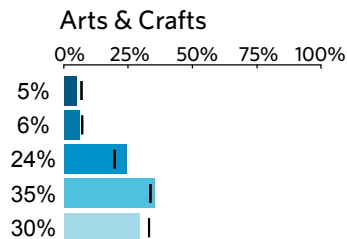
### READING & HOMEWORK



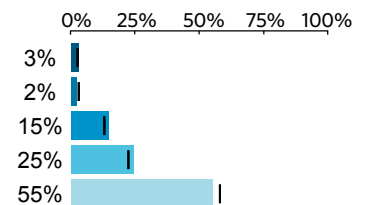
### Do homework



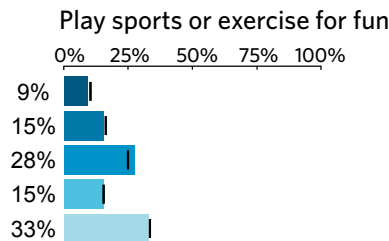
### MUSIC & ARTS



### Practice a musical instrument



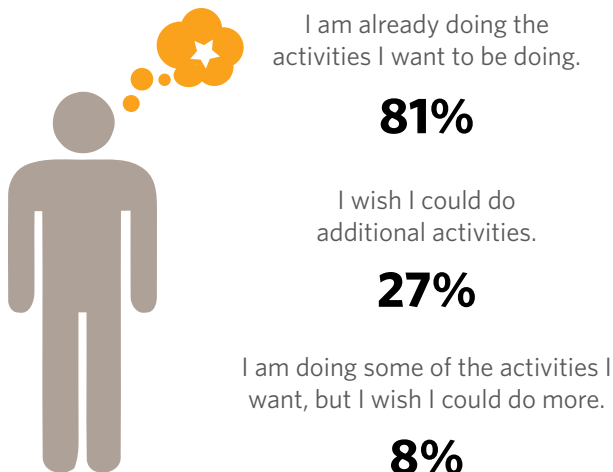
### SPORTS



## USE OF AFTER-SCHOOL TIME

### WHAT CHILDREN WISH TO BE DOING

Children were asked what they want to be doing during the after school hours of 3pm – 6pm:

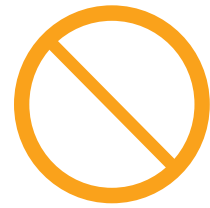


Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES	(Number of students)
Computer/Video Games/TV	16
Friends and Playing	14
Physical and/or Outdoor Activities	122
Music and Fine Arts	27
Time with Family at Home	2
Free Time/Relaxing	1
Other	24

WHERE WOULD YOU LIKE THIS ACTIVITY TO BE?	(Number of students)
Community Centre	72
Home	67
Park or Playground	37
School	46
Other	92

### PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3pm – 6pm): Children can select all of the options that apply

	(Number of students)
I have no barriers.	406
I have to go straight home after school.	175
I am too busy.	168
It costs too much.	78
The schedule does not fit the times I can attend.	139
My parents do not approve.	60
I don't know what's available.	63
I need to take care of siblings or do things at home.	53
It is too difficult to get there.	60
None of my friends are interested or want to go.	52
The activity that I want is not offered.	77
I have too much homework to do.	53
I am afraid I will not be good enough in that activity.	50
It is not safe for me to go.	22
Other.	78



*A study examining the experiences of children in Grades 1-5 who participated in after-school programs found that children who participated in high-quality, structured after-school programs had increased social-emotional skills, in addition to fewer conduct problems and higher social self-control and assertion (Wade, 2015).*

## USE OF AFTER-SCHOOL TIME

### AFTER-SCHOOL PEOPLE AND PLACES

#### WHERE DO YOU GO AFTER SCHOOL? (From 3pm - 6pm)

	Never	Once a week	2+ times a week
Home	7%	5%	88%
Stay at school for an activity	62%	17%	21%
After-school program or child care	66%	5%	29%
Friend's house	34%	43%	23%
Park/playground/community centre	40%	27%	33%
The mall or stores	62%	23%	15%
Someplace else	43%	31%	26%

#### WHO ARE YOU WITH AFTER SCHOOL?

(Children can select all of the options that apply)

By myself	13%
Friends about my age	37%
Younger brothers/sisters	23%
Older brothers/sisters	26%
Mother (or stepmother/foster mother)	56%
Father (or stepfather/foster father)	42%
Other adult (such as grandparent, aunt or uncle, coach, babysitter)	16%
Other	14%

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:



Yes

**80%**



No

**5%**



Don't Know

**15%**

In your neighbourhood/community there are places that provide programs for kids your age:



Yes

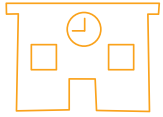
**57%**

No

**10%**

Don't Know

**33%**



# SCHOOL EXPERIENCES

## IT'S IMPORTANT BECAUSE...

During the transition from elementary to middle and high school, children's experiences of teacher and peer relationships, and bullying, change significantly. Children's sense of safety and belonging at school can foster greater school success. When children feel their needs are being met at school they are more likely to feel attached to their school, have better attendance and higher academic performance.

Detailed information on the MDI survey questions and response scales for School Experiences are available in the **MDI Field Guide** at [discovermdi.ca/making-sense/school-experiences](http://discovermdi.ca/making-sense/school-experiences).

## Results for your district

Number of children: 866

Percentage of children who reported:

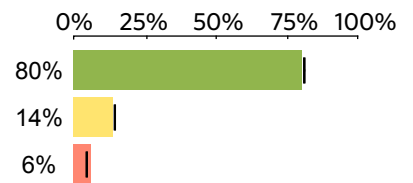
- High well-being
- Medium well-being
- Low well-being

| Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.

### ACADEMIC SELF-CONCEPT

Children's beliefs about their academic ability, including their perceptions of themselves as students and how interested and confident they feel in school. e.g. "I am certain I can learn the skills taught in school this year."



### SCHOOL CLIMATE

The overall tone of the school environment, including the way teachers and students interact and how students treat each other. e.g. "People care about each other in this school."



### SCHOOL BELONGING

School belonging is the degree to which children feel connected and valued at their school. e.g. "I feel like I am important to this school."



*Children's perception of kindness within a school is a consistent indicator of a positive school climate. Students who see kind behaviours in students, teachers and staff also describe their school environments as being safe and encouraging places to learn. As children transition from Grade 4 to Grade 8, perceptions of kindness in schools decrease (Binfet, Gadermann & Schonert-Reichl, 2016).*

## SCHOOL EXPERIENCES

Percentage of children who feel it is **very important** to:



make friends

**74%**



get good grades

**73%**



learn new things

**80%**

Percentage of children who **agree a little** or **agree a lot** that:



When I grow up, I have goals and plans for the future.

**83%**

## VICTIMIZATION AND BULLYING AT SCHOOL

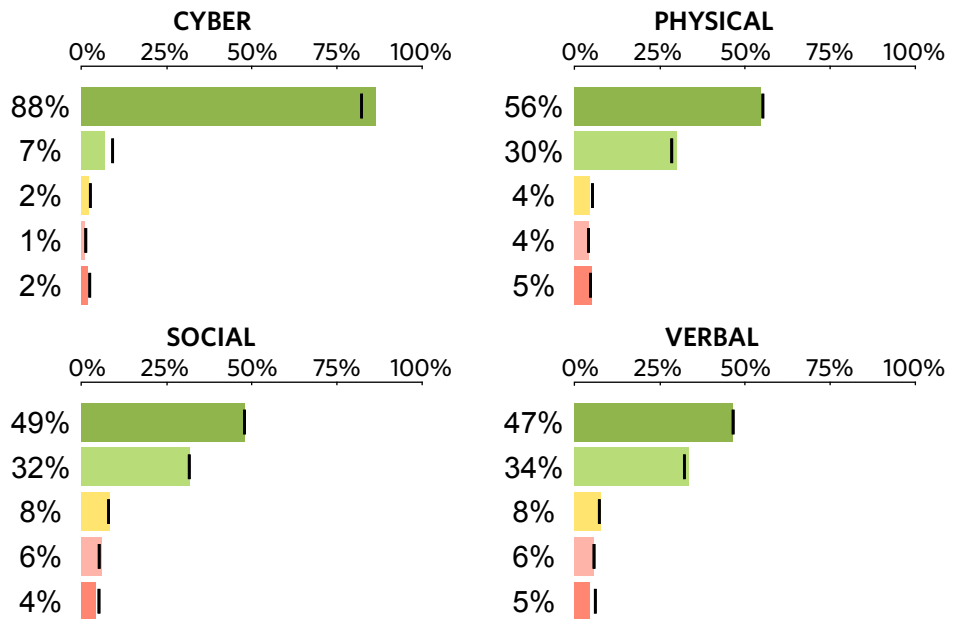
Children are asked: **During this school year, how often have you been bullied by other students in the following ways?**

Percentage of children who reported:

- Not at all
- Once/a few times
- About every month
- About every week
- Many times a week

| Average for all districts \*

\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.



Children and youth who demonstrate empathy are less likely to bully others and are more likely to defend against bullying. Research shows that specific empathy skills differ between those who bully, are victimized, defend or are bystanders. Focusing on developing children's understanding of what others feel results both in less bullying and more defending behaviours (van Noorden et al, 2015).

# WELL-BEING & ASSETS INDICES

Combining select measures of the MDI helps us paint a fuller picture of children’s overall well-being and the assets that contribute to their healthy development. In this section of the report, results for key MDI measures are summarized into two indices that deepen our understanding of how the five dimensions work together to support children: The Well-Being Index and the Assets Index.

MDI research has shown there is a relationship between children’s assets and well-being. Children’s self-reported well-being is directly related to the number of assets they perceive in their lives; as the number of assets in a child’s life increases, they are more likely to report higher levels of well-being.

Visit the **MDI Field Guide** to learn more about this important relationship at [discovermdi.ca/making-sense/well-being-and-asset-indices](http://discovermdi.ca/making-sense/well-being-and-asset-indices).

## THE WELL-BEING INDEX

The Well-Being Index combines MDI measures relating to children’s physical health and social and emotional development that are of critical importance during the middle years. These are: Optimism, Happiness, Self-Esteem, Absence of Sadness and General Health.

Scores from these five measures are combined and reported by three categories of well-being, providing a holistic summary of children’s mental and physical health:



### Thriving

Children who are reporting positive responses on at least 4 of the 5 measures of well-being.



### Medium to High Well-Being

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

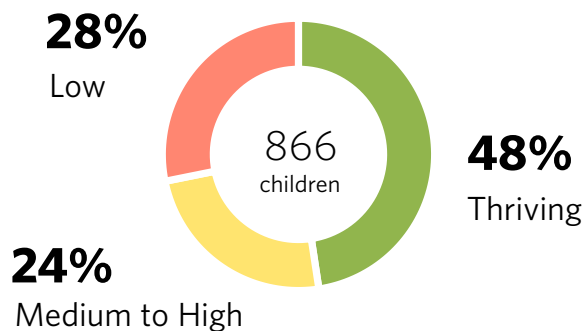


### Low Well-Being

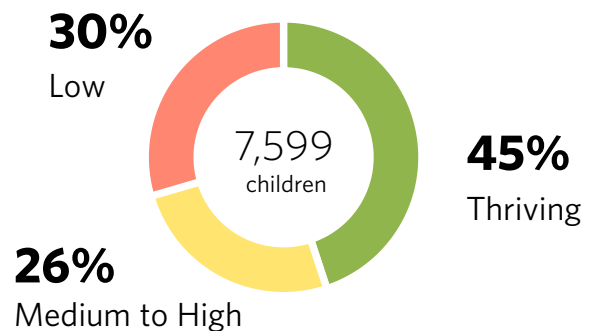
Children who are reporting negative responses on at least 1 measure of well-being.

## Results for your district

Greater Victoria (SD61)



All Participating Districts



# WELL-BEING AND ASSETS INDICES

## THE ASSETS INDEX

The Assets Index combines measures that highlight four key assets that help to promote children’s positive development and well-being. Assets are positive experiences, relationships or behaviours present in children’s lives. Assets are considered *actionable*, meaning that schools and communities can focus their efforts in these areas to create the conditions and contexts where children can thrive.



### ADULT RELATIONSHIPS

Adults at School  
Adults in the Neighbourhood  
Adults at Home



### PEER RELATIONSHIPS

Peer Belonging  
Friendship Intimacy



### NUTRITION & SLEEP

Eating Breakfast  
Meals with Adults at Home  
Frequency of Good Sleep



### AFTER-SCHOOL ACTIVITIES

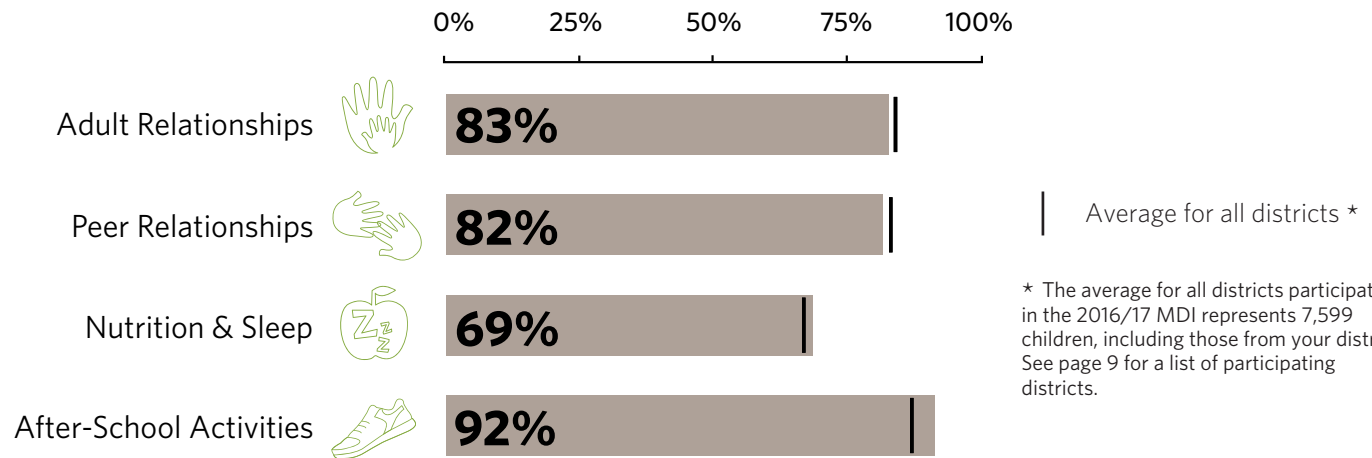
Organized Activities

School Experiences are also considered to be an asset that contributes to childrens' well-being. The School Experiences asset is not reported as part of the Assets Index to prevent the ranking of individual schools or districts. Please refer to the School Climate and Bullying and Victimization measures for data related to this asset.

## Results for your district

Number of children: 866

Percentage of children reporting the presence of the following assets in their lives:



\* The average for all districts participating in the 2016/17 MDI represents 7,599 children, including those from your district. See page 9 for a list of participating districts.



# NEIGHBOURHOOD RESULTS



Neighbourhoods have unique characteristics that provide important context for interpreting MDI results. Understanding neighbourhood-level differences within a school district or community is essential when considering actions to support children’s well-being. The neighbourhood results section includes:

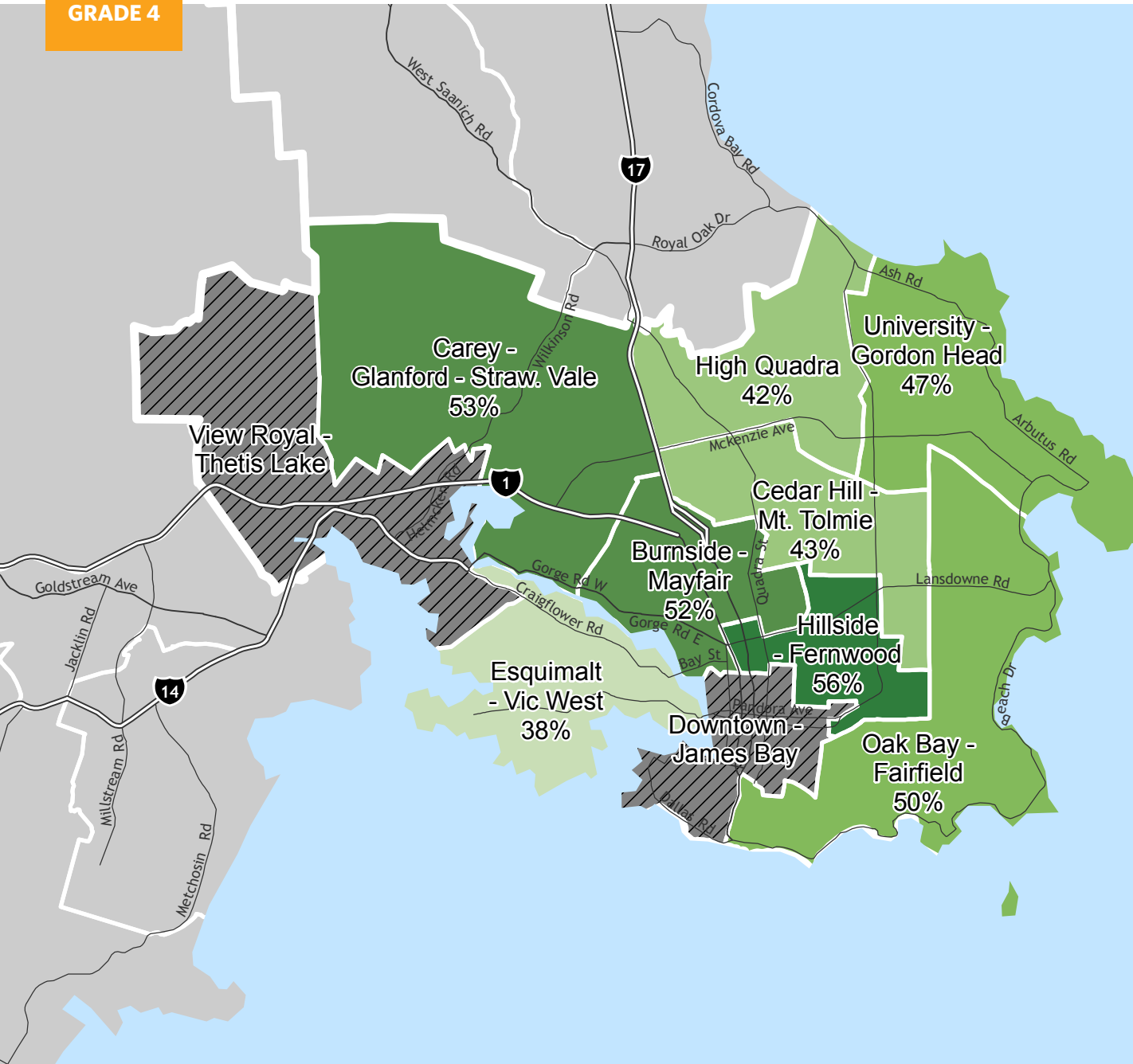
## **Neighbourhood Maps**

- Well-Being Index Map: representing the percentage of children who are “Thriving.”
- Assets Index Maps: representing the percentage of children reporting the presence of each of the four assets of the Assets Index: Adult Relationships, Peer Relationships, Nutrition and Sleep, and After-School Activities.

**Neighbourhood Data Table** – a summary table of the Well-Being Index and Assets Index data.

**Neighbourhood Profiles** – a summary of MDI data based on the neighbourhoods in which children live, including children from all participating public and independent schools. Results are provided for the Well-Being Index, the Assets Index and a selection of questions related to after-school time and community belonging and safety.

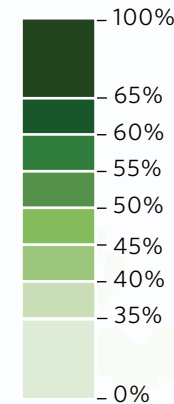
Note that these data are aggregated based on children’s home postal codes, not by where they go to school. Where neighbourhoods contain fewer than 35 children, the results are suppressed.



## WELL-BEING INDEX

The MDI Well-Being Index is a composite score of 5 measures that are of critical importance during the middle years. Children who report positive responses on at least 4 of the 5 measures are considered to be “thriving.”

### Percentage of Children Thriving



SD 61  
**48%**

All Participating  
Districts\*  
**45%**

■ Data Suppressed  
(<35 students)

\*See page 9 for a list of participating school districts in 2016/17.

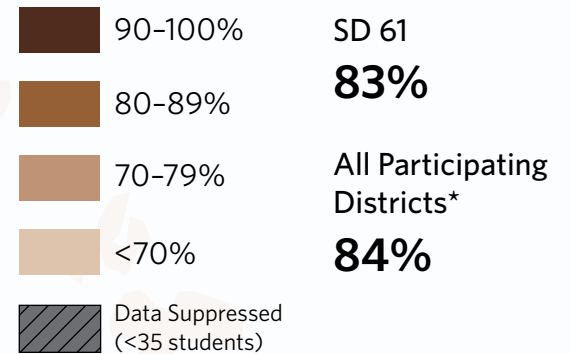
Note: Data are mapped using home postal codes, not by where children attend school.



## ADULT RELATIONSHIPS

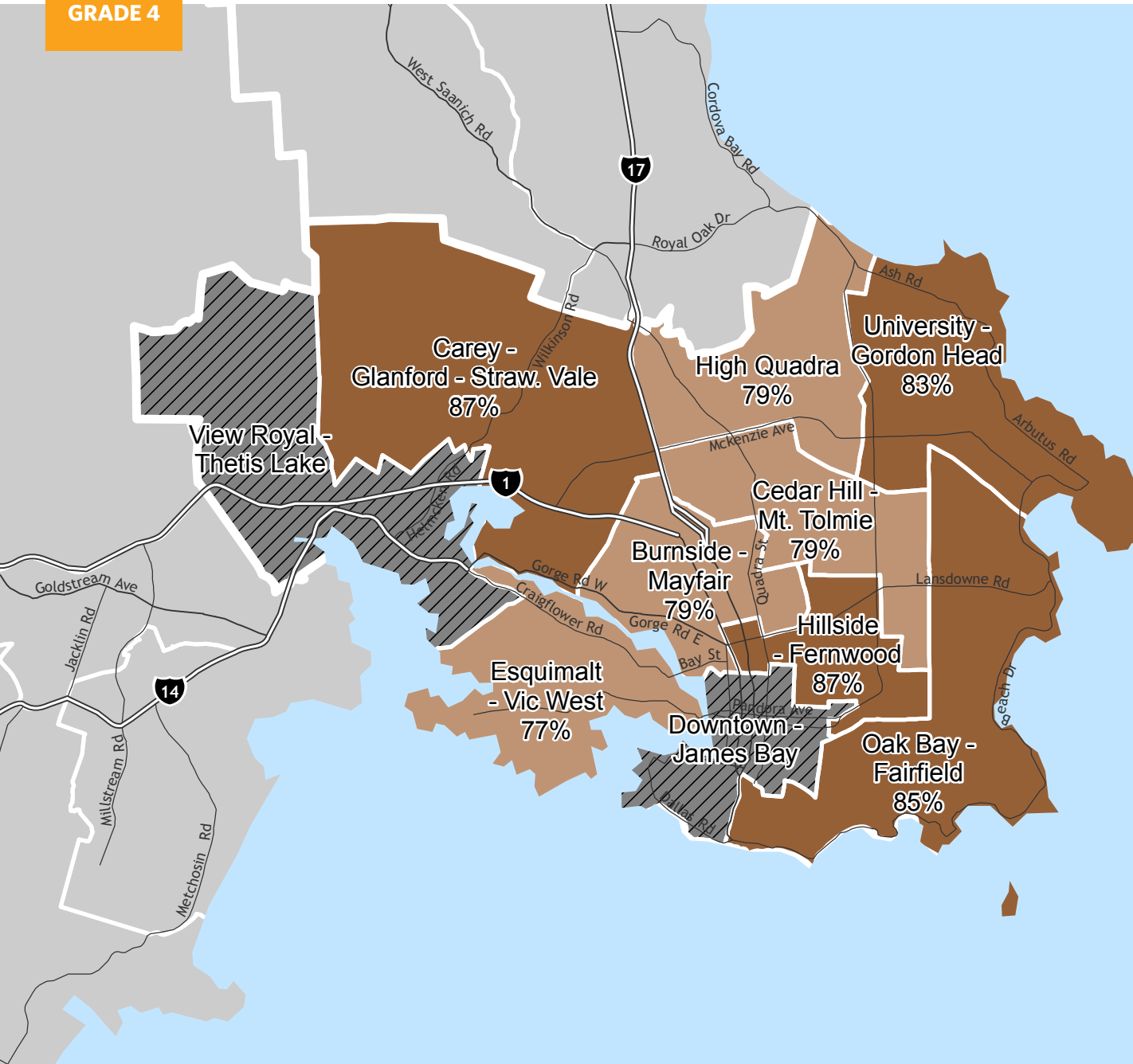
Children's health and well-being are directly related to the presence of adult relationships at home, at school and in their neighbourhood or community.

Percentage of children reporting the presence of the adult relationship asset



\*See page 9 for a list of participating school districts in 2016/2017.

Note: Data are mapped using home postal codes, not by where children attend school.

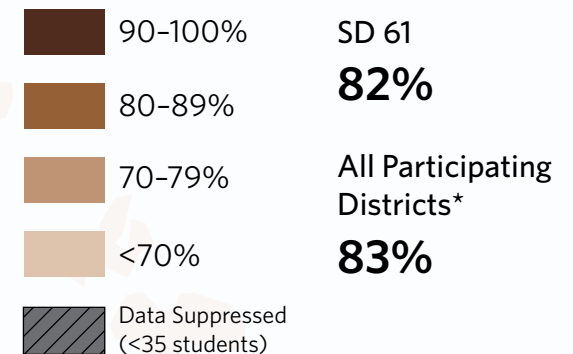




## PEER RELATIONSHIPS

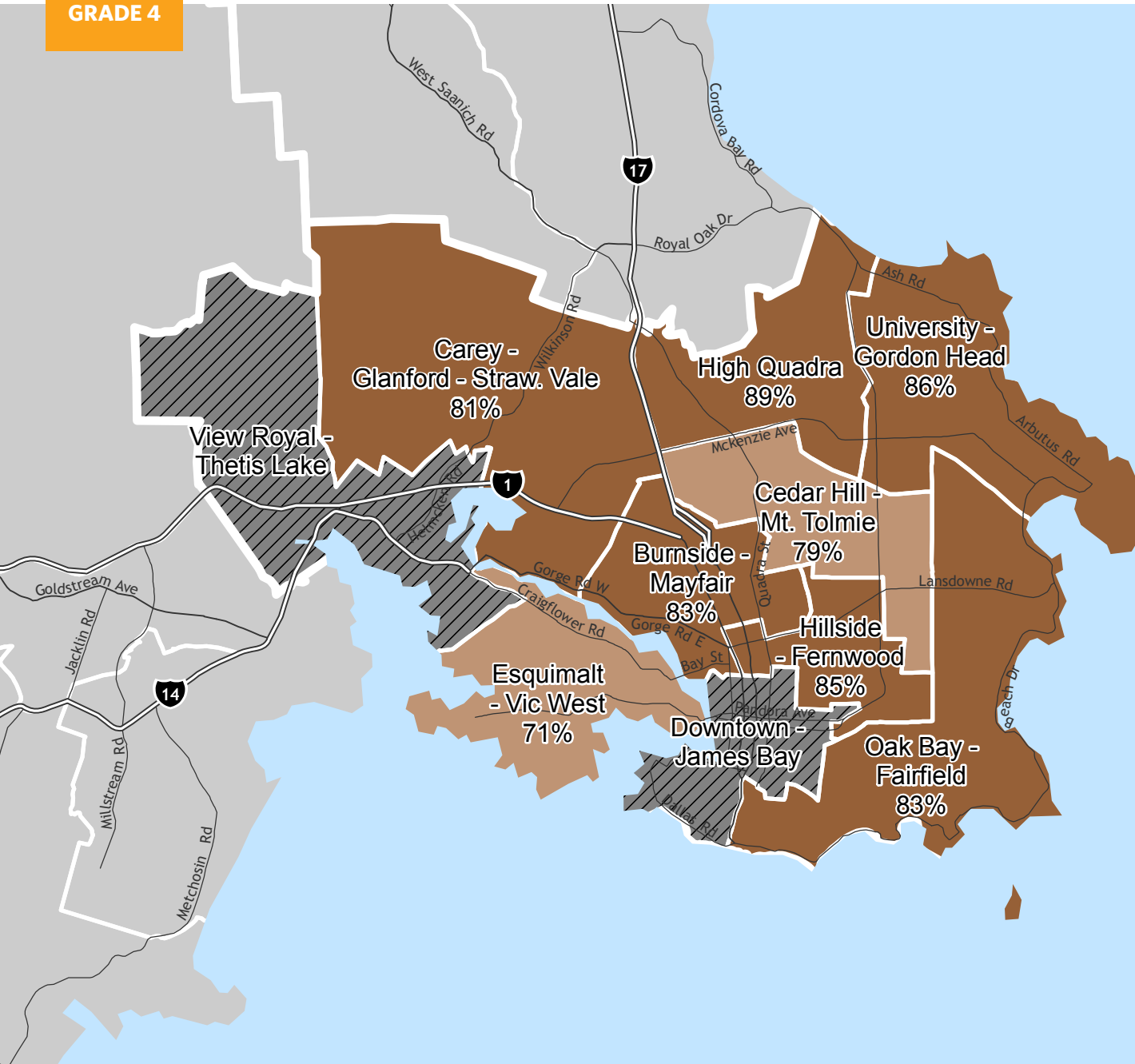
Children's health and well-being are directly related to feeling a sense of belonging with their peers and having close or intimate friendships.

Percentage of children reporting the presence of the peer relationship asset



\*See page 9 for a list of participating school districts in 2016/17.

Note: Data are mapped using home postal codes, not by where children attend school.

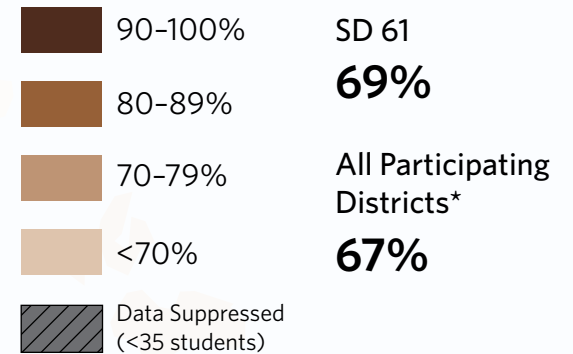




## NUTRITION & SLEEP

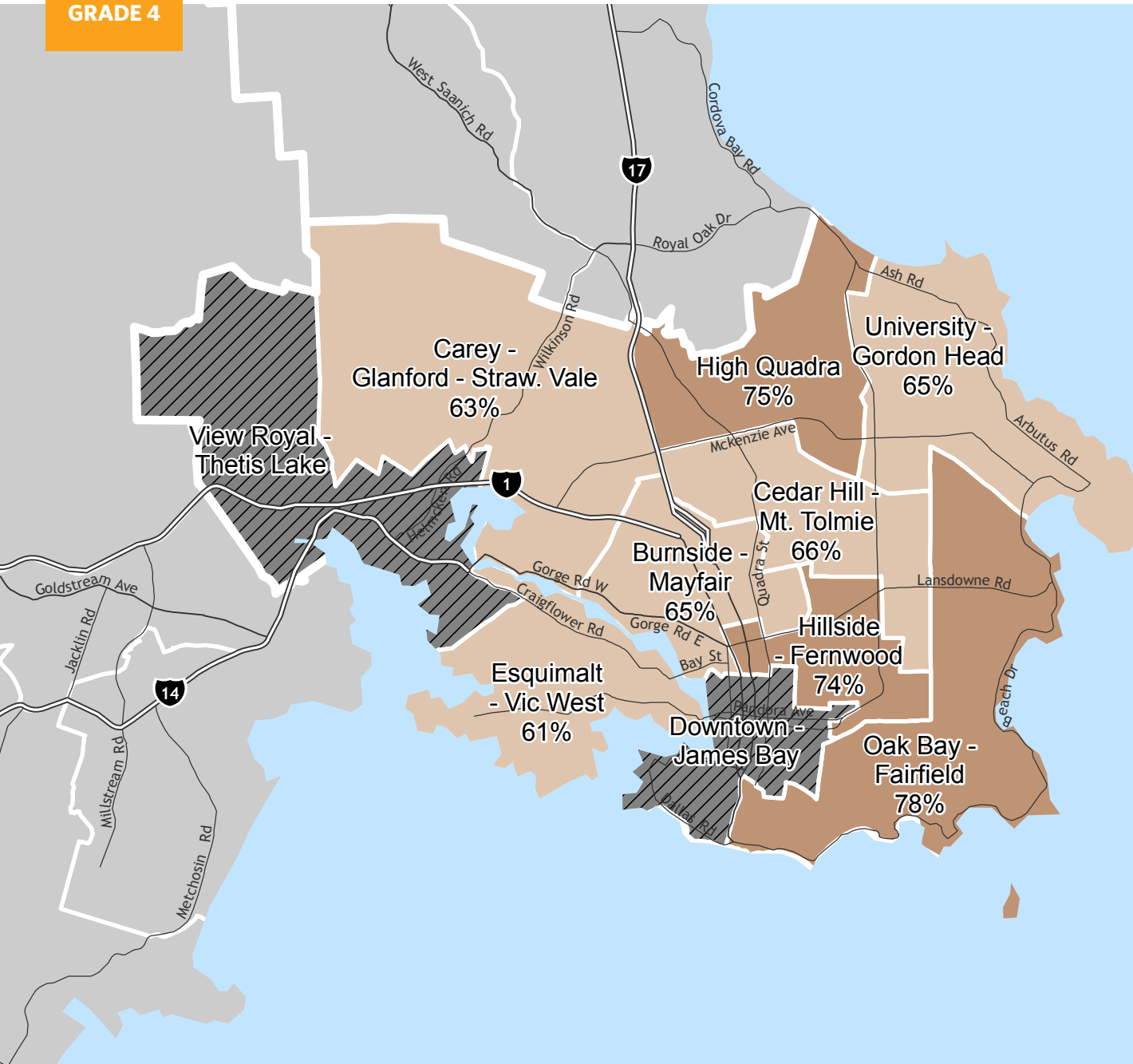
Children's health and well-being are directly related to their nutrition and sleeping habits.

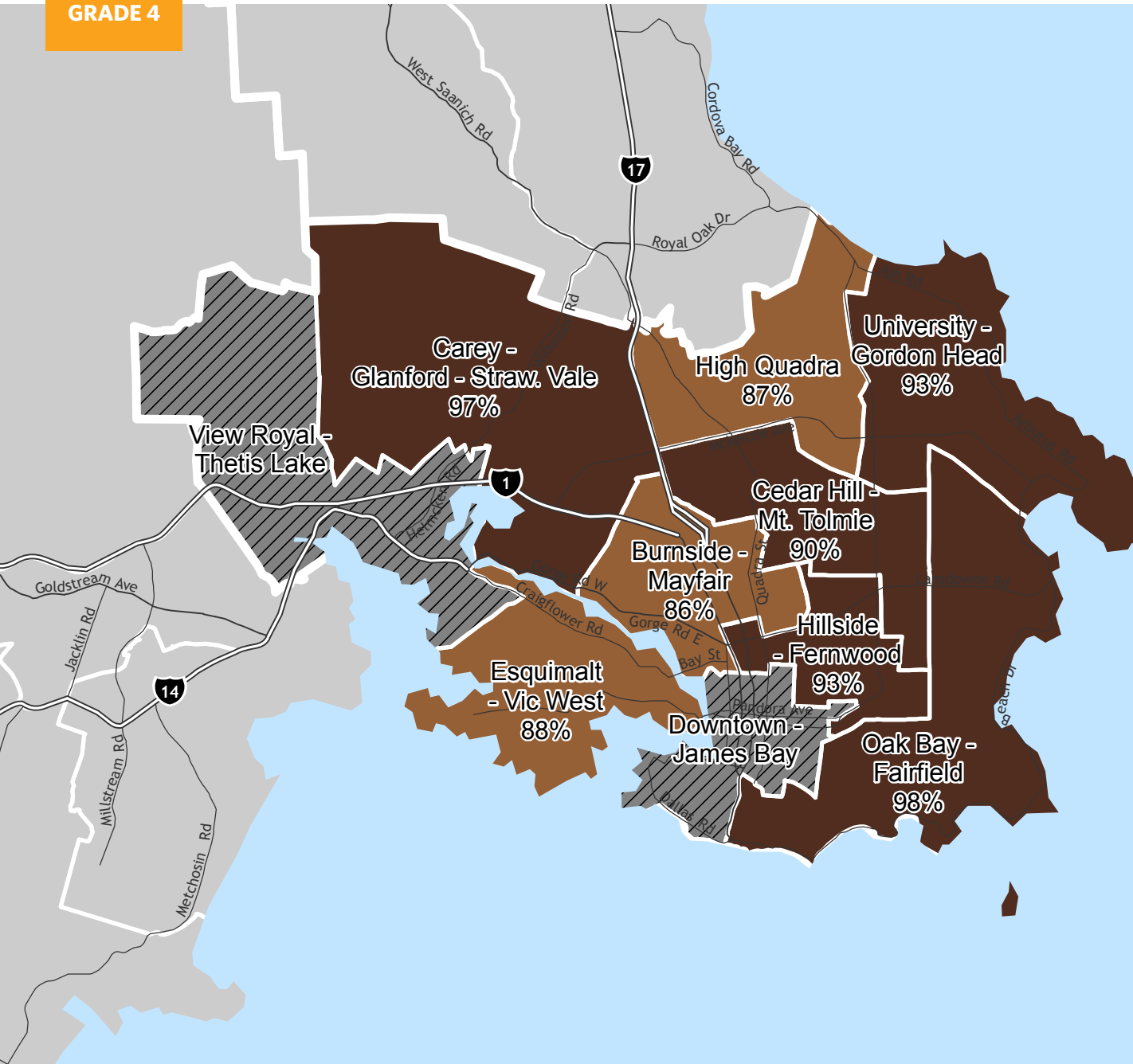
Percentage of children reporting the presence of the nutrition and sleep asset



\*See page 9 for a list of participating school districts in 2016/17.

Note: Data are mapped using home postal codes, not by where children attend school.

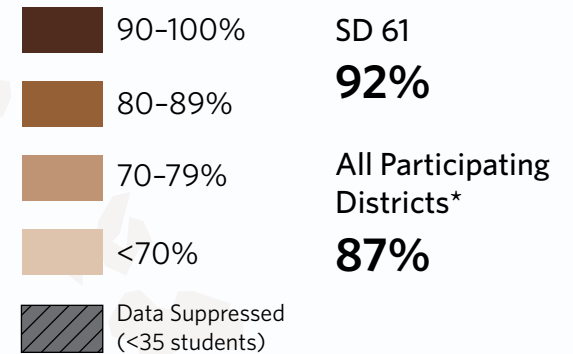




## AFTER-SCHOOL ACTIVITIES

Children's health and well-being are directly related to the positive activities they participate in during the after-school hours of 3-6pm.

Percentage of children reporting the presence of the after-school activity asset



\*See page 9 for a list of participating school districts in 2016/17.

Note: Data are mapped using home postal codes, not by where children attend school.

# NEIGHBOURHOOD DATA TABLE

## SD61 ■ GREATER VICTORIA

### WELL-BEING INDEX

Percentage of children experiencing:



Thriving

Medium to High  
Well-Being

Low  
Well-Being

### ASSETS INDEX

Percentage of children reporting the presence of these assets in their lives:



Adult  
Relationships

Peer  
Relationships

Nutrition &  
Sleep

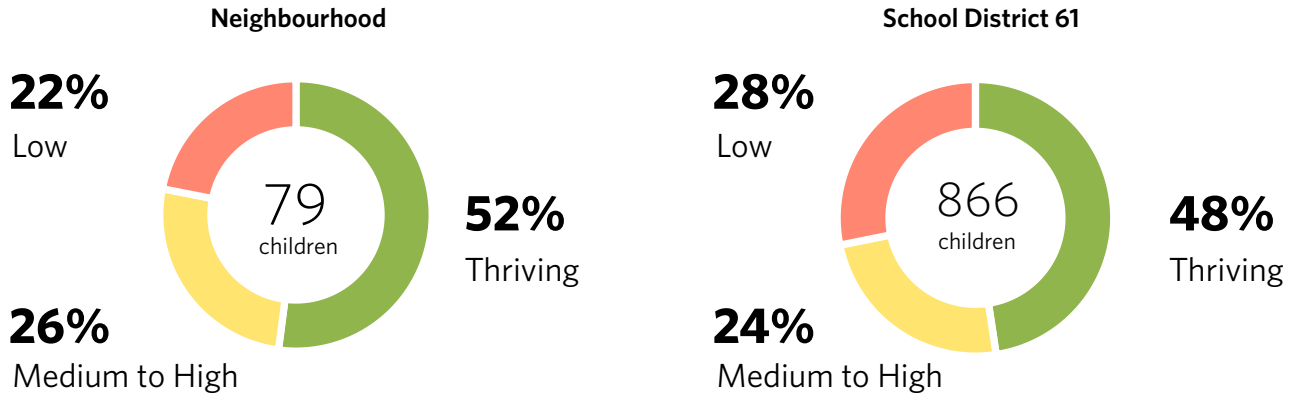
After-School  
Activities

Neighbourhood	Number of Children	Thriving	Medium to High Well-Being	Low Well-Being	Adult Relationships	Peer Relationships	Nutrition & Sleep	After-School Activities
Burnside - Mayfair	79	52	26	22	79	83	65	86
Carey - Glanford - Straw. Vale	75	53	24	24	87	81	63	97
Cedar Hill - Mt. Tolmie	93	43	23	34	79	79	66	90
Downtown - James Bay	30							
Esquimalt - Vic West	87	38	24	38	77	71	61	88
High Quadra	71	42	26	32	79	89	75	87
Hillside - Fernwood	118	56	19	25	87	85	74	93
Oak Bay - Fairfield	161	50	27	23	85	83	78	98
University - Gordon Head	116	47	27	27	83	86	65	93
View Royal - Thetis Lake	13							
<b>Greater Victoria (SD 61)</b>	<b>866</b>	<b>48</b>	<b>24</b>	<b>28</b>	<b>83</b>	<b>82</b>	<b>69</b>	<b>92</b>
<b>All Participating Districts</b>	<b>7,599</b>	<b>45</b>	<b>26</b>	<b>30</b>	<b>84</b>	<b>83</b>	<b>67</b>	<b>87</b>

Note: Neighbourhood data are aggregated using children's home postal code. School district data are aggregated by where children attend school. The number of children in all neighbourhoods may not equal the total school district count. MDI results are suppressed where there are fewer than 35 children.

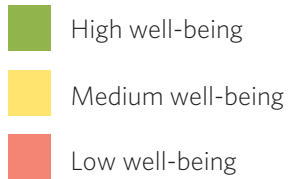
Number of children: 79

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

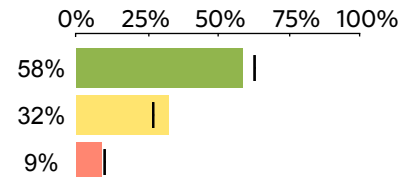
Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



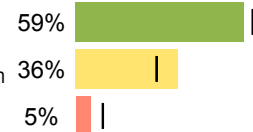
**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."



**HAPPINESS**

Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."



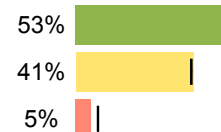
**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."



**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"



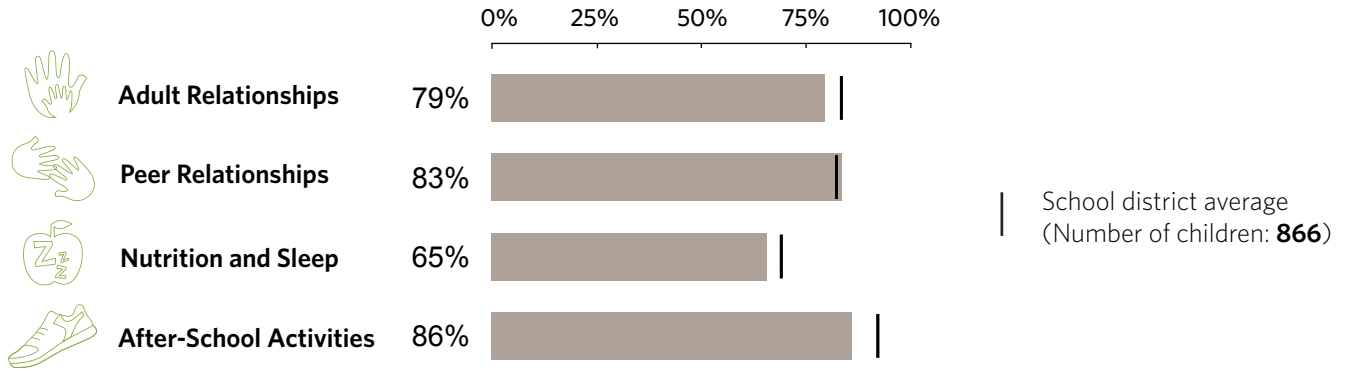


# NEIGHBOURHOOD PROFILE: BURNSIDE - MAYFAIR

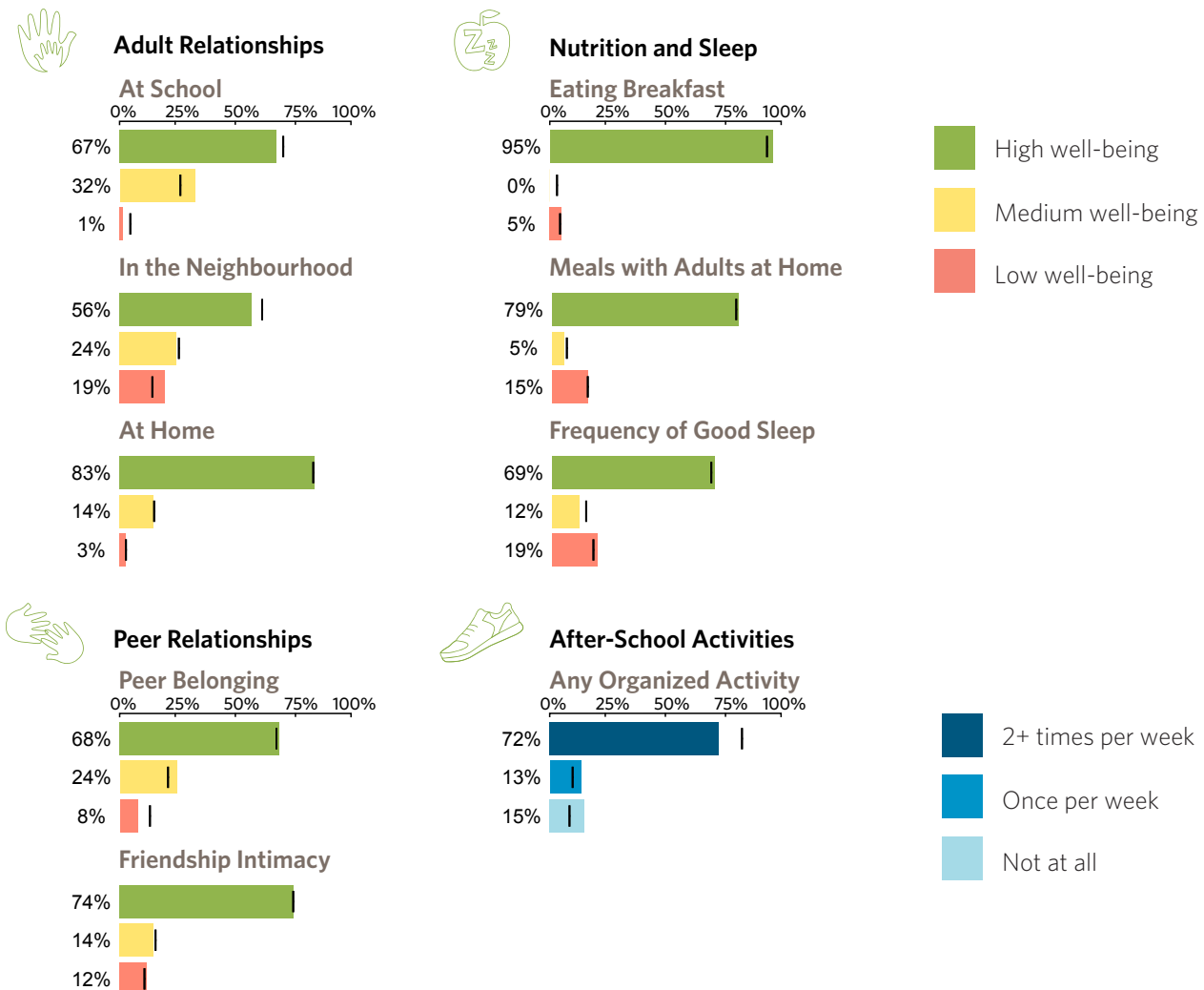
Number of children: 79

## ASSETS INDEX

Percentage of children reporting the presence of the following assets in their lives:



## MEASURES COMPRISING THE ASSETS INDEX



## NEIGHBOURHOOD PROFILE: BURNSIDE - MAYFAIR

Number of children: 79

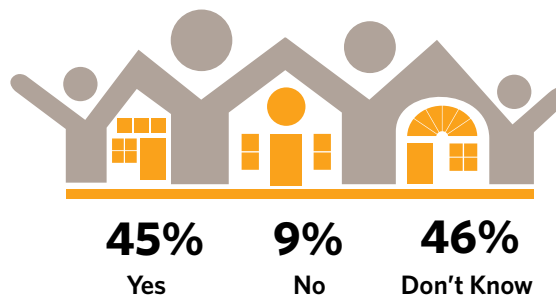
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>28%</b> No	Physical and/or Outdoor Activities	11	Have to go straight home	16
<b>75%</b> Yes	Other	4	I am too busy	16
<b>3%</b> Yes and No	Music and Fine Arts	3	Does not fit my schedule	12

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	72%	8%	20%
Art or music lessons	51%	28%	20%
Youth organizations	67%	13%	20%
Individual sports with a coach or instructor	50%	26%	24%
Team sports with a coach or instructor	59%	16%	25%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**35%**

Really care about me.



**37%**

Believe that I will be a success.



**29%**

Listen to me when I have something to say.



**77%**

Yes



**6%**

No



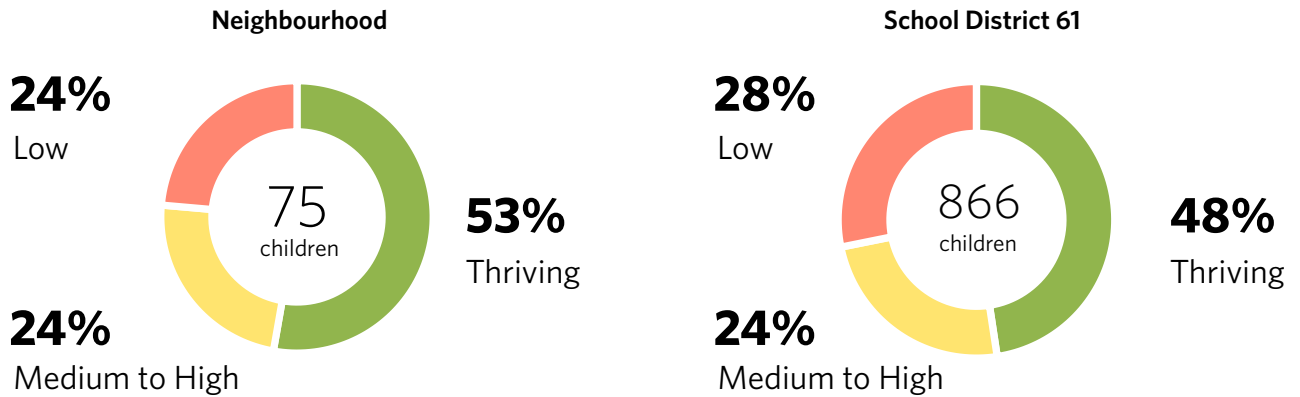
**17%**

Don't Know

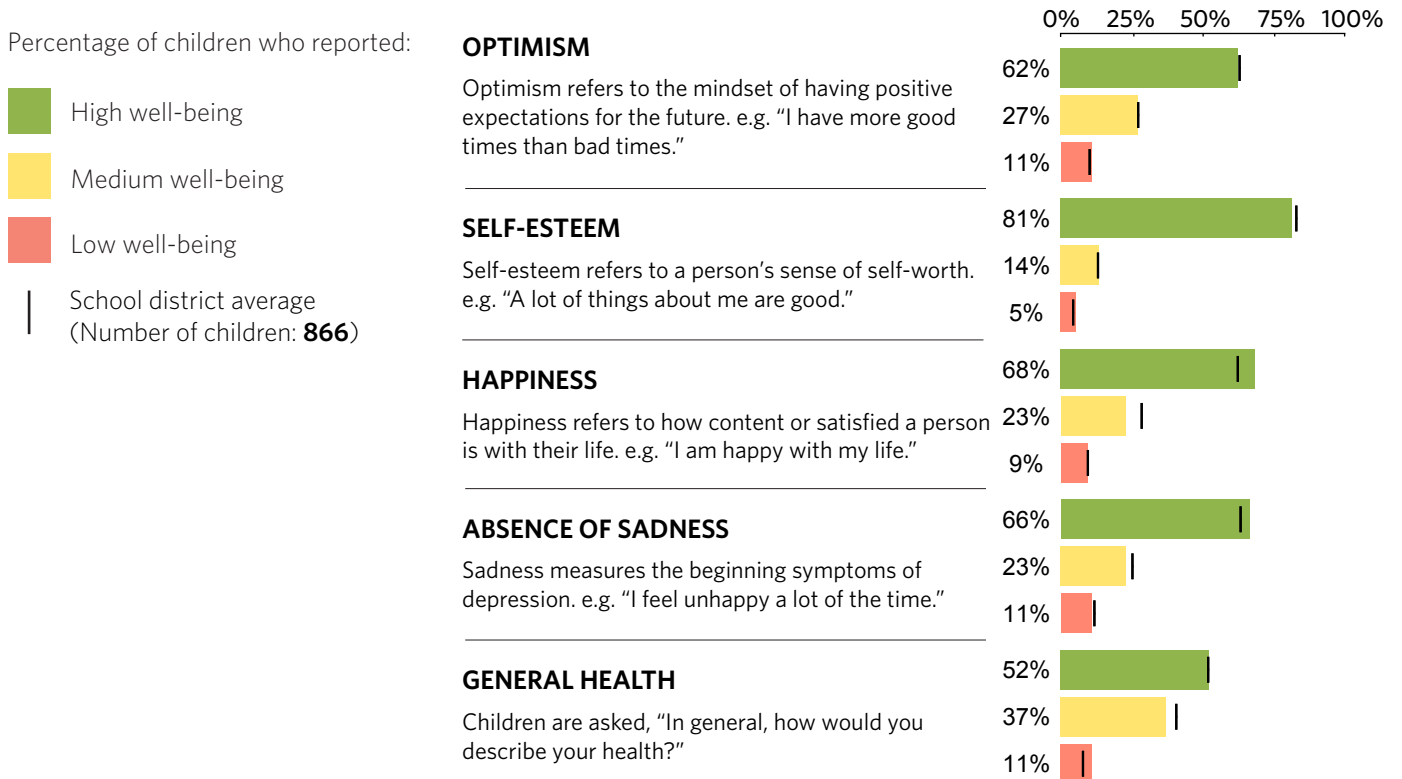
In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

Number of children: 75

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

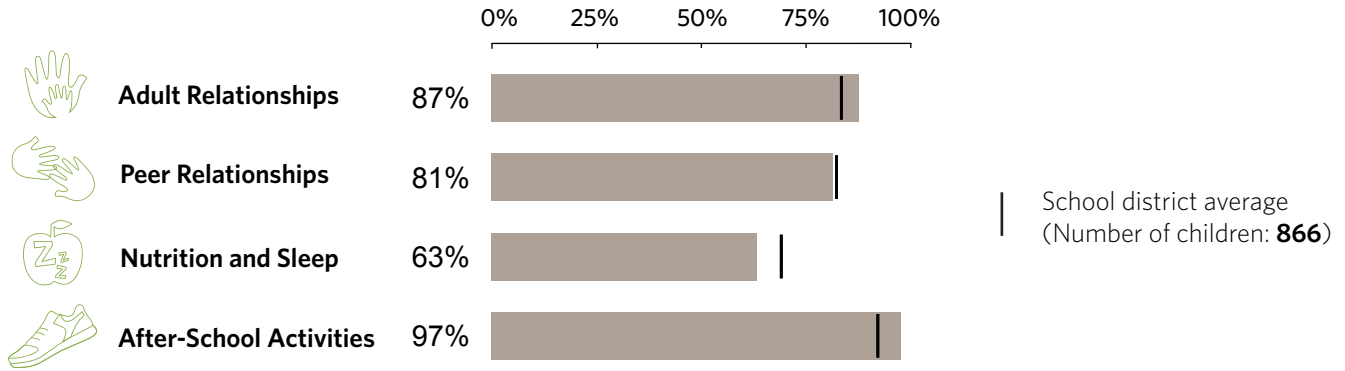


# NEIGHBOURHOOD PROFILE: CAREY - GLANFORD - STRAW. VALE

Number of children: 75

## ASSETS INDEX

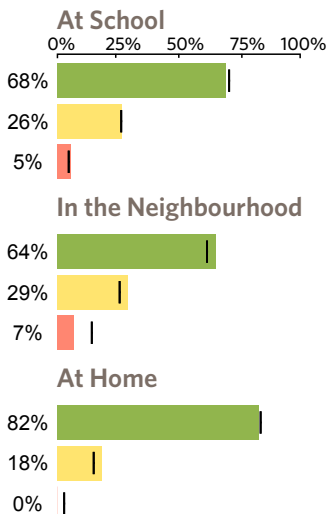
Percentage of children reporting the presence of the following assets in their lives:



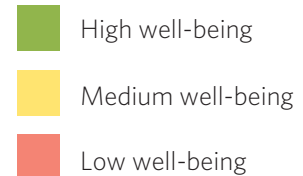
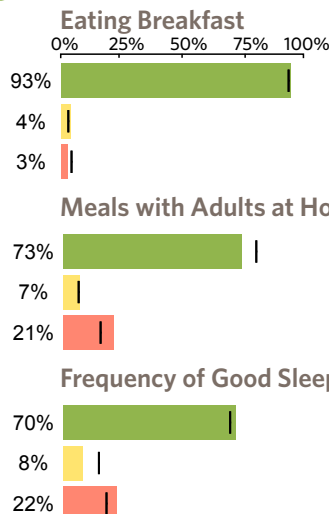
## MEASURES COMPRISING THE ASSETS INDEX



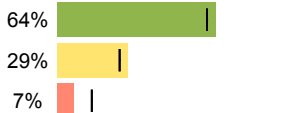
### Adult Relationships



### Nutrition and Sleep



### In the Neighbourhood



### Meals with Adults at Home



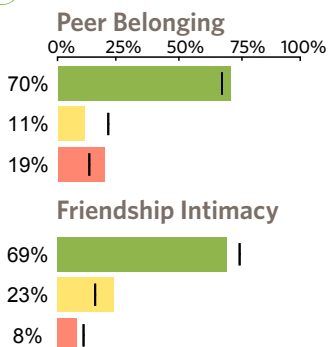
### At Home



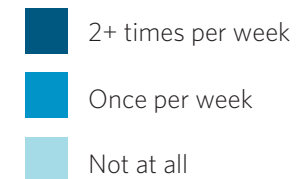
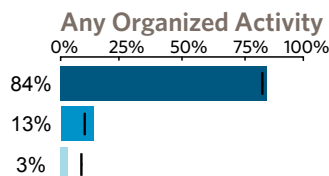
### Frequency of Good Sleep



### Peer Relationships



### After-School Activities



### Friendship Intimacy



## NEIGHBOURHOOD PROFILE: CAREY - GLANFORD - STRAW. VALE

Number of children: 75

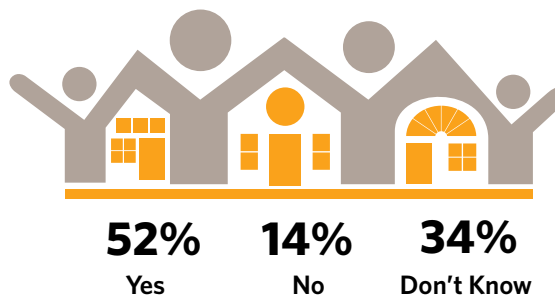
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>33%</b> No	Physical and/or Outdoor Activities	11	Have to go straight home	20
<b>76%</b> Yes	Music and Fine Arts	3	Does not fit my schedule	15
<b>10%</b> Yes and No	Other	3	I am too busy	11

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	69%	7%	24%
Art or music lessons	54%	20%	26%
Youth organizations	63%	10%	27%
Individual sports with a coach or instructor	36%	25%	39%
Team sports with a coach or instructor	41%	13%	46%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**44%**

Really care about me.



**44%**

Believe that I will be a success.



**35%**

Listen to me when I have something to say.



**82%**

Yes



**3%**

No



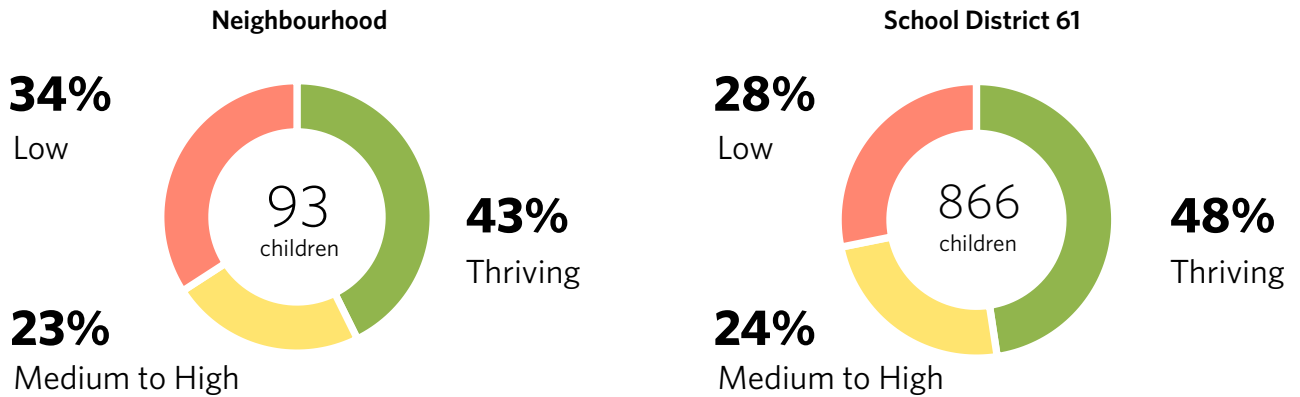
**15%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

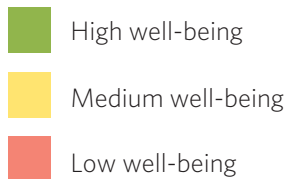
Number of children: 93

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."

**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."

**HAPPINESS**

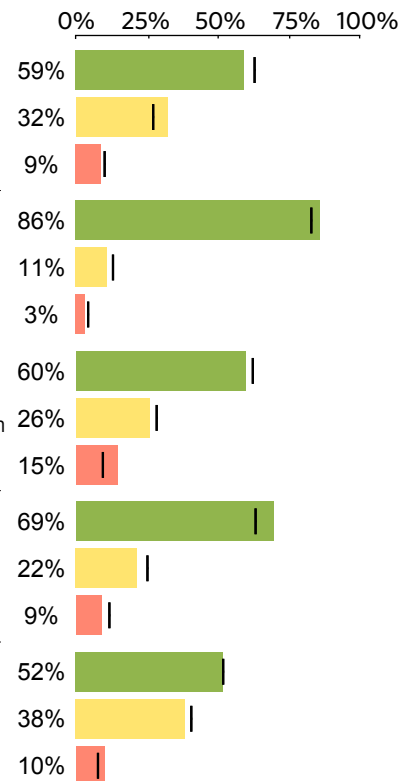
Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."

**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."

**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

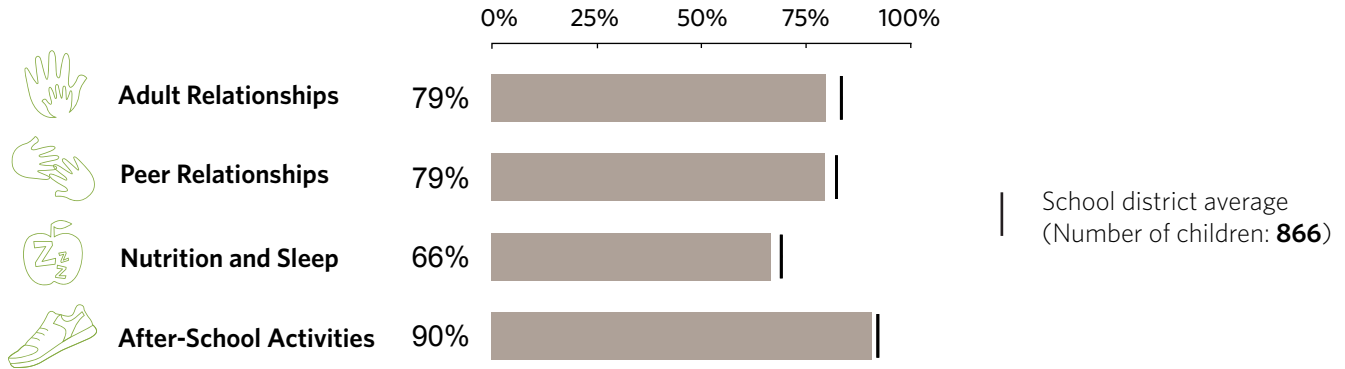


# NEIGHBOURHOOD PROFILE: CEDAR HILL - MT. TOLMIE

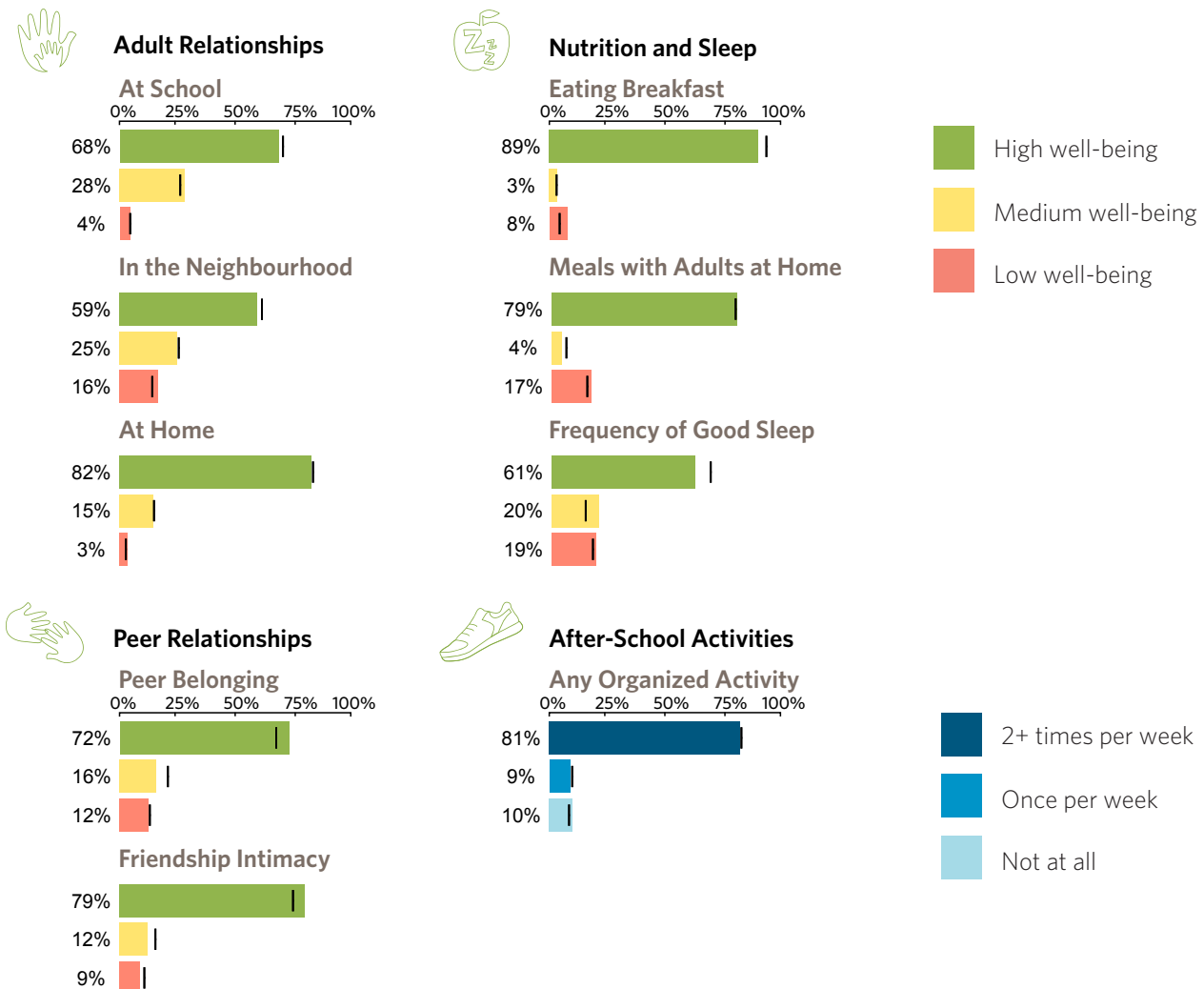
Number of children: 93

## ASSETS INDEX

Percentage of children reporting the presence of the following assets in their lives:



## MEASURES COMPRISING THE ASSETS INDEX



## NEIGHBOURHOOD PROFILE: CEDAR HILL - MT. TOLMIE

Number of children: 93

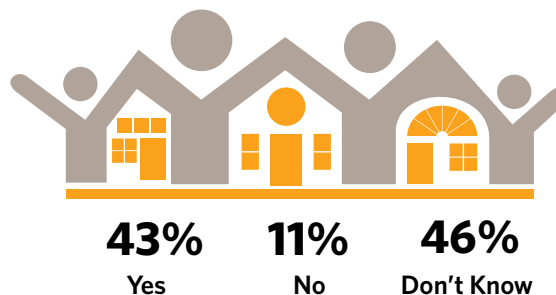
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>25%</b> No	Physical and/or Outdoor Activities	16	I am too busy	19
<b>82%</b> Yes	Music and Fine Arts	2	Have to go straight home	16
<b>7%</b> Yes and No	Friends and Playing	2	Activity is not offered	14

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	60%	9%	31%
Art or music lessons	61%	22%	17%
Youth organizations	57%	20%	23%
Individual sports with a coach or instructor	41%	25%	34%
Team sports with a coach or instructor	39%	20%	41%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**35%**

Really care about me.



**33%**

Believe that I will be a success.



**33%**

Listen to me when I have something to say.



**81%**

Yes



**8%**

No



**11%**

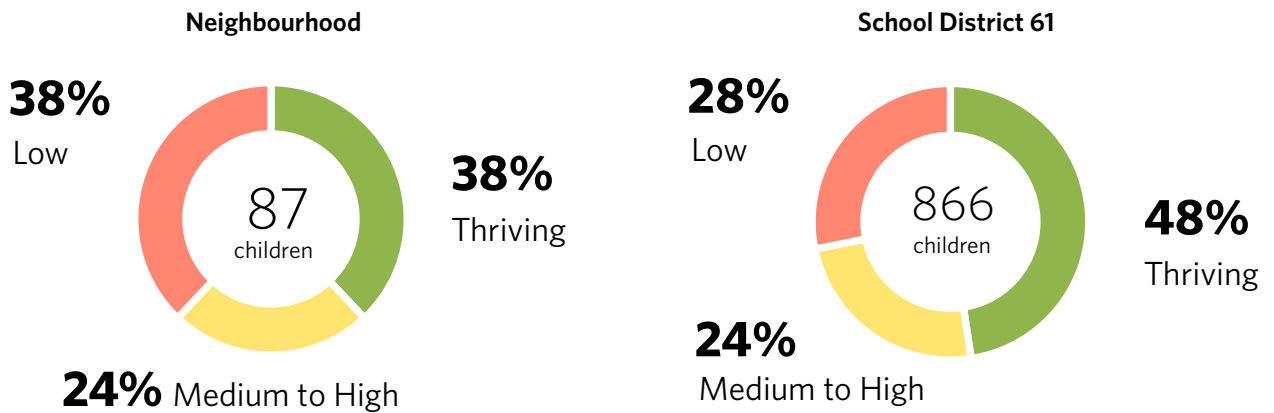
Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:



Number of children: **87**

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

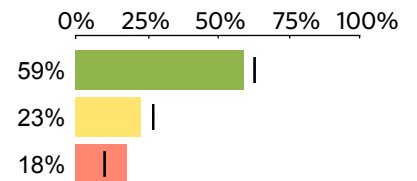
Percentage of children who reported:

- High well-being
- Medium well-being
- Low well-being

| School district average  
(Number of children: **866**)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



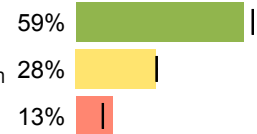
**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."



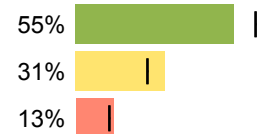
**HAPPINESS**

Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."



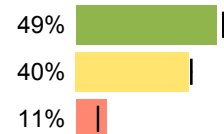
**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."



**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

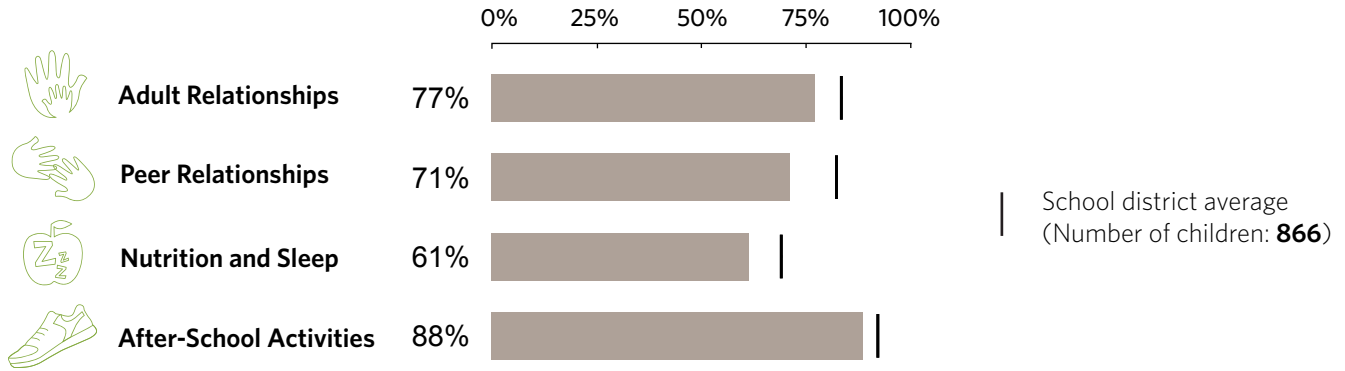


# NEIGHBOURHOOD PROFILE: ESQUIMALT - VIC WEST

Number of children: 87

## ASSETS INDEX

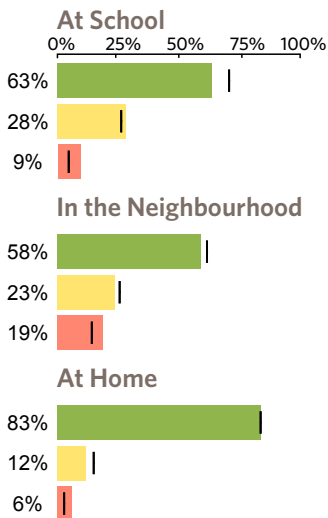
Percentage of children reporting the presence of the following assets in their lives:



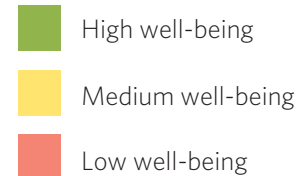
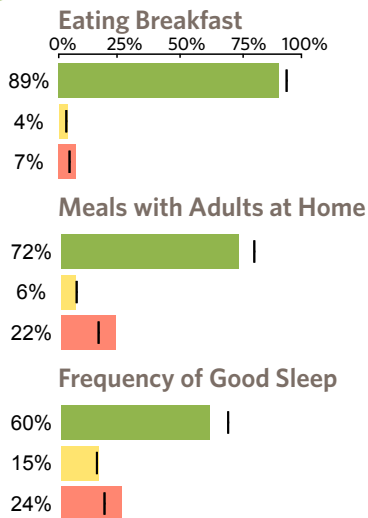
## MEASURES COMPRISING THE ASSETS INDEX



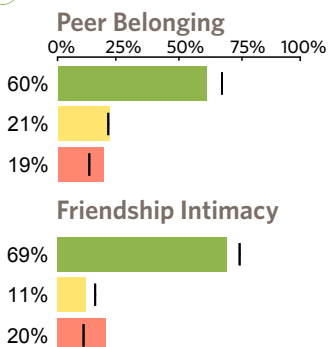
### Adult Relationships



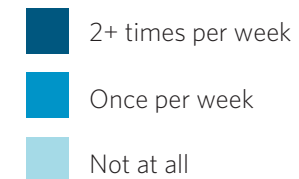
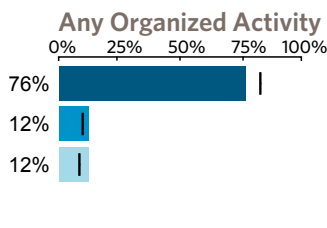
### Nutrition and Sleep



### Peer Relationships



### After-School Activities



## NEIGHBOURHOOD PROFILE: ESQUIMALT - VIC WEST

Number of children: 87

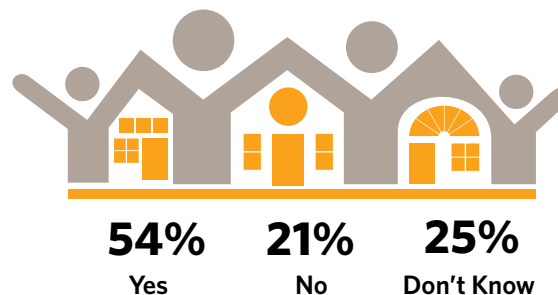
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>31%</b> No	Physical and/or Outdoor Activities	8	Have to go straight home	16
<b>77%</b> Yes	Music and Fine Arts	4	I am too busy	13
<b>7%</b> Yes and No	Computer/Videogames	3	Does not fit my schedule	10
	Friends and Playing	3		

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	59%	16%	24%
Art or music lessons	51%	33%	16%
Youth organizations	65%	6%	29%
Individual sports with a coach or instructor	45%	29%	26%
Team sports with a coach or instructor	63%	20%	17%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**46%**

Really care about me.



**36%**

Believe that I will be a success.



**35%**

Listen to me when I have something to say.



**78%**

Yes



**8%**

No



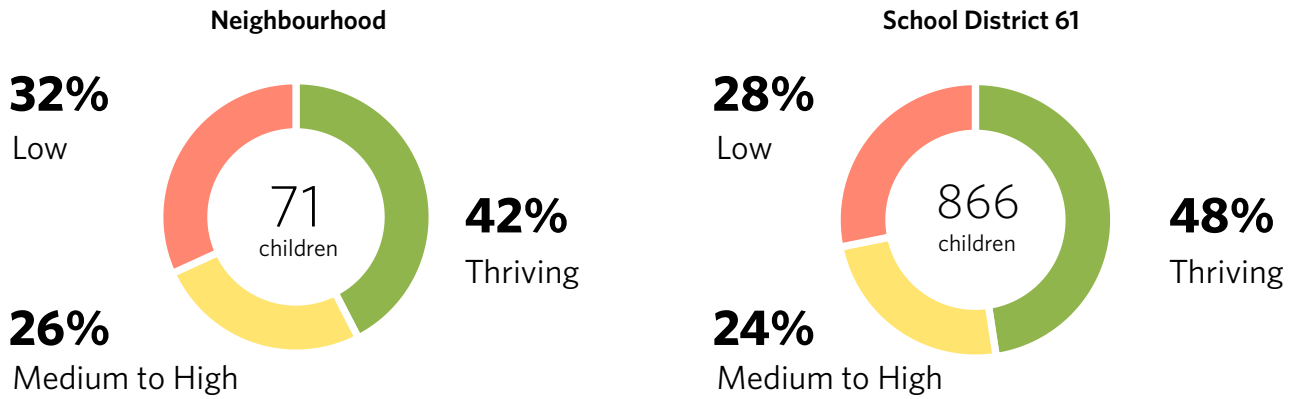
**14%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

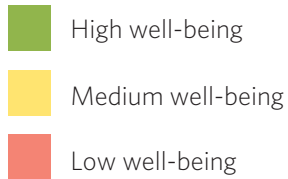
Number of children: 71

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

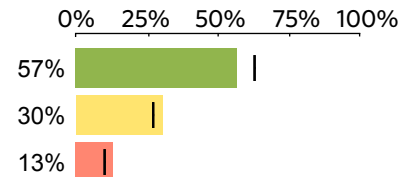
Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



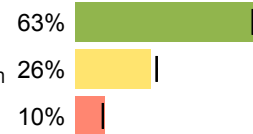
**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."



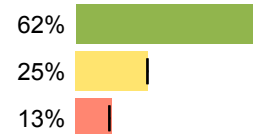
**HAPPINESS**

Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."



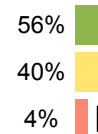
**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."



**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

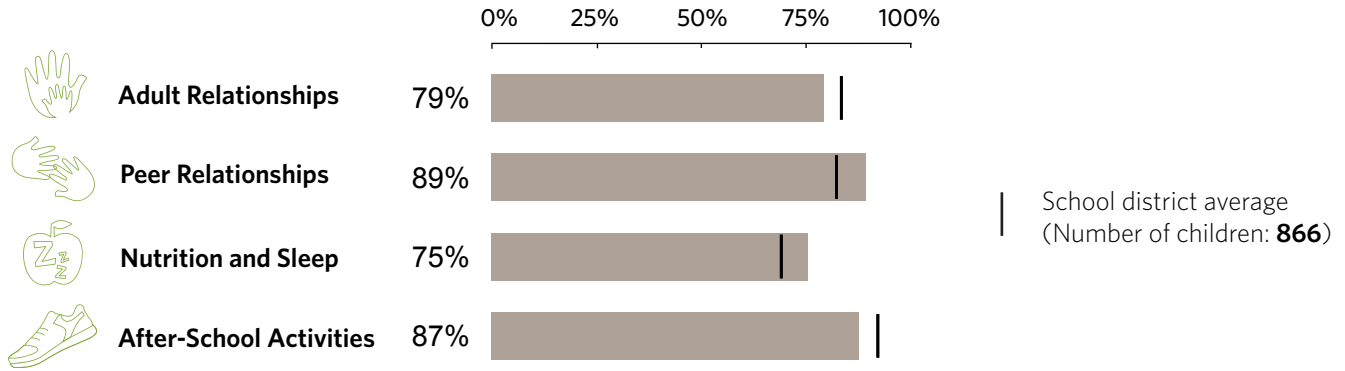


# NEIGHBOURHOOD PROFILE: HIGH QUADRA

Number of children: 71

## ASSETS INDEX

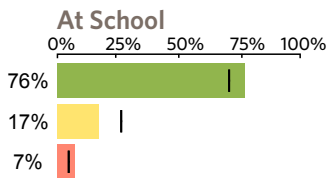
Percentage of children reporting the presence of the following assets in their lives:



## MEASURES COMPRISING THE ASSETS INDEX



### Adult Relationships



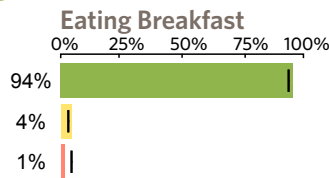
### In the Neighbourhood



### At Home



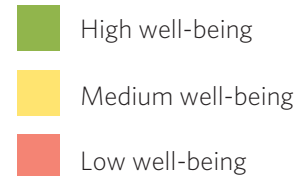
### Nutrition and Sleep



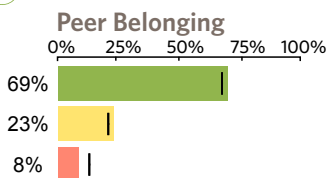
### Meals with Adults at Home



### Frequency of Good Sleep



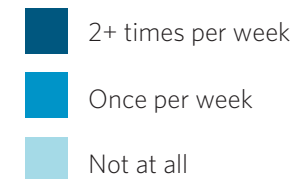
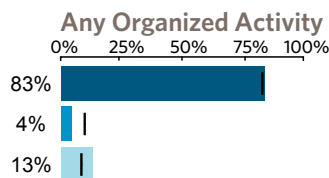
### Peer Relationships



### Friendship Intimacy



### After-School Activities



## NEIGHBOURHOOD PROFILE: HIGH QUADRA

Number of children: 71

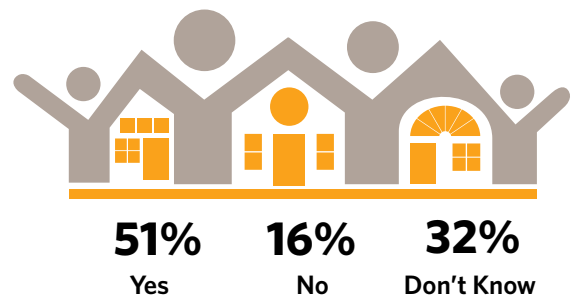
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>28%</b> No	Physical and/or Outdoor Activities	11	I am too busy	16
<b>83%</b> Yes	Other	3	Have to go straight home	11
<b>10%</b> Yes and No	Music and Fine Arts	2	Does not fit my schedule	10

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	67%	11%	21%
Art or music lessons	45%	26%	29%
Youth organizations	79%	6%	16%
Individual sports with a coach or instructor	39%	19%	43%
Team sports with a coach or instructor	51%	13%	36%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**42%**

Really care about me.



**38%**

Believe that I will be a success.



**28%**

Listen to me when I have something to say.



**79%**

Yes



**0%**

No



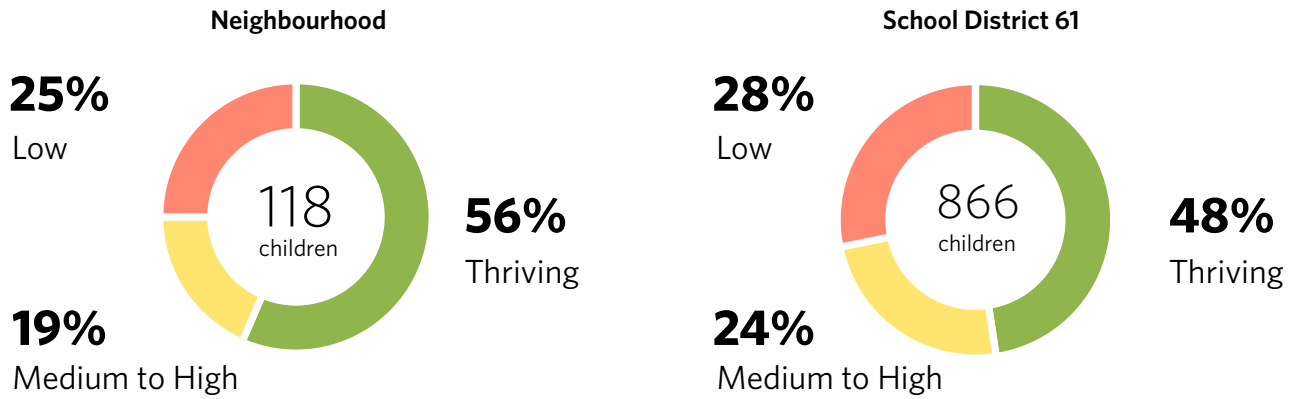
**21%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

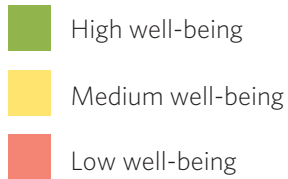
Number of children: 118

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

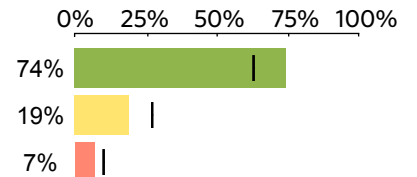
Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."



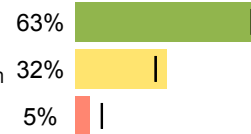
**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."



**HAPPINESS**

Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."



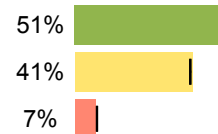
**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."



**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

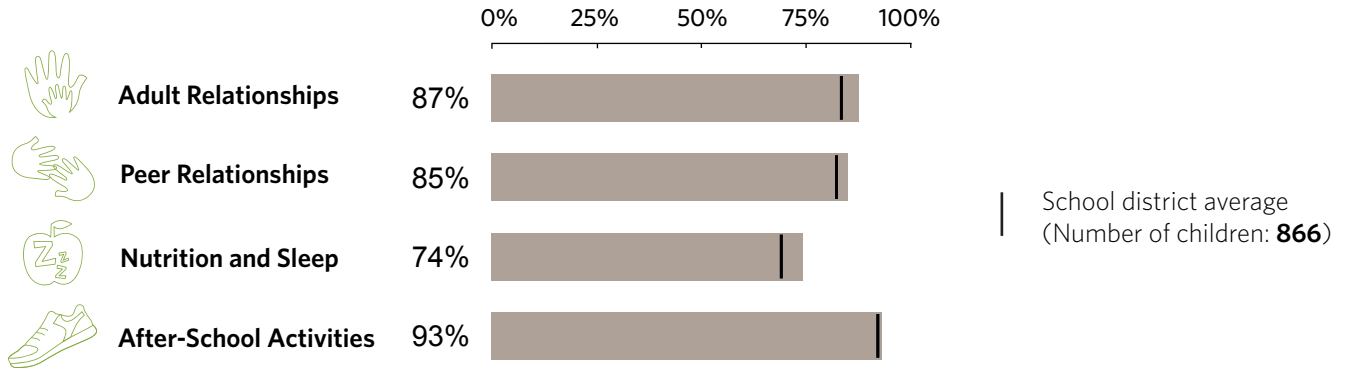


# NEIGHBOURHOOD PROFILE: HILLSIDE - FERNWOOD

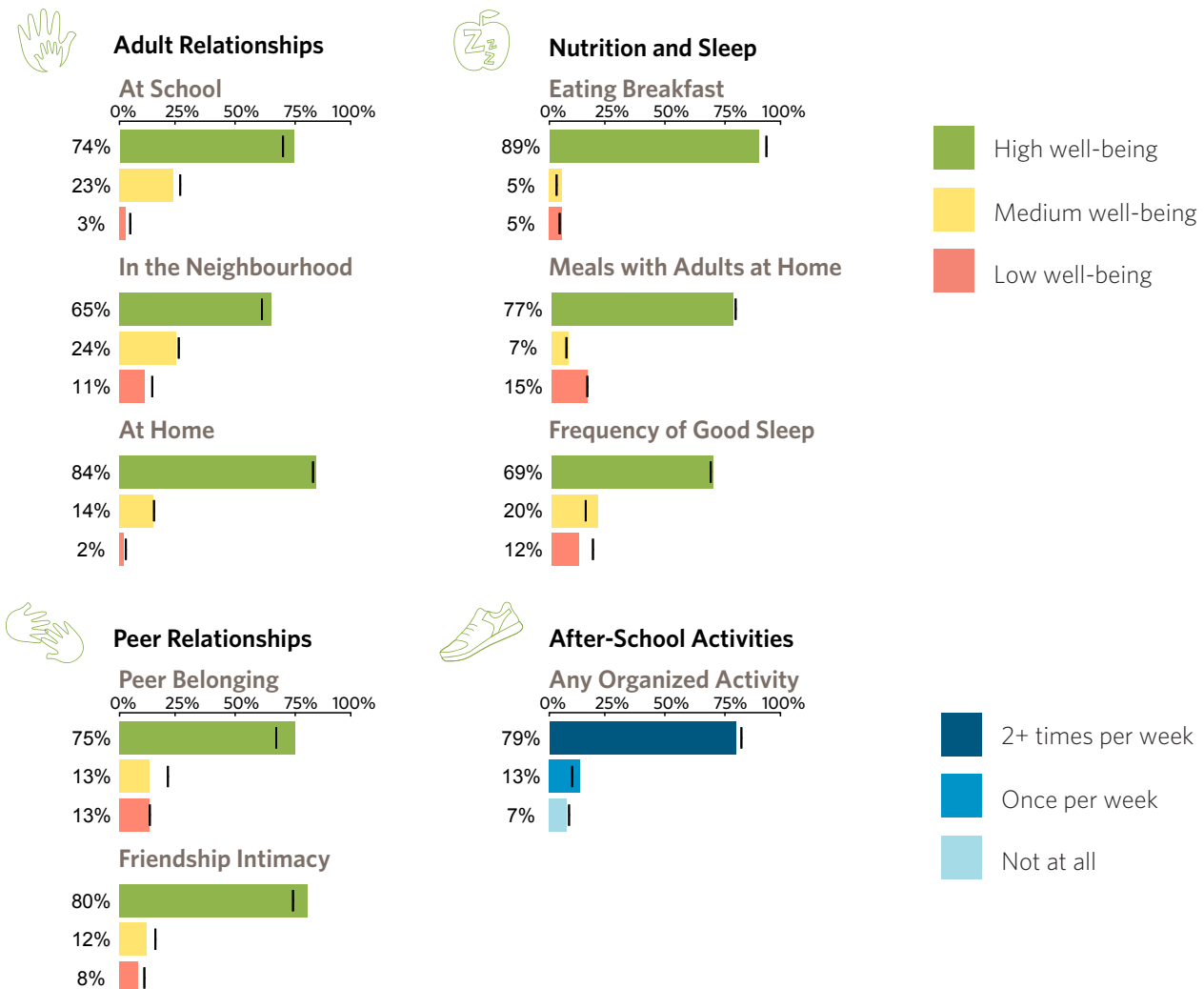
Number of children: 118

## ASSETS INDEX

Percentage of children reporting the presence of the following assets in their lives:



## MEASURES COMPRISING THE ASSETS INDEX





## NEIGHBOURHOOD PROFILE: HILLSIDE - FERNWOOD

Number of children: 118

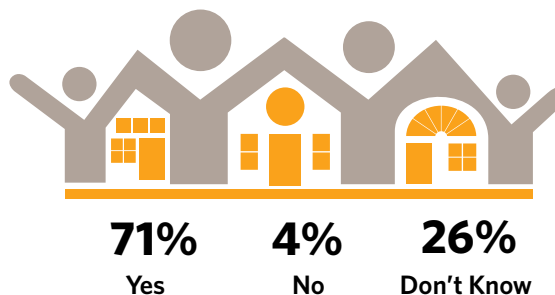
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>27%</b> No	Physical and/or Outdoor Activities	21	I am too busy	20
<b>83%</b> Yes	Music and Fine Arts	6	Have to go straight home	19
<b>10%</b> Yes and No	Other	2	Does not fit my schedule	14

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	46%	18%	36%
Art or music lessons	49%	34%	17%
Youth organizations	68%	14%	17%
Individual sports with a coach or instructor	38%	32%	30%
Team sports with a coach or instructor	61%	17%	21%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**45%**

Really care about me.



**38%**

Believe that I will be a success.



**40%**

Listen to me when I have something to say.



**82%**

Yes



**5%**

No



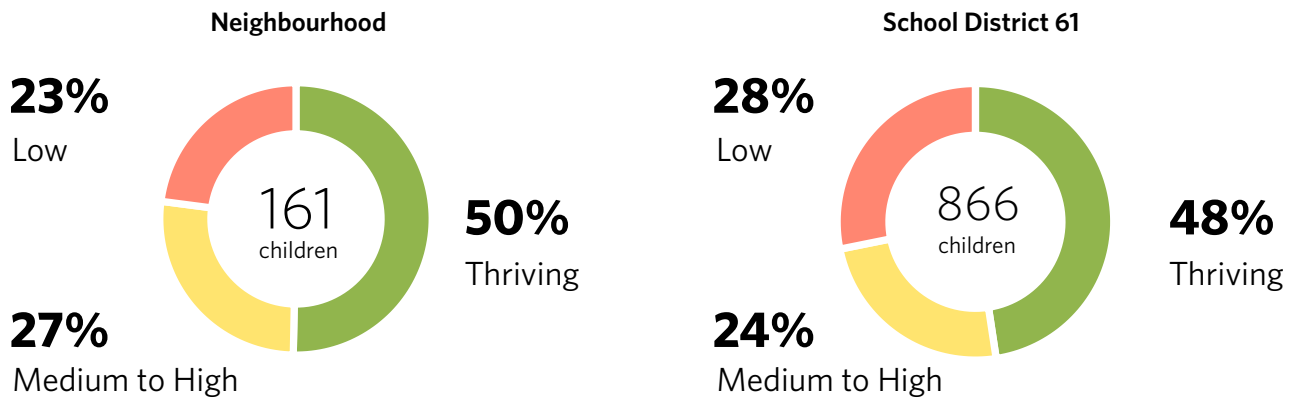
**14%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

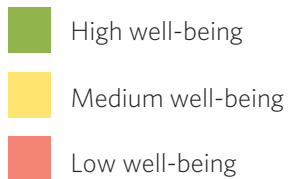
Number of children: 161

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."

**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."

**HAPPINESS**

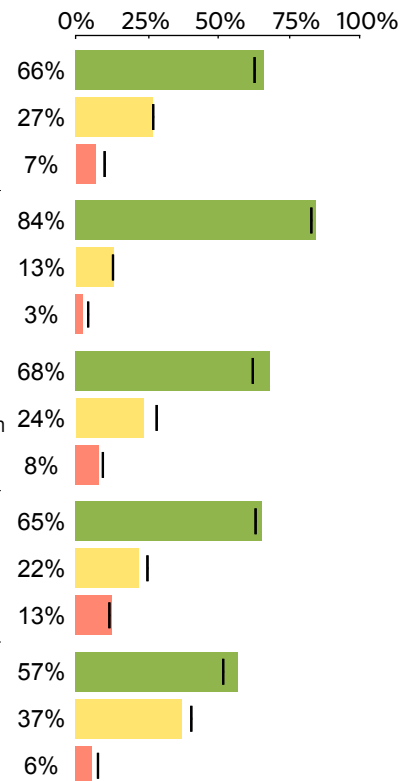
Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."

**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."

**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

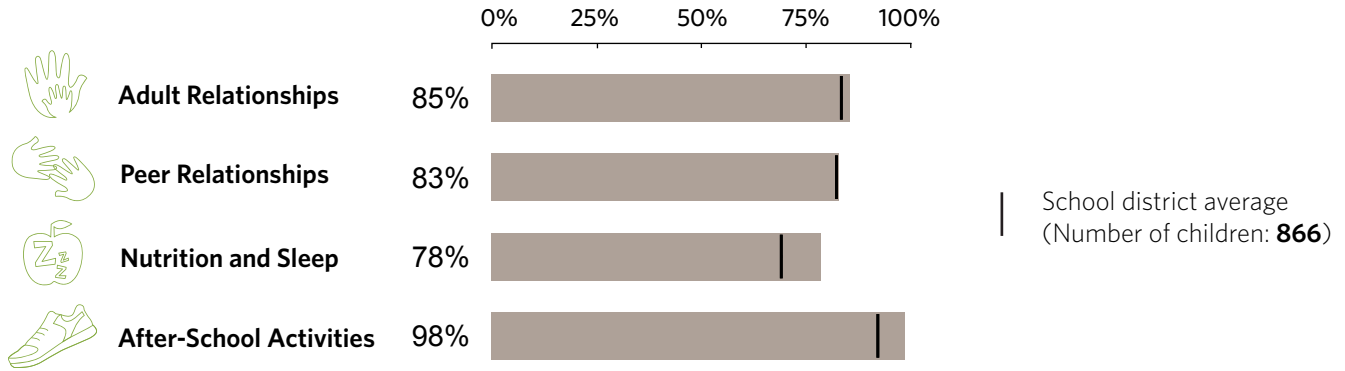


# NEIGHBOURHOOD PROFILE: OAK BAY - FAIRFIELD

Number of children: 161

## ASSETS INDEX

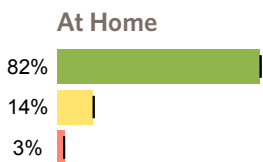
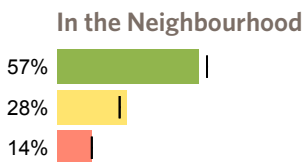
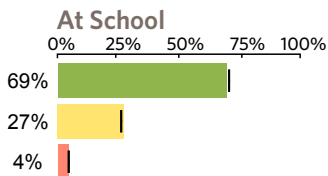
Percentage of children reporting the presence of the following assets in their lives:



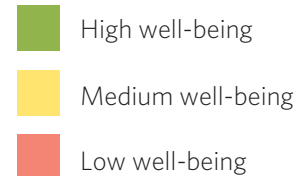
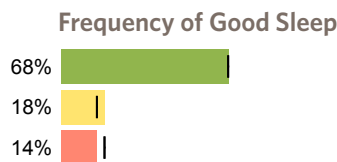
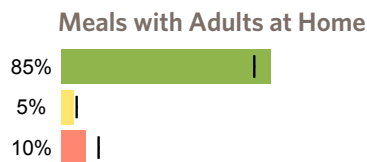
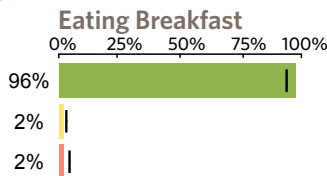
## MEASURES COMPRISING THE ASSETS INDEX



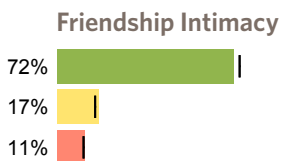
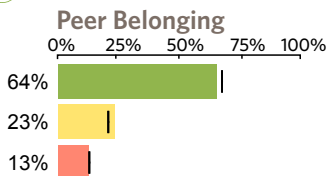
### Adult Relationships



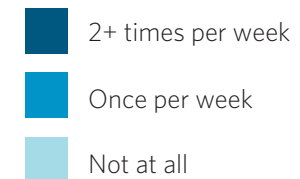
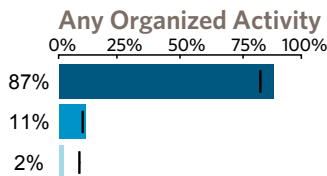
### Nutrition and Sleep



### Peer Relationships



### After-School Activities



## NEIGHBOURHOOD PROFILE: OAK BAY - FAIRFIELD

Number of children: 161

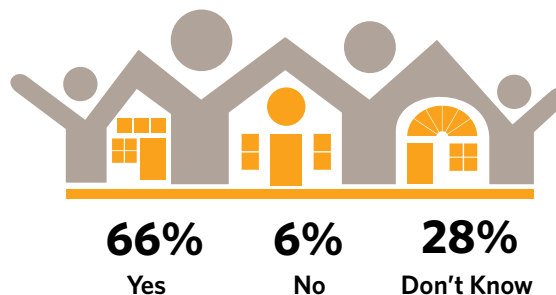
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>24%</b> No	Physical and/or Outdoor Activities	22	Have to go straight home	38
<b>87%</b> Yes	Music and Fine Arts	5	I am too busy	36
<b>12%</b> Yes and No	Other	3	Does not fit my schedule	33

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	62%	15%	23%
Art or music lessons	52%	31%	18%
Youth organizations	68%	19%	14%
Individual sports with a coach or instructor	37%	24%	39%
Team sports with a coach or instructor	30%	24%	47%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**34%**

Really care about me.



**34%**

Believe that I will be a success.



**35%**

Listen to me when I have something to say.



**85%**

Yes



**1%**

No



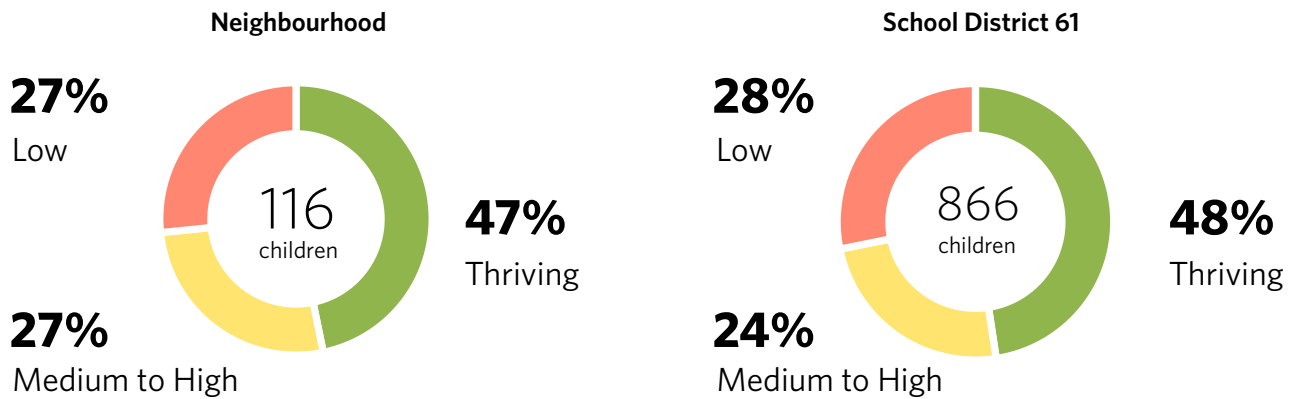
**14%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends:

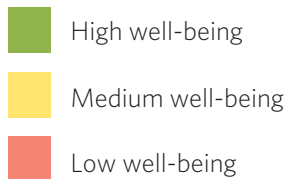
Number of children: 116

**WELL-BEING INDEX**



MEASURES COMPRISING THE WELL-BEING INDEX

Percentage of children who reported:



School district average  
(Number of children: 866)

**OPTIMISM**

Optimism refers to the mindset of having positive expectations for the future. e.g. "I have more good times than bad times."

0% 25% 50% 75% 100%



**SELF-ESTEEM**

Self-esteem refers to a person's sense of self-worth. e.g. "A lot of things about me are good."



**HAPPINESS**

Happiness refers to how content or satisfied a person is with their life. e.g. "I am happy with my life."



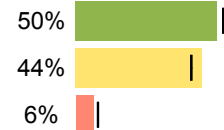
**ABSENCE OF SADNESS**

Sadness measures the beginning symptoms of depression. e.g. "I feel unhappy a lot of the time."



**GENERAL HEALTH**

Children are asked, "In general, how would you describe your health?"

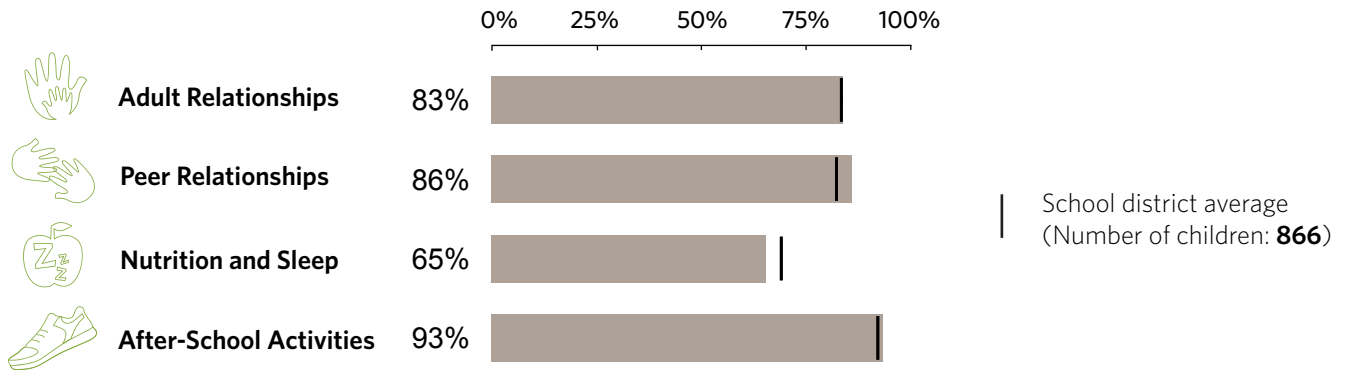


# NEIGHBOURHOOD PROFILE: UNIVERSITY - GORDON HEAD

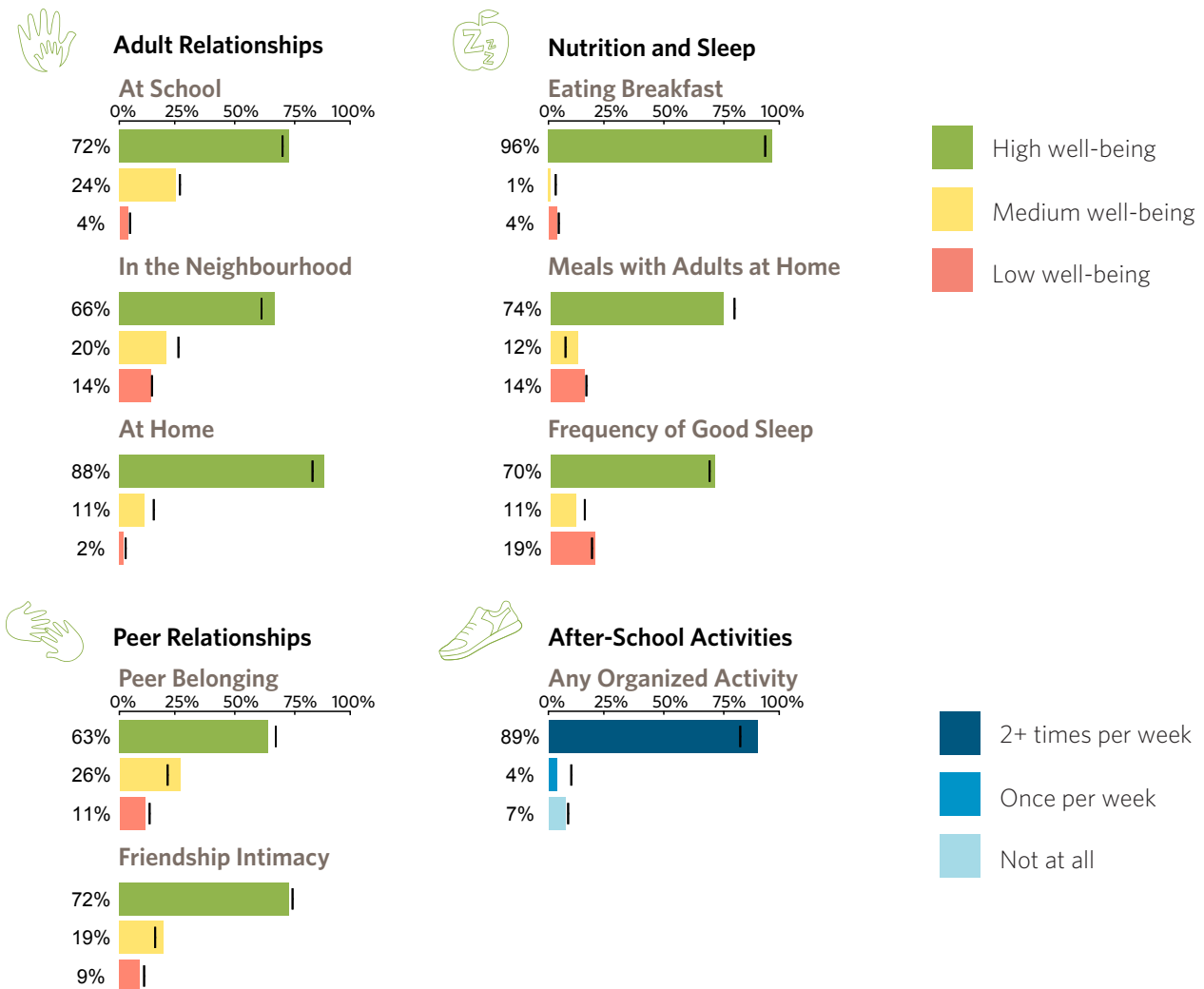
Number of children: 116

## ASSETS INDEX

Percentage of children reporting the presence of the following assets in their lives:



## MEASURES COMPRISING THE ASSETS INDEX



## NEIGHBOURHOOD PROFILE: UNIVERSITY - GORDON HEAD

Number of children: 116

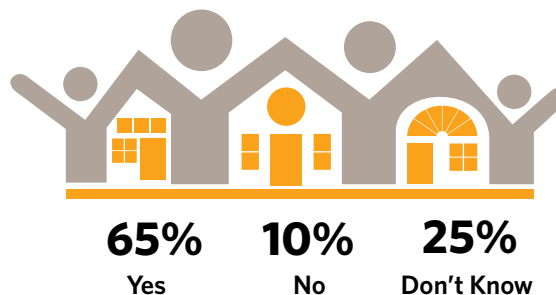
### USE OF AFTER-SCHOOL TIME

Are you already doing activities you wish to be doing?	Top activities children wish to be doing after-school	Number of Children	Top barriers to participating in after-school activities	Number of Children
<b>28%</b> No	Physical and/or Outdoor Activities	17	Have to go straight home	27
<b>79%</b> Yes	Other	5	Does not fit my schedule	25
<b>6%</b> Yes and No	Computer/Videogames	4	I am too busy	25

During last week AFTER SCHOOL (from 3pm - 6pm), how many days did you participate in:

	Not at all	Once a week	2+ times/week
Educational lessons or activities	50%	21%	29%
Art or music lessons	42%	26%	32%
Youth organizations	70%	10%	20%
Individual sports with a coach or instructor	33%	27%	40%
Team sports with a coach or instructor	38%	25%	37%

In your neighbourhood/community there are places that provide programs for kids your age:



### COMMUNITY BELONGING & SAFETY

Percentage of children who responded "very much true" when asked: In your neighbourhood/community there are adults who:



**43%**

Really care about me.



**39%**

Believe that I will be a success.



**39%**

Listen to me when I have something to say.



**80%**

Yes



**8%**

No



**12%**

Don't Know

In your neighbourhood/community there are safe places where you feel comfortable to hang out with friends: