

WRDSB's Student Safe, Caring and Inclusive School Survey

The Waterloo Region District School Board would like to learn more about the lives of students in our schools. The best way to do this is to ask YOU about your life in school and outside of school.

It has been a long time since we, the grown-ups that are in charge of schools, were your age so we need you to be our "teachers". To learn more about you, 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 us make better activities and programs for students 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, or while you are working on it and you will not get in trouble or lose marks. Because the survey is not linked to your name, we will not be able to delete your answers after you submit. You don't have to answer any questions you don't want to and you can skip any questions. You can stop taking the survey at any time by clicking on the "Withdraw from this survey" button on the bottom of every page.
- 3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teachers, principal, parents, family or your friends. Please answer each question the best you can.
- 4. Your school will receive a report that puts together your answers with all the students in your school. These results can help them better understand what it is like to be a student in your school, and even improve things to make it feel safer, more caring, and include everyone! In past years, we also needed to share the average results of students at your school with the public. We ensured that no individual responses or personal information was shared.

Thank you for your help!

The questions that we are asking you are from the Middle Years Development Instrument from the University of British Columbia.



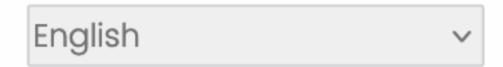
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Would you like to take this survey?

O Yes: Start Survey





Quick review before you start (check <u>all</u> the boxes to confirm):

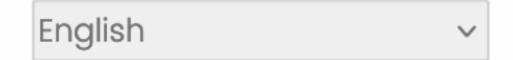
✓ I understand this survey does not count for school marks
✓ I understand I can stop doing the survey at any time
✓ I understand I can skip a question
✓ I understand this is confidential (private)

Previous

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Withdraw from Survey





Please tell us a little bit about yourself.

What grade are you in?

Elementary

Grade 4

Grade 5

Grade 6

Middle

Grade 7

Grade 8

Secondary

Grade 9

Grade 10

Grade 11

Previous

Survey Completion							
0% - 100%							
WATERLOO REGION DISTRICT SCHOOL BOARD							
What school do	you atte	nd?		English			
What year were you born?							
Which of these adults do you live with most of the time? (Check all adults you live with.)							
Mother			Secor	nd mother ((two moth	ers)	
Father			Secor	nd father (t	wo fathers		
Stepfather			Part ti	ime with ed	ach parent		
Stepmother			Foster	r parent(s)	or caregiv	ver(s)	
Grandmother			Other	adults			
Grandfather							
How many siblings do you have?							
0 1	2	3	4	5	6	7 or	
						more	

Previous

Withdraw from Survey



Gender identity is a person's sense of being a boy/man, a girl/woman, both, neither or having another identity on the gender spectrum. A person's gender identity may be different from the sex that was identified for them when they were born (such as female, intersex, or male). For more information about gender identities, you can read the Ontario Public Service Glossary on Gender Identity

What is your gender identity? You can select more than one answer.

Female/Girl	☐ Non-binary
Gender fluid	Trans
Gender non-conforming	☐ Two-spirit
Genderqueer	Prefer not to answer
Intersex	A gender not listed above (please specify)
☐ Male/Boy	

Some people identify as having a disability that makes it difficult for them to feel good and work well at school or in their community. Disabilities may be felt in the body or in the mind. It may be hidden or visible. Some students who have disabilities may have a special plan at school to help them (an Individual Education Plan or IEP), but some do not.

Do you consider yourself to be a person with a disability?

O Yes	
○ No	
O Not sure	
O Prefer not to answer	

First Nations, Métis (Michif) and Inuit are the terms used to identify Indigenous people in the land now known as Canada. To identify as an Indigenous person in this survey, you do not need to have documents or papers to prove that you are First Nations, Métis (Michif) and Inuit.

Do you identify as First Nations, Métis (MIchif) and/or Inuit? You can select more than one answer.

□ No	Inuit
First Nations	Prefer not to answer
Métis (Michif)	

In our society, people are often described by their race or racial background. For example, some people are considered "White" or "Black" or "East Asian," etc.

Note: many people identify with more than one racial group. You may select more than one response. For example, if you identify as bi-racial or of mixed race, please select all the categories that apply from the list below.

Which racial group(s) best describe(s) you? You can select more than one answer.

	ck (i.e. African, African-Caribbean/Black Caribbean, African Canadian, other ck identified descent)
East	Asian (i.e. Chinese, Korean, Japanese, Taiwanese, other East Asian descent)
First	Nations
Inuit	
Latin	no/Latina/Latinx (i.e. Latin American, Hispanic, other Latinx descent)
☐ Méti	is (Michif)
Irani	dle Eastern/North African/West Asian (i.e. Afghan, Algerian, Arab, Egyptian, ian, Israeli, Kurdish, Lebanese, Persian, Syrian, Turkish, other Middle Eastern/ th African/West Asian descent)
	theast Asian (i.e. Cambodian, Filipino, Indonesian, Thai, Vietnamese, other theast Asian descent)
	th Asian (i.e. East Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean, er South Asian descent)
☐ Whit	te (i.e. European descent, other white identified descent)
☐ Prefe	er not to answer
_ A ra	cial group not listed above, please specify:





English

What is the <u>first language</u> you learned at home? You can select more than one answer.

Albanian	Hungarian	Russian
Amharic	Japanese	Serbian
Arabic	Korean	Sign language (incl. ASL & LSQ)
Chinese (incl. Mandarin & Cantonese)	Kurdish	Somali
_ Croatian	Lao	Spanish
□ Dari	Low German	Swahili
Dutch	Malayalarm	Tagalog (Philipino; Filipino)
English	□ Nepali	Tamil
First Nations, Métis (Michif), or Inuit language	Pashto	Telugu
French	Persian (Farsi)	Turkish
German	Polish	Urdu
Greek	Portuguese	☐ Vietnamese
☐ Gujarati	Punjabi	A language or languages not listed above.
Hindi	Rohingya	Prefer not to answer
Hmong	Romanian	

Which language(s) do you <u>speak</u> at home? You can select more than one answer.

Albanian	Hungarian	Russian
Amharic	Japanese	Serbian
Arabic	Korean	Sign language (incl. ASL & LSQ)
Chinese (incl. Mandarin & Cantonese)	Kurdish	Somali
Croatian	Lao	Spanish
☐ Dari	Low German	Swahili
Dutch	☐ Malayalarm	Tagalog (Philipino; Filipino)
English	□ Nepali	Tamil
First Nations, Métis (Michif), or Inuit language	Pashto	Telugu
French	Persian (Farsi)	Turkish
German	Polish	Urdu
Greek	Portuguese	☐ Vietnamese
Gujarati	Punjabi	A language or languages not listed above.
Hindi	Rohingya	Prefer not to answer
Hmong	Romanian	

How difficult is it for you to read in English?

Very hard	Hard	Easy	Very easy



English	~
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INSTRUCTIONS

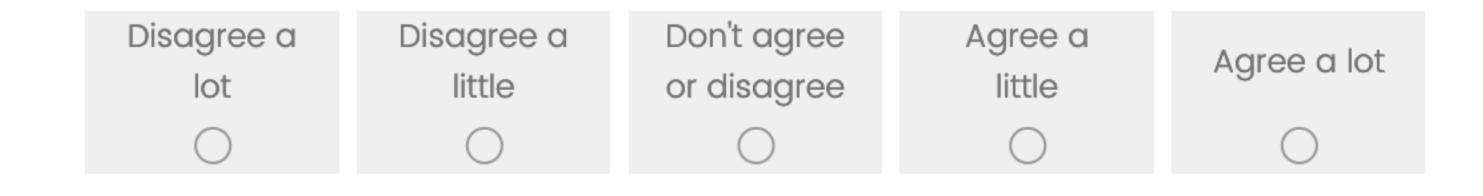
If you do not understand a question, please raise your hand and ask for help.

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

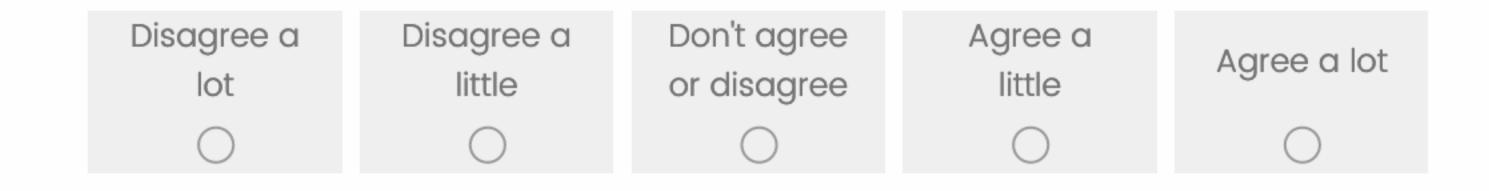
Here are sample questions for practice.

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

I don't like to eat pizza



I like to eat carrots.



Previous

Previous

Let's start now!

Disagree a

lot

Disagree a

lot

Disagree a

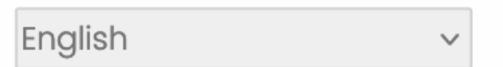
lot



			English	~
In general, I lik	ce being the v	vay I am.		
Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
Overall, I have	e a lot to be p	roud of.		
Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
A lot of things	about me ar	e good.		
Dioggrapa	Diogaroo a	Don't agree	A aroo a	
Disagree a lot	Disagree a little	or disagree	Agree a little	Agree a lot
I feel unhappy	y a lot of the t	time.		
Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
I feel upset ak	oout things.			
Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
I feel that I do	things wrong	g a lot.		
Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot

Previous

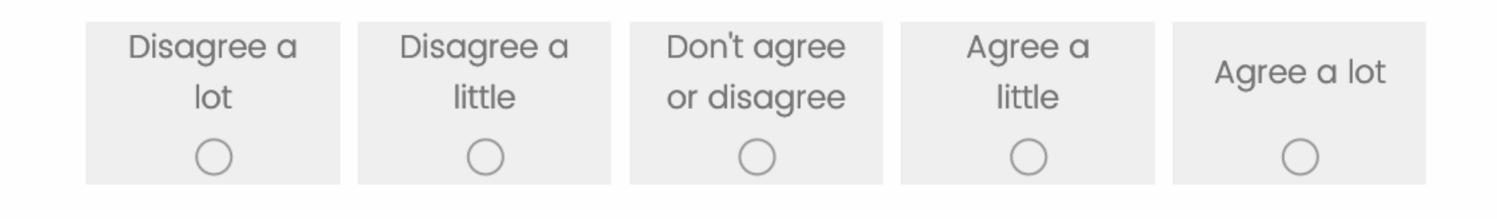




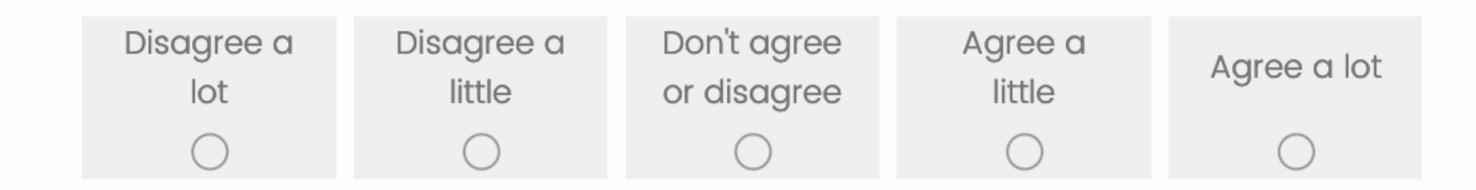
In most ways my life is close to the way I would want it to be.

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

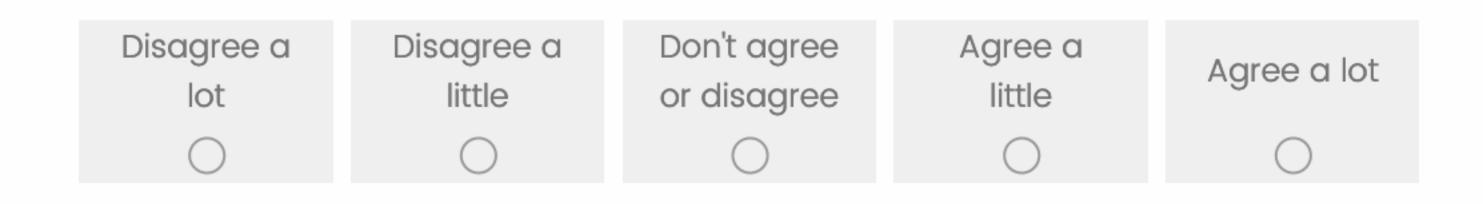
The things in my life are excellent.



I am happy with my life.



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



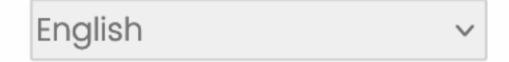
If I could live my life over, I would have it the same way.

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

Previous







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



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 spaces.

Person 1	
Person 2	
Person 3	
Person 4	
Person 5	
Person 6	



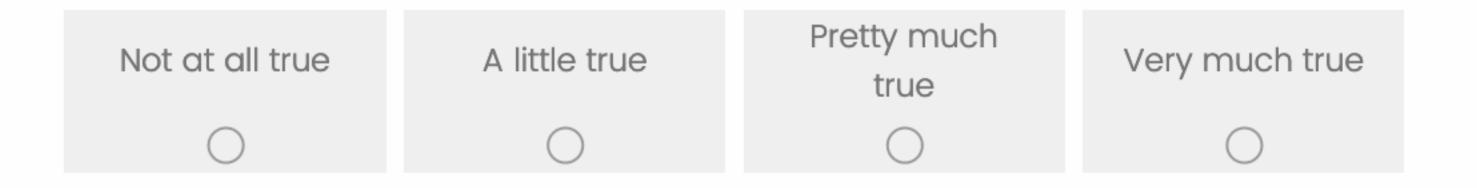




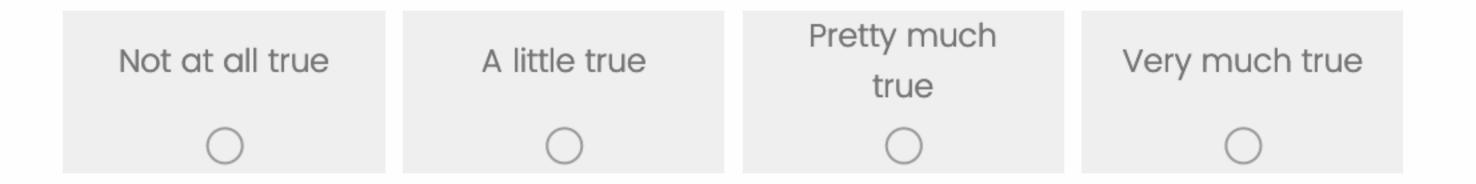
How true is each statement for you?

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

... who really cares about me.



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

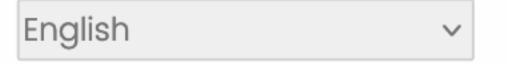


... who listens to me when I have something to say.

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

Previous

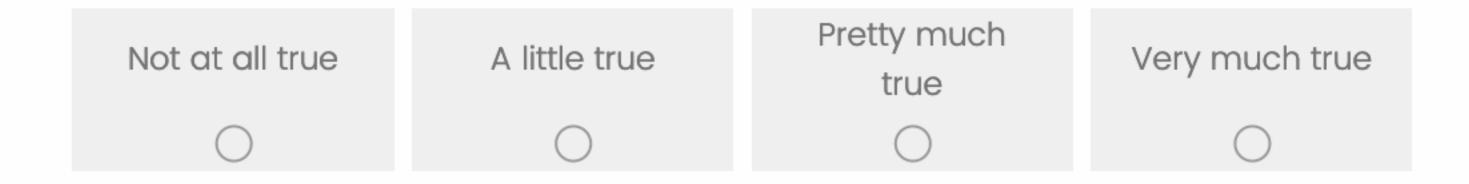




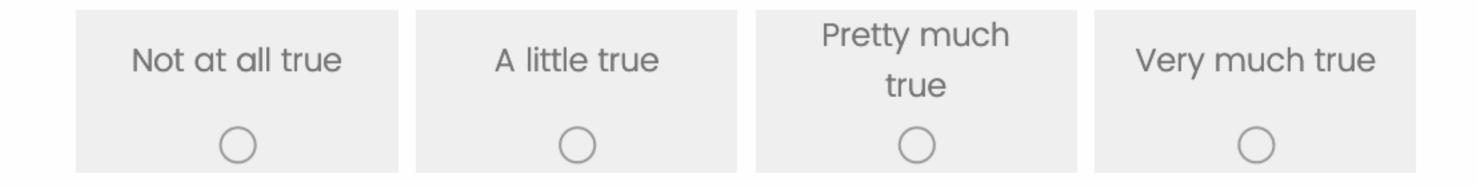
The next four questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

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

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



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

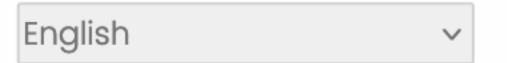


...who I can talk to about my problems.

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

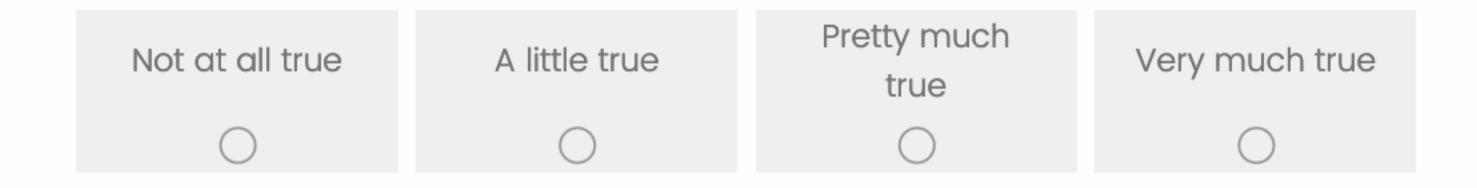
Previous



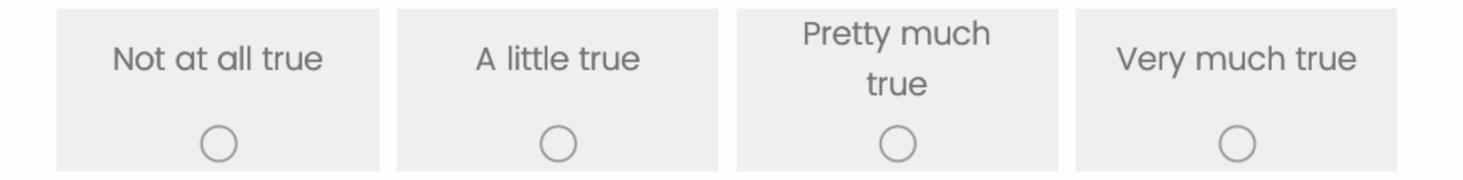


In my neighbourhood/community (not from your school or family), there is an adult...

... who really cares about me.



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

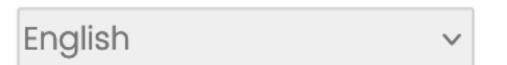


... who listens to me when I have something to say.

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

Previous





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

I feel part of a group of friends that do things together.

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

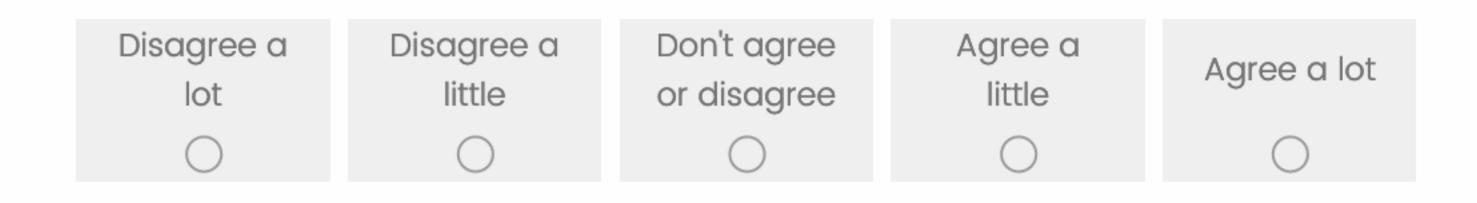
I feel that I usually fit in with other kids around me.

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

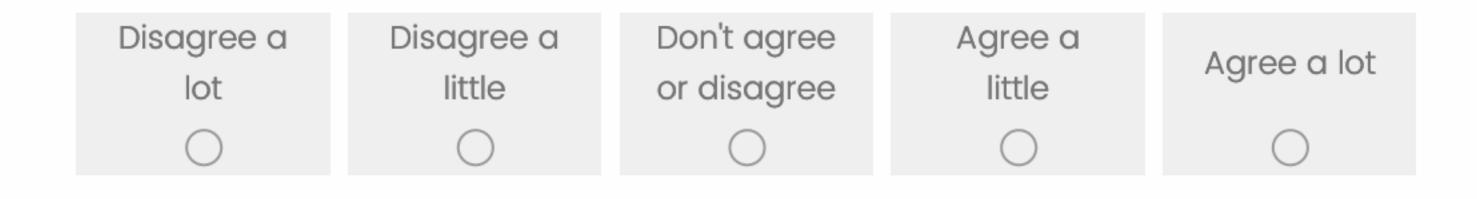
When I am with other kids my age, I feel I belong.

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

I have at least one really good friend I can talk to when something is bothering me.



I have a friend I can tell everything to.



There is somebody my age who really understands me.

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

Previous

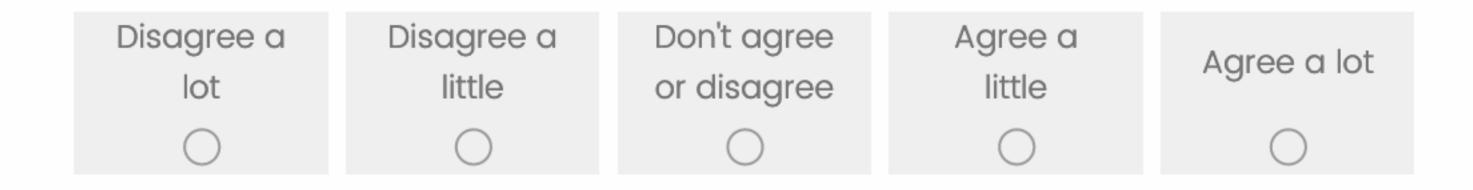


~	
	~

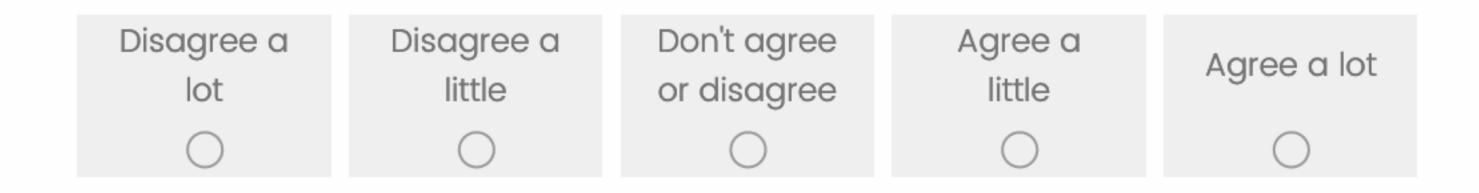
Teachers and students treat each other with respect in this school.

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

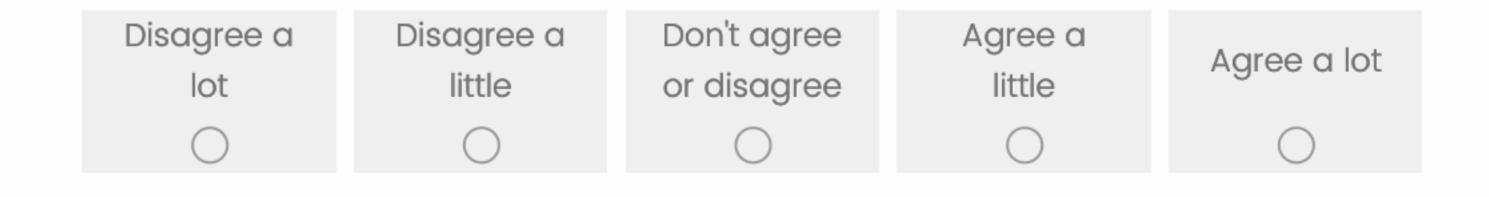
People care about each other in this school.



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



I feel like I belong in this school.



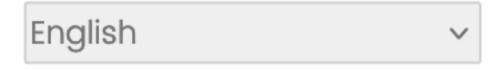
I feel like I am important to this school.

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

Previous







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.

In general, how would you describe your health?



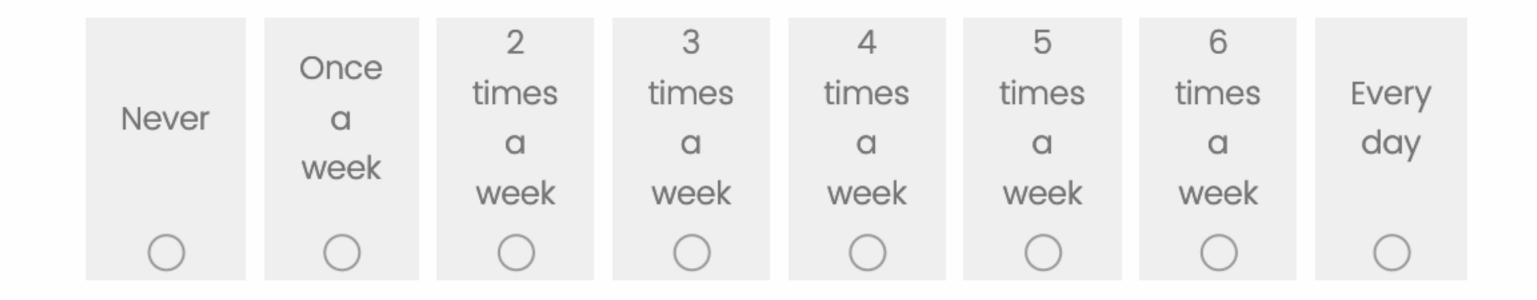


English

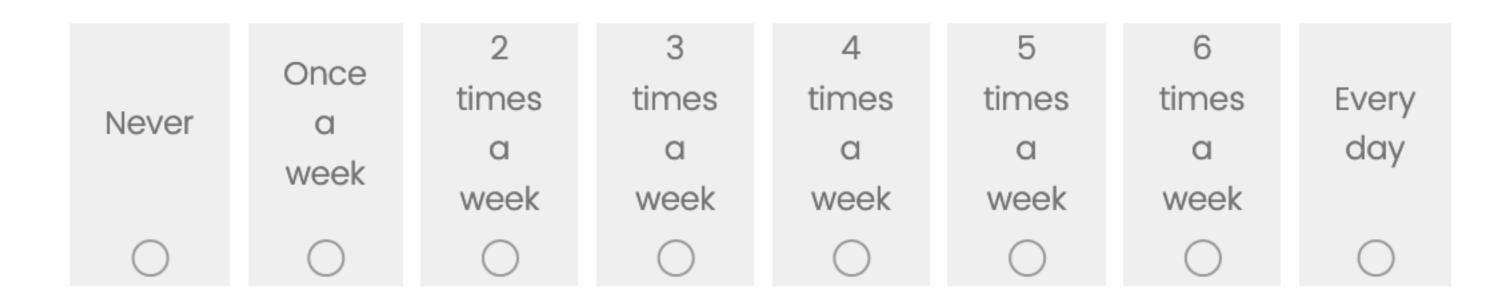
How often do you eat breakfast?



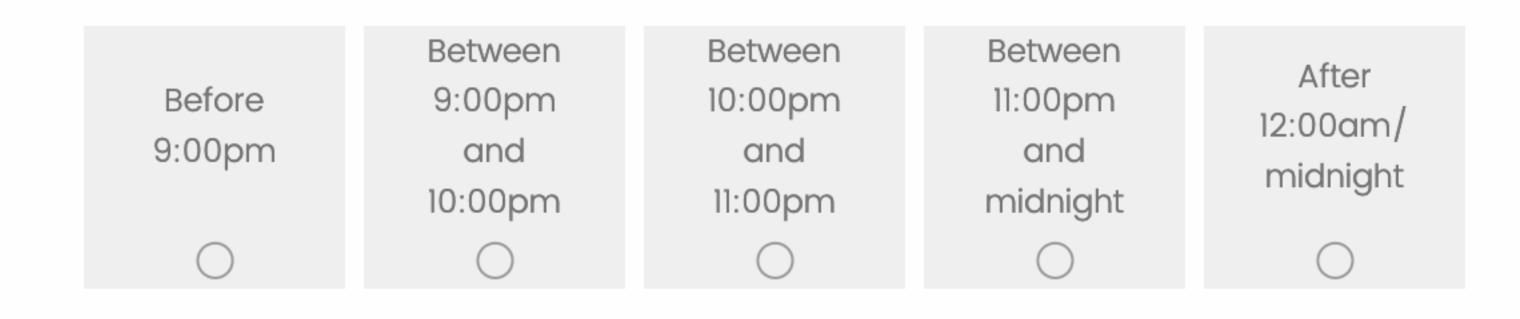
How often do your parents or other adult family members eat meals with you?



How often do you get a good night's sleep?

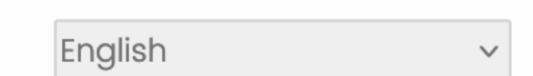


What time do you usually go to bed during the weekdays?



Previous

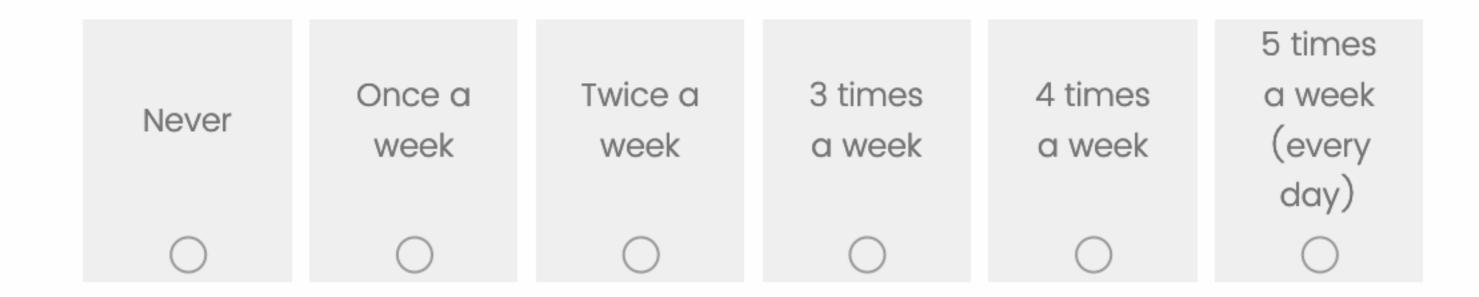




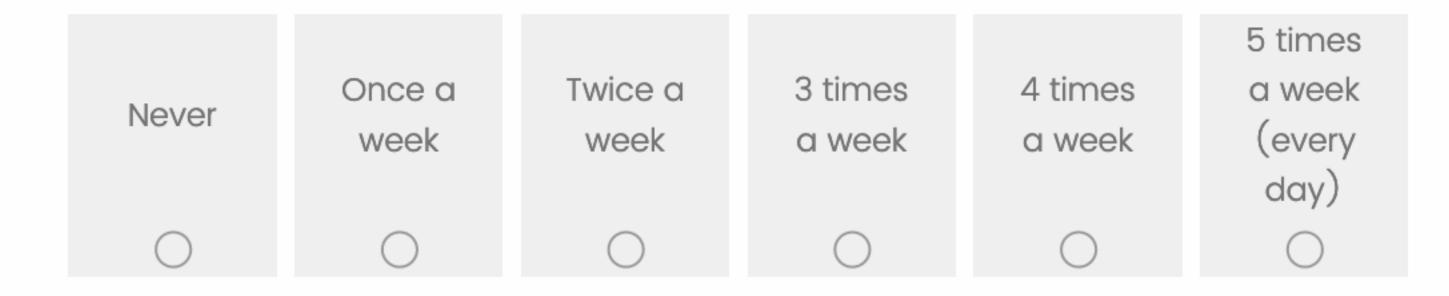
The next questions are about activities that are organized. That is, the questions are about activities that are planned and supervised by a teacher, instructor, adult, coach or volunteer. We would like to know what you did after school last week.

During last week from after school to dinner time (about 3pm to 6pm), how many days did you participate in:

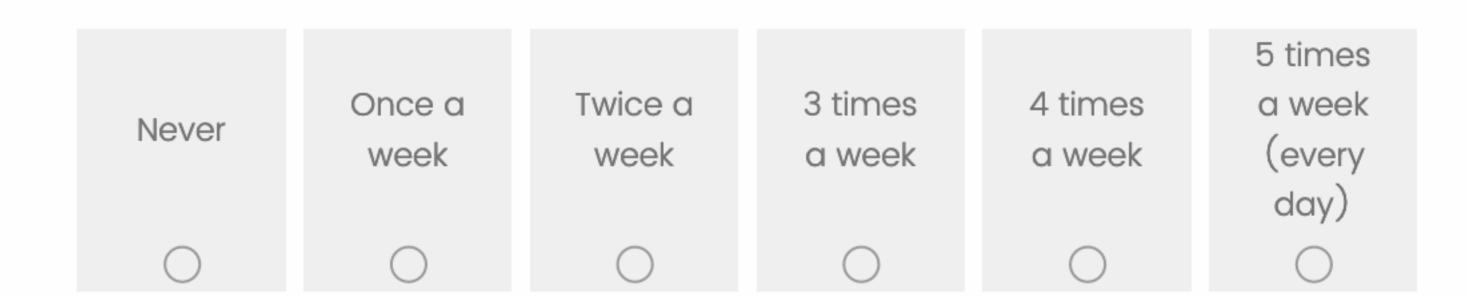
a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?



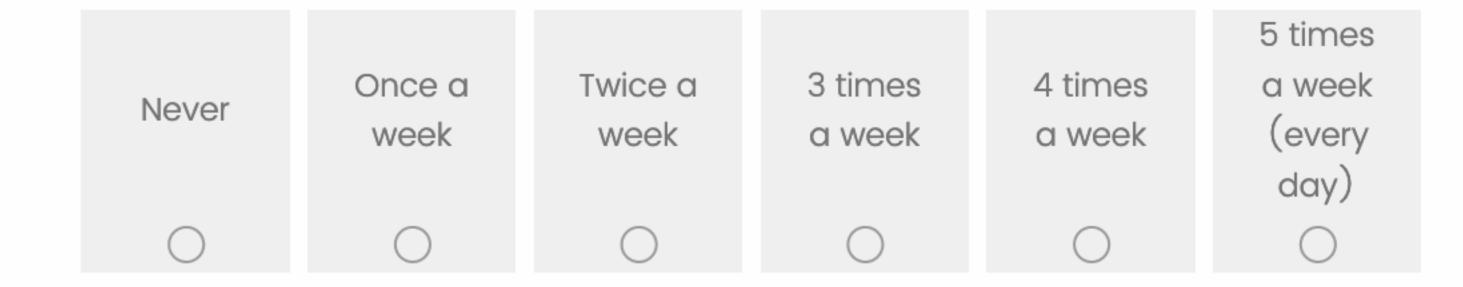
b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?



c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?



d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?

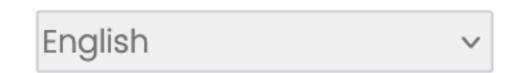


e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?

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



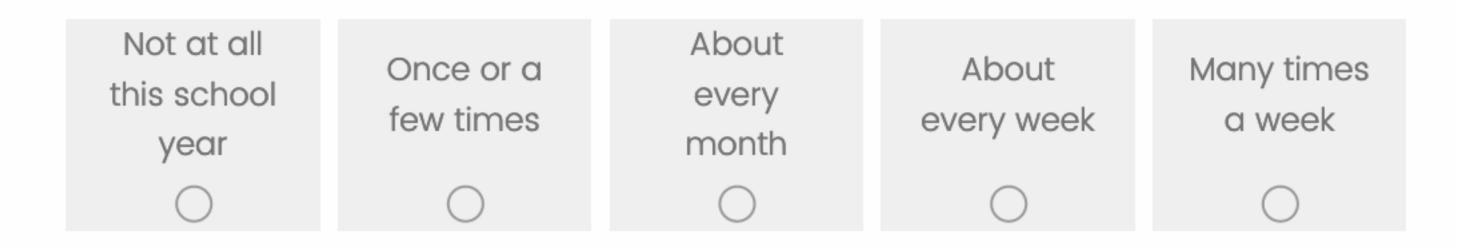




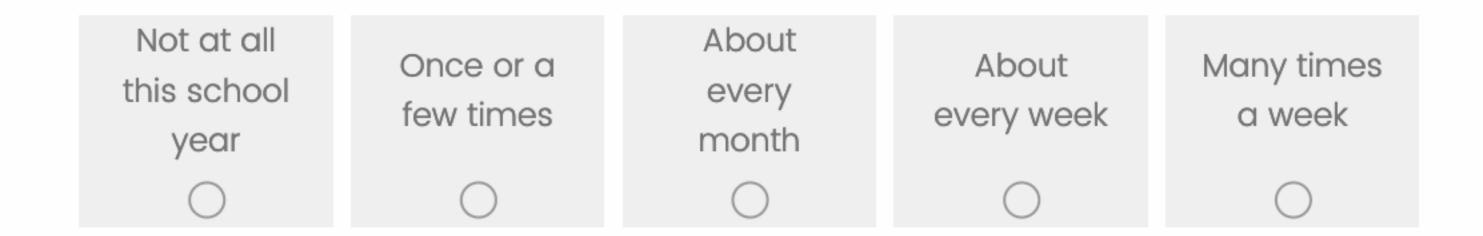
Important definition: Bully – There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students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

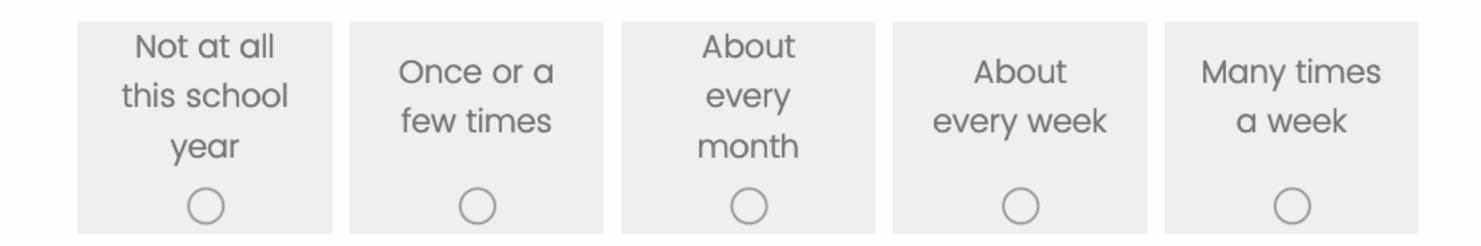
<u>Physical bullying</u> (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took things without permission).



<u>Verbal bullying</u> (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).



<u>Social bullying</u> (for example, someone left you out, excluded you, gossiped and spread rumours about you, or made you look foolish).



<u>Cyberbullying</u> (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).

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





How much do you agree with the followin	English ng:	~
f I have questions or concerns about my about the supports that are available (fo adults in my school)		
O No, I do not agree		
O Lam not sure		

I am aware of these school-based mental health supports that are available to me.

(Select all that apply)

O Yes, I agree

n School
Teachers
Child and Youth Workers (CYW)
Principals and Vice Principals
Guidance Counsellors
Education Assistants
Social Workers
Social workers with an Indigenous Focus
Community Resources
☐ Kids Help Phone
Black Youth Helpline
☐ Here 24/7
Front Door
Muslim Social Services
□ OK2BME
☐ Kind Minds Family Wellness
☐ Trans Life line
Southwest Ontario Aboriginal Health Access Centre

Congratulations, you have reached the final page of the survey! When you click "Finish Survey," your survey will be complete. You can still click "Withdraw from Survey" if you wish your responses to be deleted.

Previous

Next

Withdraw from Survey

Powered by Qualtrics ☐



Thank-you for taking the Safe, Caring and Inclusive School Survey.

A summary of the survey feedback will be reviewed by staff and shared with your school's Safe, Caring and Inclusive School Teams to support future actions to make school a better place for everyone.

As you go through this survey, some of the questions may have you thinking about your own worries or concerns, please know we are here to help.

Please talk to a trusting adult – parent, guardian, caregiver, teacher, child and youth worker, guidance counselor, school principal or any other school staff that you connect with.

If you do not wish to talk to anyone at home or at school, the following are resources you can reach out to:

Kids Help Phone at 1-800-668-6868, text 686868 - available 24/7

Black Youth Helpline at 1-833-294-8650 - available 9am-10pm

Hope for Wellness Helpline for all Indigenous people- 1-855-242-3310 (online chat also available) LGBT Youthline- 1-647-694-4275- available Sunday-Friday 4:00-9:30pm (online chat also available)

Naseeha Muslim Mental Health Hotline- 1-866-627-3342- available 12pm-3am (online chat also available)

Withdraw from Survey