Youth Development Instrument

SFU FACULTY OF HEALTH SCIENCES

A guide to participation in the **Youth Development Instrument (YDI)**

Youth Development Instrument (YDI): Predicting Successful Trajectories from Childhood to Young Adulthood.

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What is the Youth Development Instrument?

Youth who establish healthy social, emotional, mental, and physical behaviours in early life are much more likely to achieve academic success and other positive developmental outcomes. Our team has created the Youth Development Instrument (YDI), a survey for youth ages 15 to 18, to identify which resources, opportunities, and practices set youth up for success in adolescence and adulthood. As researchers at SFU, the UBC Human Early Learning Partnership (HELP-UBC), and the BC Centre for Disease Control (BCCDC), we have built the YDI in collaboration with school administrators, teachers, healthcare providers, policymakers, community partners, and young people themselves.

What does the YDI measure?

We have expanded on HELP-UBC's Early Years Development Instrument (EDI, Kindergarten) and Middle Years Development Instrument (MDI, Grades 4 to 8 instruments by asking questions about five areas: social and emotional development, social well-being, learning environment and engagement, physical and mental well-being, and navigating the world. The YDI asks questions about students' social and emotional competencies, social connections and school experiences, physical and mental health, positive and adverse childhood experiences, substance use, civic engagement, and food and housing security.

What will happen to YDI results?

As our goal is to create actionable findings you can use to improve your students' well-being, participating districts will receive district and school-level reports 2-3 months after the YDI survey is delivered. School reports are not made public. In the long-term, YDI results will complement data from the Student Learning Survey and Adolescent Health Survey by comprehensively linking important outcomes such as high school graduation to students' experiences in school, their life at home and in their communities, and other data on their physical and mental well-being. YDI data can also be linked to EDI and MDI data to

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provide a picture of young people's health and well-being from early childhood to adolescence.

What would my school's participation in the YDI involve?

We work closely with participating schools to complete the following steps to ensure delivery takes place smoothly.

Distributing passive consent letters and tracking student withdrawals

At least 4 weeks before the YDI survey is scheduled, participating schools will distribute an informed passive consent letter to parents/guardians of eligible students. This letter will ensure that parents/guardians have full knowledge of the YDI project, how the YDI survey will be delivered, and how YDI data will subsequently be used. Within 4 weeks of receiving the letter, parents/guardians may withdraw their children from participation in the project by completing and returning a slip attached to the base of the letter, notifying their child's teacher or school administrative staff, or contacting the research team directly at ydi@sfu.ca. Participating schools will remain in close contact with the YDI research team during this time to communicate student withdrawals.

Planning and administering YDI delivery

Surveys are implemented at the school's convenience **between Jan. 16, 2023 and March 31, 2023**. Survey administrators will be designated amongst staff at participating schools. The administrator will work closely with the YDI research team to prepare for YDI delivery by helping teachers plan how to fit the YDI into normal class activities and by arranging appropriate space and equipment. If convenient and consistent with your district and school policies, students may take the YDI on their personal computers, tablets, or mobile devices. Survey administrators will complete a short 15-minute training prior to implementation (early January). On the date of YDI delivery, the survey administrator will follow detailed instructions to introduce and assist students in completing the survey.

How can I learn more about the YDI project?

Please free to reach out anytime with questions, feedback, or concerns to Dr. Samji at hsamji@sfu.ca or the YDI Team at ydi@sfu.ca. We look forward to hearing from you!