

## THE YOUTH DEVELOPMENT INSTRUMENT (YDI)

The YDI is a school-based, self-report survey for students in grades 9-12, designed to identify the resources, opportunities, and practices that support positive youth development and hear directly from young people about what matters most to them. Since its pilot in 2020, over 43,000 students across British Columbia (BC) have participated in the YDI.

### THE YDI...

- ▶ takes a strengths-based approach, focusing on developmental assets that are associated with improved long-term health and wellbeing.
- ▶ is developed in collaboration with the YDI Youth Advisory Council (YAC), a provincial group of ~25 BC youth between 15-18 years old.
- ▶ is voluntary and administered in participating schools by school staff.
- ▶ is confidential, and students' individual answers are not shared with anyone.
- ▶ supports BC reporting requirements:
  - *Students will feel welcome, safe and connected to their school.*
  - *Students have two or more adults at their school who care about them.*
- ▶ creates annual reports for schools, school districts, health authorities, and the province.
- ▶ aligns with the BC Ministry of Education and Child Care's Mental Health in Schools Strategy
- ▶ builds on the work of the Human Early Learning Partnership to create a population-level linked child monitoring system for child and youth wellbeing in BC.

### NEW FOR 2026!

- **Introducing YDI 2026** – A free, streamlined version of our survey (~30 minutes) with the flexibility to add your own custom topics or questions (optional, fee).
- **Fast-Tracked Results** – Get your school report within 6-8 weeks of survey completion. District and Provincial reports will be produced in May/June. Final, updated school reports with provincial comparisons will be shared in June.
- **YDI Evaluation Module** – Want to know if your wellbeing programs are working? This new module can help measure the impact of your school's wellbeing strategies.

## YDI 5 DIMENSIONS & TOPICS



### Social & Emotional Learning

Questions regarding knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



### Learning Environment & Engagement

Youth are asked about their feelings and experiences concerning their academic work and their school community.



### Navigating the World

Youth are encouraged to discuss how they envision their future and their framework for engaging with their society and environment.



### Social Wellbeing

Youth respond to items regarding the strength and number of meaningful relationships with peers, family, community members and community belonging.



### Physical & Mental Wellbeing

Questions in this section ask students to describe habits and exposures which affect their physical and mental health, as well their experience with accessing health services.

## The Capturing Health and Resilience Trajectories (CHART) Lab

The CHART Lab is an interdisciplinary team working to promote life-long mental health and wellbeing, led by Dr. Hasina Samji. We aim to identify social and structural determinants of mental health, mobilize research into action, and **work collaboratively to move the needle on youth wellbeing.**

**Learn more about the YDI and the CHART Lab!**  
Visit [chartlab.ca](http://chartlab.ca) or email us at [ydi@sfu.ca](mailto:ydi@sfu.ca).



