

**May 13, 2019**

## **Let's Get Kids Active: Extracurricular Activities and Positive Mental Health During Early Adolescence**

Extracurricular activities, such as participation in sports, the arts, or other structured programs after school, are considered an important developmental context for positive youth development.

The presented study draws from a population level sample of children who responded to the Middle Years Development Instrument (MDI) – a self-report questionnaire implemented at a population level in participating school districts in BC. Specifically, we investigated the link between youth' profiles of extracurricular engagement and their positive mental health, and whether transitions in extracurricular profile belonging over time were related to changes in positive mental health. Implications for families and communities are discussed.

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Rounds are held weekly on Mondays from 12:00 pm to 1:00 pm in the VGH Research Pavilion, Room 700, 7<sup>th</sup> Floor, 828 West 10th Avenue, Vancouver, BC.

Visit [www.C2E2.ca](http://www.C2E2.ca) for information about previous and upcoming rounds. If you are interested in presenting please email [pamela.lee@ubc.ca](mailto:pamela.lee@ubc.ca).