

# The Engagement Portrait: A Snapshot of Your Involvement



The Students  
Commission

Centre of Excellence for  
Youth Engagement

This survey is about youth engagement. Here is what we think “youth engagement” means:

*Youth engagement is the meaningful participation and continuing involvement of a young person in an activity, which has a focus outside of him or herself.*

We think youth engagement has four parts:

1. HEAD ~ thinking, such as learning about the activity, and
2. HEART ~ feelings, for example, having fun doing the activity, and
3. FEET ~ spending time doing the activity, and
4. SPIRIT ~ meaningfulness and connection to other people or a higher power when you are doing the activity.

We believe that there are lots of ways youth can be engaged. Engagement could come from spending time with friends and family, playing music in a band, being on a sports team, volunteering in the community, and lots of other ways.

Pick an activity that you do that is meaningful to you that you’ve been doing for a while, and that connects you to other people. If you don’t do an activity that is all of those things, pick one that is closest. Please think about this **one activity** when you answer the questions below. There are no right and wrong answers!

OR If you are doing this survey for an organization or group, please answer the questions based on what you do in the organization or group.

*Please write the FULL NAME of the activity (and not just the initials):*

  
  
  

*Please tell us a little about what YOU do in this activity:*

For the next two statements, please circle ALL of the answers that fit your activity.

Where do you usually do this activity?	At my home	At my school	Other (where?): _____
Whom do you usually do it with?	By myself	Other youth	Adults

The next three questions are about the FEET part of your engagement. Please circle ONE answer for each question.

How often do you do this activity?	Done it just once	Few times a year	Every month	Few times a month	Once a week	Several days a week		
How long have you been doing it?	Just started doing it	1 to 5 months	6 months to 1 year	between 1 and 2 years	2 to 3 years	between 3 and 4 years	4 to 5 years	More than 5 years
How much longer do you think will you stay involved?	Less than 1 more month	1 to 5 more months	6 months to 1 year	between 1 and 2 more years	2 to 3 more years	between 3 and 4 more years	4 to 5 more years	More than 5 more years

*Please turn the page over ....*

Now we would like to learn about the HEAD, HEART, and SPIRIT parts of your engagement. Please circle ONE answer that best matches your opinion for each statement below. There are no right or wrong answers!

**About the HEAD part of your engagement:**

1. I really focus on this activity when I'm doing it.	Not at all	Little bit	Somewhat	Quite a bit	A lot
2. I learn new things when I am doing this activity.	Not at all	Little bit	Somewhat	Quite a bit	A lot
3. I lose track of time when I'm doing this activity.	Not at all	Little bit	Somewhat	Quite a bit	A lot

**About the HEART part of your engagement:**

4. I enjoy doing this activity.	Not at all	Little bit	Somewhat	Quite a bit	A lot
5. This activity is an important part of who I am.	Not at all	Little bit	Somewhat	Quite a bit	A lot
6. It would be very hard for me to give up this activity.	Not at all	Little bit	Somewhat	Quite a bit	A lot

**About the SPIRIT part of your engagement:**

7. This activity helps give my life meaning.	Not at all	Little bit	Somewhat	Quite a bit	A lot
8. This activity connects me to other people.	Not at all	Little bit	Somewhat	Quite a bit	A lot
9. This activity helps me connect to something greater than myself.	Not at all	Little bit	Somewhat	Quite a bit	A lot
10. I help other people when I do this activity.	Not at all	Little bit	Somewhat	Quite a bit	A lot
11. Overall, I think this activity is very engaging.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree

Here are some other questions about you. We plan on using this information to help us understand how youth engagement may be similar or different depending on age, gender, and in what part of the country you live.

How old are you? I am \_\_\_\_\_ years old.

What is your gender? male \_\_\_\_\_ female \_\_\_\_\_ transgender \_\_\_\_\_

What city and province do you live in? City \_\_\_\_\_ Province \_\_\_\_\_

We've put this space here in case there's anything else you'd like to tell us about your activity, our survey, or youth engagement in general.

*Thank you! Want to learn more about youth engagement? Check us out at [www.engagementcentre.ca](http://www.engagementcentre.ca)*