



Student Wellness **NEEDS ASSESSMENT**

A Parent Guide to Every Survey Question

2026-2027



Assessment prepared by the HCPS Office of Student Support Services



Student Wellness **NEEDS ASSESSMENT**

Harford County Public Schools (HCPS) invites students in grades 3-12 to complete a short online Wellness Needs Assessment. It asks about students' mental and physical wellness and how they feel about school, so schools can plan the right supports.

- Participation is optional.
- Answers are confidential but not anonymous. Names are attached so school staff can follow up if a student asks for help.
- Sensitive questions include a "Prefer not to respond" or "I do not know" option.
- Questions match your child's level. Some sections appear only for middle and high school students.
- Every student gets resources at the end:
www.hcps.org/students/MentalHealthZone.aspx

Questions are numbered as they appear in the district survey. Elementary students (grades 3-5) skip the middle and high school questions, so their question numbers online are a few numbers lower (for example, question 8 appears as question 5). Answer choices are shown in italics under each question.



GETTING STARTED

All Grades

1

Please select your school level.

- *Elementary School*
- *Middle School*
- *High School*

2

Please select your school.

Students choose their school from a list of HCPS elementary, middle, or high schools.

3

Please select your grade level.

- *Grades 3-5 (elementary)*
- *Grades 6-8 (middle)*
- *Grades 9-12 (high)*

ELEMENTARY

Grades 3-5

4

How much do you disagree or agree with the following items about school and community?

I feel welcome at school.

☐

Disagree

☐

I don't know

☐

Agree

I feel a sense of belonging in school.

☐

Disagree

☐

I don't know

☐

Agree

I feel safe at school.

☐

Disagree

☐

I don't know

☐

Agree

I feel safe going to and from school.

☐

Disagree

☐

I don't know

☐

Agree

MIDDLE/HIGH SCHOOL

Grades 6-12

4

For my future, I feel...

...my school is preparing me well for college.

☐

Disagree

☐

I don't know

☐

Agree

...my school is preparing me well for a career.

☐

Disagree

☐

I don't know

☐

Agree

5

How much do you disagree or agree with the following items about school and community?

I feel welcome at school.

☐

Disagree

☐

I don't know

☐

Agree

I feel a sense of belonging in school.

☐

Disagree

☐

I don't know

☐

Agree

I feel safe at school.

☐

Disagree

☐

I don't know

☐

Agree

I feel safe going to and from school.

☐

Disagree

☐

I don't know

☐

Agree

I feel proud to attend my school.

☐

Disagree

☐

I don't know

☐

Agree

Continued on next page.

I know how to get involved with school activities (e.g., clubs, sports) if I wish.

☐ Disagree ☐ I don't know ☐ Agree

My school does NOT have issues with violence.

☐ Disagree ☐ I don't know ☐ Agree

My school provides a safe learning space for all students.

☐ Disagree ☐ I don't know ☐ Agree

I feel safe at school-sponsored events and activities held after school.

☐ Disagree ☐ I don't know ☐ Agree

6

In which of the following areas would you like your school to offer more support for students?

Check all that apply.

- ☐ Substance use and abuse prevention
- ☐ Access to local mental health supports
- ☐ Access to stable or reliable housing
- ☐ Access to school supplies or materials
- ☐ Access to food or other nutritional resources
- ☐ Resources for students whose families are affected by incarceration
- ☐ None of the above
- ☐ Prefer not to respond
- ☐ Other *(Please discuss with your school counselor)*

7

I would like help accessing mental health resources.

☐ Yes ☐ No

COUNSELOR, FEELINGS, AND LEARNING

All Grades

8

Do you know...

...your school counselor?

☐

Yes

☐

No

...how to get in touch with your school counselor?

☐

Yes

☐

No

9

Social wellbeing

I am nice to others who are different than me.

☐

Disagree

☐

I don't know

☐

Agree

I treat people with respect.

☐

Disagree

☐

I don't know

☐

Agree

I know how others feel by looking at them.

☐

Disagree

☐

I don't know

☐

Agree

My actions affect others.

☐

Disagree

☐

I don't know

☐

Agree

I think before I act.

☐

Disagree

☐

I don't know

☐

Agree

Continued on next page.

10

Relationships

It is easy for me to talk with others.

☐

Disagree

☐

I don't know

☐

Agree

My friends help me when I need it.

☐

Disagree

☐

I don't know

☐

Agree

I am a good listener.

☐

Disagree

☐

I don't know

☐

Agree

I know how to problem solve with others.

☐

Disagree

☐

I don't know

☐

Agree

11

Feelings

I can name my feelings.

☐

Disagree

☐

I don't know

☐

Agree

I can tell others how I feel.

☐

Disagree

☐

I don't know

☐

Agree

I can calm myself when I am upset.

☐

Disagree

☐

I don't know

☐

Agree

Continued on next page.

12

At school, I generally feel...

Sad

☐

Rarely

☐

Sometimes

☐

Often

Bored

☐

Rarely

☐

Sometimes

☐

Often

Happy

☐

Rarely

☐

Sometimes

☐

Often

Excited

☐

Rarely

☐

Sometimes

☐

Often

Angry

☐

Rarely

☐

Sometimes

☐

Often

Frustrated

☐

Rarely

☐

Sometimes

☐

Often

13

Learning

I am able to focus at school.

☐

Disagree

☐

I don't know

☐

Agree

I am able to focus on homework.

☐

Disagree

☐

I don't know

☐

Agree

Continued on next page.

I get nervous during tests.

☐

Disagree

☐

I don't know

☐

Agree

I am willing to ask for help.

☐

Disagree

☐

I don't know

☐

Agree

14

Support from adults at school and in the community.

My teachers know I can do well at school.

☐

Disagree

☐

I don't know

☐

Agree

I know at least one adult I can ask for help if i do not understand something in class.

☐

Disagree

☐

I don't know

☐

Agree

I know at least one adult I can ask for help if I feel unsafe at school.

☐

Disagree

☐

I don't know

☐

Agree

I have at least two non-parent adults who show they care about me.

☐

Disagree

☐

I don't know

☐

Agree

My teachers provide extra help to me when I need it.

☐

Disagree

☐

I don't know

☐

Agree

SLEEP, NUTRITION, AND ACTIVITY

All Grades

15

During a typical school week, what time do you usually go to bed?

- ☐ Before 9:00 p.m.
- ☐ 9:00 - 9:59 p.m.
- ☐ 10:00 - 10:59 p.m.
- ☐ 11:00 - 11:59 p.m.
- ☐ Midnight or later
- ☐ I do not have a regular bedtime

16

On a typical school night, why do you go to bed at your normal time?

- ☐ I have a set bedtime
- ☐ I feel sleepy

17

How many times per week do you stay up past your normal bedtime (not counting weekends)?

- ☐ Never
- ☐ Once per week
- ☐ Two or three times per week
- ☐ 4 times per week or more

Continued on next page.

18

In the past month, have any of these made it hard for you to get enough sleep?

Check all that apply.

- ☐ I have difficulty falling asleep.
- ☐ I stay up late to finish schoolwork.
- ☐ I stay up late for fun *(e.g., reading a book or watching a movie)*
- ☐ I stay up late to help my family *(e.g., babysitting a sibling)*
- ☐ I stay up late using my cell phone or other electronic devices.
- ☐ I stay up late because of athletics.
- ☐ I stay up late because of my job.
- ☐ None of the above

19

During a typical week, how often do you drink the following?

Soda

- ☐ Never
- ☐ Rarely
- ☐ Once a week
- ☐ More than once a week

Coffee

- ☐ Never
- ☐ Rarely
- ☐ Once a week
- ☐ More than once a week

Tea

- ☐ Never
- ☐ Rarely
- ☐ Once a week
- ☐ More than once a week

Energy drinks *(e.g., Red Bull, Rockstar)*

- ☐ Never
- ☐ Rarely
- ☐ Once a week
- ☐ More than once a week

Continued on next page.

20

During the past week, how often were you physically active for a total of...

60 minutes

☐

Never

☐

Once a week

☐

More than once a week

20 minutes outside of regular school hours

☐

Never

☐

Once a week

☐

More than once a week

21

I enjoy participating in community traditions

(e.g., volunteering, family traditions, school events like game night or family night)

☐

Yes

☐

No

22

Which activities do you take part in, or plan to take part in, this school year?

Check all that apply.

☐

Clubs *(e.g., Art, Drama, Robotics, Chess)*

☐

School-sponsored sports

☐

Performing arts *(e.g., chorus, band, orchestra)*

☐

Honor societies *(high school only)*

☐

Parks and Recreation or other non-school sports

☐

Volunteer organizations

☐

None

23

How many sports teams outside of school do you play on?

☐

None

☐

1 team

☐

2 teams

☐

3 teams or more

SCREEN TIME AND PERSONAL CARE

All Grades

24

During the past week, how many hours per day did you spend looking at a screen outside of school?

☐

Less than 2 hours

☐

2 to 4 hours

☐

5 hours or more

25

Which devices can you use outside of school?

Check all that apply.

☐

Television

☐

Smartphone

☐

Tablet

☐

Video game console

☐

None of the above

26

On a typical school day, how many minutes before you try to fall asleep do you stop looking at screens?

☐

Less than 10 minutes

☐

10 to 30 minutes

☐

More than 30 minutes

Continued on next page.

27

Which social media apps do you use often?

Check all that apply.

- ☐ TikTok
- ☐ Snapchat
- ☐ Instagram
- ☐ Facebook
- ☐ X (Twitter)
- ☐ WhatsApp
- ☐ YouTube
- ☐ Pinterest
- ☐ Discord
- ☐ Roblox
- ☐ Twitch
- ☐ None of the above

28

How often do you use the following apps?

YouTube

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

TikTok

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Snapchat

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Continued on next page.

Instagram

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Facebook

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

X (Twitter)

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Discord

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Roblox

- | | |
|---|--|
| ☐ Almost constantly | ☐ Several times a day |
| ☐ Several times a week | ☐ Do not use |

Continued on next page.

29

Which of the following do you commonly do to relax?

Check all that apply.

- ☐ Listen to music or a podcast
- ☐ Play music
- ☐ Talk to friends
- ☐ Talk to family
- ☐ Meditate
- ☐ Exercise or play a sport
- ☐ Read
- ☐ Write
- ☐ Make art
- ☐ Watch TV
- ☐ Play video games
- ☐ Other

30

Personal care

I regularly bathe or shower.

- ☐ Yes ☐ No

I have someone I can go to with questions about personal hygiene.

- ☐ Yes ☐ No

I regularly brush my teeth.

- ☐ Yes ☐ No

I regularly floss my teeth.

- ☐ Yes ☐ No

After question 30, students submit the survey and receive a link to HCPS wellness and mental health resources.



Questions?

Thank you for partnering with us to support your child's wellbeing. If you have questions about the Student Wellness Needs Assessment, please contact your child's school counselor.



2026-2027

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