HARFORD COUNTY PUBLIC SCHOOLS

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WELLNESS NEEDS ASSESSMENT QUESTIONS

Questions on Student Wellness, School Climate, and Culture for Grades 3-12

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HCPS STUDENT support SERVICES

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INTRODUCTION

This document includes all questions related to the HCPS Wellness Needs Assessment. The purpose of this assessment is to gather insights from students in grades 3 through 12 about their wellness needs—both mental and physical—as well as their views on school climate and culture. As you review the needs assessment questions, please keep the following structural details and best practices design in mind:

- *Question numbers (e.g., Q3) pertain to the online assessment programming numbers and may be non-linear.*
- *Appropriate question language will be displayed depending on respondents' selection in a prior question (e.g., a 6th grader will see "Please select your Middle school" while a 9th grader will see "Please select your High school").*
- *Questions are formatted into "Blocks" or "Sections" such as* **SCREEN TIME**.
- *"○" denotes a radio button where the respondent can only select one answer.*
- *"☐" denotes a check box where the respondent can select more than one answer option.*
- *"*" All online items with an asterisk will require a response before an individual may continue to the next question.*

BEST PRACTICES IN NEEDS ASSESSMENT DESIGN

- ***Require responses** for all needs assessment questions. Some items require forced response because they are used for needs assessment logic. However, using forced response on all close ended questions allows for more thorough data cleaning and the removal of low-quality responses. If a question is sensitive in nature, a "Prefer not to respond" or "NA" may be selected.*
- *Present matrix questions (e.g., Likert scales going from disagree to agree) from **negative to positive**.*
- ***Randomize questions** when multiple options are present to decrease "order-effects," which is common for questions of a similar structure.*
- ***Balance Likert scales**: for this needs assessment, we primarily utilized three, four, and/or five-point scales.*
- ***Use "N/A" or "I do not know"** options when the question is either not relevant or the respondent is unsure. These are often consolidated because there is not an analytical reason to separate these results. Moreover, extending the scale (i.e., separating "N/A" and "Don't know" as two different options) may encourage respondents to select more "positive" responses due to the relative physical position of the extended scale.*
- ***Keep open-ended comments to a minimum or none.** Respondents start providing redundant answers when faced with more than two or three open-ended responses.*
- ***Use skip logic** to ensure that respondents only answer questions pertinent to them.*
- ***Avoid too many or too few questions in a single page**. You may view these aesthetic aspects of the needs assessment once the needs assessment has been programmed into the online platform.*
- *Avoid questions with the following characteristics:*
  - ***Double-barreled questions** (e.g., asking two questions at once).*
  - ***Leading questions.** For example, asking "Many staff members indicate that district buildings are clean. Is your building clean?" may lead a respondent to indicate that their building is clean regardless of their objective opinion. Asking leading questions makes respondents susceptible to social desirability. That is, respondents might then answer questions based on the question wording and not their objective opinion.*
  - ***Subjective language** for needs assessment questions to ensure that all respondents will interpret the needs assessment item the same way.*

HCPS WELLNESS NEED ASSESSMENT INSTRUMENT (QUESTIONS)

Welcome MESSAGE

Harford County Public Schools (HCPS) Student Wellness Needs Assessment! Grades 3-12

Your School Community wants to learn more about you to help make sure you have a great school year. Your participation is optional.

All information you provide will remain confidential but not anonymous, so please be candid in your responses.

Thank you for taking the Student Wellness Needs Assessment!

Please click the ***Next*** button below to begin.

School levels

1. Please select your school level. *
   - ❍ Elementary School
   - ❍ Middle School
   - ❍ High School

ELEMENTARY SCHOOL

2. Please select your elementary school. * (Elementary Schools Only)

Elementary Schools

- ❍ Abingdon ES
- ❍ Bakerfield ES
- ❍ Bel Air ES
- ❍ Church Creek ES
- ❍ Churchville ES
- ❍ Darlington ES
- ❍ Deerfield ES
- ❍ Dublin ES
- ❍ Edgewood ES
- ❍ Emmorton ES
- ❍ Forest Hill ES
- ❍ Forest Lakes ES
- ❍ Fountain Green ES
- ❍ George D. Lisby At Hillsdale ES
- ❍ Hall's Cross Roads ES
- ❍ Harford Academy ES
- ❍ Havre de Grace ES
- ❍ Hickory ES
- ❍ Homestead/Wakefield ES
- ❍ Jarrettsville ES
- ❍ Joppatowne ES
- ❍ Magnolia ES
- ❍ Meadowvale ES
- ❍ Norrisville ES
- ❍ North Bend ES
- ❍ North Harford ES
- ❍ Old Post Road ES
- ❍ Prospect Mill ES
- ❍ Red Pump ES
- ❍ Ring Factory ES
- ❍ Riverside ES
- ❍ Roye-Williams ES
- ❍ Swan Creek School (ES)
- ❍ William S. James ES
- ❍ Youth's Benefit ES

MIDDLE SCHOOL

2. Please select your middle school. * (Middle Schools Only)

Middle Schools

- ❍ Aberdeen MS
- ❍ Bel Air MS
- ❍ Edgewood MS
- ❍ Fallston MS
- ❍ Havre de Grace MS
- ❍ Magnolia MS
- ❍ North Harford MS
- ❍ Patterson Mill MS
- ❍ Southampton MS
- ❍ Swan Creek MS

HIGH SCHOOL

2. Please select your high school. * (High Schools Only)

High Schools

- ❍ Aberdeen HS
- ❍ Bel Air HS
- ❍ C. Milton Wright HS
- ❍ Edgewood HS
- ❍ Fallston HS
- ❍ Harford Technical HS
- ❍ Havre de Grace HS
- ❍ Joppatowne HS
- ❍ North Harford HS
- ❍ Patterson Mill HS
- ❍ Swan Creek HS

Grade levels

ELEMENTARY SCHOOL GRADE LEVELS (GRADES 3-5)

3. Please select your elementary school grade level. * (Elementary Schools Only)
   - ❍ 3rd Grade
   - ❍ 4th Grade
   - ❍ 5th Grade

MIDDLE SCHOOL GRADE LEVELS (GRADES 6-8)

3. Please select your middle school grade level. * (Middle Schools Only)
   - ❍ 6th Grade
   - ❍ 7th Grade
   - ❍ 8th Grade

HIGH SCHOOL GRADE LEVELS (GRADES 9-12)

3. Please select your high school grade level. * (High Schools Only)
   - ❍ 9th Grade
   - ❍ 10th Grade
   - ❍ 11th Grade
   - ❍ 12th Grade

Climate & Culture (Mental Health) - Elementary Schools ONLY

4. Please say how much you disagree or agree with the following items about school and community. *

	Disagree	I do not know	Agree
I feel welcome at school.	❍	❍	❍
I feel a sense of belonging in school.	❍	❍	❍
I feel safe at school.	❍	❍	❍
I feel safe going to and from school.	❍	❍	❍

College and Career Preparation (Secondary Schools ONLY)

4. Please say how much you disagree or agree with the following items. For my future I feel… *

	Disagree	I do not know	Agree
… my school is preparing me well for college.	❍	❍	❍
…my school is preparing me well for a career.	❍	❍	❍

Climate & Culture (Mental Health) - Secondary Schools ONLY

5. Please say how much you disagree or agree with the following items about school and community. *

	Disagree	I do not know	Agree
I feel welcome at school.	❍	❍	❍
I feel a sense of belonging in school.	❍	❍	❍
I feel safe at school.	❍	❍	❍
I feel safe going to and from school.	❍	❍	❍
I feel proud to attend my school.	❍	❍	❍
I know how to get involved with school activities (e.g., clubs, sports) if I wish.	❍	❍	❍
My school does NOT have issues with violence.	❍	❍	❍
My school provides a safe learning space for all students.	❍	❍	❍
I feel safe at school-sponsored events and activities held after school.	❍	❍	❍

School Support Needs (Secondary Schools ONLY)

6. **In which of the following areas would you like your school to offer more support for students? *Please select 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 (family members in jail)
   - ❑ None of the above
   - ❑ Prefer not to respond
   - ❑ Other (please discuss with your school counselor)

Mental Health Concerns (Secondary Schools ONLY)

7. **I would like help accessing mental health resources.** *
   - ❍ Yes
   - ❍ No

Note: After completing the needs assessment, all students will receive a link to review resources, including how to access mental health resources, approved by the HCPS Department of Student Support Services.

About Your School Counselor

Notes: The following question numbers differ for elementary students online because secondary students will be asked 3 more questions at the start of this needs assessment. For example, Question 8 in this report will be shown as Question 5 for elementary students, Question 9 will appear as Question 6, and this pattern continues through to Question 30. For a detailed comparison, please refer to the ***Question Number Comparison Table***, on the last page of this report, that shows the corresponding question numbers from Question 8 to Question 30.

8. Do you know: *

	Yes	No
… your school counselor?	❍	❍
…how to get in touch with your school counselor?	❍	❍

Social Wellbeing (Mental Health)

9. Social Wellbeing: *

	Disagree	I do not know	Agree
I am nice to others who are different than me.	❍	❍	❍
I treat people with respect.	❍	❍	❍
I know how others feel by looking at them.	❍	❍	❍
My actions affect others.	❍	❍	❍
I think before I act.	❍	❍	❍

10. Relationships: *

	Disagree	I do not know	Agree
It is easy for me to talk with others.	❍	❍	❍
My friends help me when I need it.	❍	❍	❍
I am a good listener.	❍	❍	❍
I know how to problem solve with others.	❍	❍	❍

Emotional Wellbeing (Mental Health)

11. Feelings *

	Disagree	I do not know	Agree
I can name my feelings.	❍	❍	❍
I can tell others how I feel.	❍	❍	❍
I can calm myself when I am upset.	❍	❍	❍

12. At school, I generally feel... *

	Rarely	Sometimes	Often
Sad	❍	❍	❍
Bored	❍	❍	❍
Happy	❍	❍	❍
Excited	❍	❍	❍
Angry	❍	❍	❍
Frustrated	❍	❍	❍

Note: The above question lists a number of words that describe different feelings and emotions. Please read each item and choose the response that best matches how often you feel these emotions at school.

Learning Skills & Habits (Mental Health)

13. Learning *

	Disagree	I do not know	Agree
I am able to focus at school.	❍	❍	❍
I am able to focus on homework.	❍	❍	❍
I get nervous during tests.	❍	❍	❍
I am willing to ask for help.	❍	❍	❍

14. **Please say how much you disagree or agree with the following items about support from adults at your school/community.** *

	Disagree	I do not know	Agree
My teachers know I can do well at school.	❍	❍	❍
I know at least one adult I can ask for help if I do not understand something in class.	❍	❍	❍
I know at least one adult I can ask for help if I feel unsafe at school.	❍	❍	❍
I have at least two non-parent adults who show they care about me.	❍	❍	❍
My teachers provide extra help to me when I need it.	❍	❍	❍

SLEEP (Physical Health)

15. **During a typical school week, what time do you usually go to bed (i.e., what is your "bedtime")?** *
    - ❍ Before 9:00 pm
    - ❍ 9:00 pm – 9:59 pm
    - ❍ 10:00 pm – 10:59 pm
    - ❍ 11:00 pm – 11:59 pm
    - ❍ 12:00 am (midnight) or later
    - ❍ None of the above – I do not have a regular bedtime *schedule*

16. **On a typical school night, which of the following best represents the reason 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 (excluding weekends)?** *
    - ❍ Once per week
    - ❍ Two or three times per week
    - ❍ 4 times per week or more
    - ❍ Never

18. **In the past month, have any of the following made it hard for you to get enough sleep? *Please select all that apply*.** *
    - ❑ I have difficulty falling asleep
    - ❑ I stay up late to finish schoolwork
    - ❑ I stay up late for fun (e.g., to read a book or watch 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*

Nutrition (Physical Health)

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

	Never	Once a week	More than once a week	Rarely
Soda	❍	❍	❍	❍
Coffee	❍	❍	❍	❍
Tea	❍	❍	❍	❍
Energy Drinks	❍	❍	❍	❍

Definitions:
Coffee or Tea: *Include all freshly brewed, canned, or bottled coffee or tea beverages.*
Energy Drinks: *Include Red Bull, Rockstar, Jolt, and similar brands.*

Physical Activity (Physical Health)

20. During the past week, how many days did you engage in physical activity for a total of *

	Never	Once a week	More than once a week
60 minutes	❍	❍	❍
20 minutes outside of regular school hours	❍	❍	❍

21. I enjoy participating in community traditions (ex. Volunteering, family traditions, attending school events such as game night, trunk or treat, family night, etc.) *

❍ Yes
❍ No

22. **In which activities do you currently participate or plan to participate in the current school year?** ***Please select all that apply.*** *

- ❑ **Clubs** (Art, Environmental, Drama, Robotics, Chess, Destination Imagination, etc...)
- ❑ **School Sponsored Sports** (Soccer, Basketball, Baseball, Softball, Volleyball, Cross Country, Cheerleading, Step Team, Dance Company, etc...)
- ❑ **Performing Arts** (Chorus, Marching Bands, Ensemble, Orchestra, String Quartets, All-State Junior Band/Chorus/Orchestra, etc...)
- ❑ **Honor Societies - High School Only** (National Honor Society, Tri-M Music Honor Society, National Art Honor Society, National Honor Society for Dance Art, etc...)
- ❑ **Park and Recreation - Non School Sponsored Sports** (Basketball, Baseball/Softball, Soccer, Lacrosse, etc...)
- ❑ **Volunteer Organizations** (Church, Humane Society, Best Buddies, etc...)
- ❑ **None**

23. **On how many sports teams run by organizations outside of your school do you participate?** *

- ❍ 1 team
- ❍ 2 teams
- ❍ 3 teams or more
- ❍ None

Screen Time

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. To which of the following devices do you have access outside of school? Please select all that apply. *

- ❑ Television
- ❑ Smartphone
- ❑ Tablet (e.g., iPad, Surface)
- ❑ Videogame console (e.g., PlayStation, Xbox, Nintendo Switch)
- ❑ *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
- ❍ Between 10 and 30 minutes
- ❍ More than 30 minutes

27. What social media apps do you frequently use? Check all that apply *

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

28. How often do you use the following online platforms/social media apps?

	Amost constantly	Several times a day	Several times a week	Do not use
YouTube	❍	❍	❍	❍
TikTok	❍	❍	❍	❍
Snapchat	❍	❍	❍	❍
Instagram	❍	❍	❍	❍
Facebook	❍	❍	❍	❍
Twitter (X)	❍	❍	❍	❍
Discord	❍	❍	❍	❍
Roblox	❍	❍	❍	❍

Notes/Background: According to Statista and Pew Research Center, the list above includes the leading networking sites used by students (teens) and young adults.

Below is a list of the most commonly used social media apps and online platforms among school children and teens in the U.S.A.:

1. **TikTok** – Short-form video platform widely popular for trends, challenges, and creative content.
2. **Instagram** – Photo and video sharing app; Instagram Stories and Reels are popular features.
3. **Snapchat** – Messaging app with disappearing messages, Stories, and fun filters.
4. **YouTube** – Video-sharing platform used for entertainment, tutorials, and vlogs.
5. **Discord** – Voice, video, and text communication platform popular for gaming communities but also used for social and study groups.
6. **Roblox** – Online gaming platform where users create and share their games and experiences.
7. **Twitch** – Live streaming platform mostly popular for gaming but also used for other forms of content like music and art.
8. **Facebook** – Less popular with younger teens, but still used by some for family connections and Facebook Groups.
9. **WhatsApp** – Messaging app used by some teens, especially those with international contacts.
10. **Pinterest** – Visual discovery platform, mainly for finding creative inspiration or ideas for fashion, crafts, and DIY projects.
11. **X (formerly Twitter)** – Microblogging platform, though it's not as popular with younger teens.
12. **Reddit** – Community-based platform where users participate in discussions across a wide range of topics.

Some of these apps have become more integrated into educational or community spaces, beyond just social or entertainment purposes.

Personal Care

29. Which of the following, if any, do you commonly do to relax? Please select all that apply. *

- ❑ Listen to music or a podcast
- ❑ Play music
- ❑ Talk to friends
- ❑ Talk to family members
- ❑ Meditate
- ❑ Exercise or play a sport
- ❑ Read
- ❑ Write
- ❑ Make art (e.g., sketch, paint)
- ❑ Watch TV
- ❑ Play videogames
- ❑ Other

30. Please say how much you disagree or agree with the following statements about personal care. *

	Yes	No
I regularly bathe or shower.	❍	❍
I have someone I can go to with questions about personal hygiene.	❍	❍
I regularly brush my teeth.	❍	❍
I regularly floss my teeth.	❍	❍

After answering the above question, students will click the Submit button to complete the needs assessment.

After clicking the submit button, all students will receive the following message:

Thank you for taking the time to complete this needs assessment. Please click the link below to review resources, including how to access mental health resources, approved by the HCPS Department of Student Support Services: **https://www.hcps.org/students/MentalHealthZone.aspx**.

QUESTION NUMBER COMPARAISON TABLE

Below is a table showing the corresponding question numbers (online) for elementary students, starting from Question 8 to Question 29 included in this document:

Secondary Student Question Number (In This Document & Online)	Corresponding Elementary Student Question Number (Online)
8	5
9	6
10	7
11	8
12	9
13	10
14	11
15	12
16	13
17	14
18	15
19	16
20	17
21	18
22	19
23	20
24	21
25	22
26	23
27	24
28	25
29	26
30	27

This table helps clarify the mapping between the original question numbers, included in this document, and how they will appear to elementary and secondary students online.

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