

# Beacon of Hope Signs



## PURPOSE

- Create awareness of where to find a trusted adult
- Promote help seeking
- Build trust among students and school staff

## OBJECTIVE

- For students to identify trusted adults in the building that are there to listen and support them when needed

## INSTRUCTIONS

### Materials

- Lighthouse Printouts
- Beacon of Hope Poster
- Pens or Markers
- Scissors
- Tape

### Assembly

1. Print and cut the lighthouse printouts into sixths

### Application

- Allow teachers or staff to participate in the Beacon of Hope Program by providing them with a lighthouse.
- Have them write their name in the box under the lighthouse.
- Explain that this will indicate to students that they are a beacon of hope and they are someone to go to if they ever need help for themselves or a friend.
- For an additional boost, consider ways to further educate your teachers and school staff about teen depression and good mental health.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

# HAVE YOU SEEN THE LIGHTHOUSES IN THE SCHOOL?



I'M A BEACON  
OF HOPE

A teacher or staff with a  
lighthouse on their door is a  
Beacon of Hope for good mental  
health.

**If you are concerned about yourself or a friend, talk to one of  
these trusted adults.**

For more information about mental health check out  
[erikaslighthouse.org](http://erikaslighthouse.org)

