

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

