



# NVACS Alignment

How Erika's Lighthouse programs align with NVACS



**Erika's  
Lighthouse®**



**Suicide Prevention Resource Center**

Erika's Lighthouse Level I, II, and III Classroom Programs are listed on the [Best Practices Registry](#) from the Suicide Prevention Resource Center.

Erika's Lighthouse Resource*	NVACS Alignment	Content Standard (Strand) & Grade Level/Band
Level I: We All Have Mental Health full classroom program	1.ME.4.1 Identify physical and psychological responses to stressors.	1: (Mental & Emotional Health) 4th
Level I: We All Have Mental Health full classroom program	1.ME.4.2 Recognize how expression of emotions can vary across individuals and situations.	1: (Mental & Emotional Health) 4th
Level II: Depression Awareness full classroom program	1.ME.5.1 Compare the causes, symptoms, and effects among stress, anxiety, sadness, and depression.	1: (Mental & Emotional Health) 5th
Level II: Depression Awareness full classroom program	1.ME.5.2 Relate how the expression of emotions can be triggered by a crisis or a trauma situation.	1: (Mental & Emotional Health) 5th



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Level II: Depression Awareness full classroom program	1.ME.MS.1 Connect the relationship between mental health and physical health.	1: (Mental & Emotional Health) Middle School
Level II: Depression Awareness full classroom program	1.ME.MS.2 Identify how loss, grief, trauma, and emotional distress may influence self-injurious or suicidal behaviors.	1: (Mental & Emotional Health) Middle School
Level III: Depression Education & Suicide Awareness full classroom program	1.ME.HS.1 Investigate the relationship between mental health and physical health.	1: (Mental & Emotional Health) High School
Level III: Depression Education & Suicide Awareness full classroom program	1.ME.HS.2 Analyze ways to decrease the risk of self-injurious or suicidal behaviors.	1: (Mental & Emotional Health) High School
Level I: We All Have Mental Health full classroom program	1.PS.4.3 Describe how to report to a safe/trusted adult when you or someone else needs help.	1: (Personal Safety) 4th
Level II: Depression Awareness full classroom program	1.PS.5.3 Explain the reporting process and include where, when, and to whom to report unsafe situations.	1: (Personal Safety) 5th
Level II: Depression Awareness full classroom program	1.PS.MS.3 Summarize the reporting process and include where, when, and to whom to report unsafe situations.	1: (Personal Safety) Middle School
Level III: Depression Education & Suicide Awareness full classroom program	1.PS.HS.3 Diagram the reporting process and include where, when, and whom to report unsafe situations.	1: (Personal Safety) High School



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Level I: We All Have Mental Health full classroom program	3.AI.4.1 Locate home, school, and community resources that provide reliable health information, products, and services.	3: 4th
Level II: Depression Awareness full classroom program	3.AI.5.1 Compare health information, products, and services that promote health.	3: 5th
Level II: Depression Awareness full classroom program	3.AI.MS.1 Analyze the validity of health information, products and services.	3: Middle School
Level III: Depression Education & Suicide Awareness full classroom program	3.AI.HS.1 Evaluate the validity of health information, products and services	3: High School
Level I: We All Have Mental Health full classroom program	4.IC.5.1 Demonstrate effective verbal and non-verbal communication skills to enhance health and to avoid or reduce health risks.	4: 5th
Level II: Depression Awareness full classroom program	4.IC.MS.1 Apply effective verbal and nonverbal communication skills to enhance health.	4: Middle School
Level III: Depression Education and Suicide Awareness full classroom program	4.IC.HS.1 Utilize skills for communicating effectively with family, peers, and others to enhance health.	4: High School
Level I: We All Have Mental Health full classroom program	7.SM.4.1 Develop a variety of healthy practices and behaviors to maintain or improve personal health.	7: 4th



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## Implementation

Action	Resource	Location on Resource Portal
Teach the Erika's Lighthouse Curriculum	1-4 Day Lessons for grades 4-12	Under "Classroom Education"
Optional: Add additional worksheets or resources	Quick add-ins for deeper dive	Under "Optional Program Additions"
Optional: Leverage schoolwide resources to reinforce messaging	Schoolwide Campaigns around mental health	Under "Awareness into Action Activities"



Erika's Lighthouse is listed on the State of Nevada Department of Education K-12 Health Education [website](#) as a Content Resource.



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