

Requirements	Level I (grades 4-6)	Level II (grades 5-9)	Level III (grades 8-12)	Optional Program Additions
K-12 Health education in schools must include instruction in mental health.	✔	✔	✔	✔

## Implementation

Action	Resource(s)	Location on Resource Portal
Teach the Erika's Lighthouse Curriculum	<b>Level I, Level II, and/or Level III: 1 or 4-Day Lessons for grades 4-12</b>	<b>Under "Classroom Education"</b>
Optional: Empower staff through education	<b>Staff Training modules</b>	<b>Under "School Policy &amp; Staff Development"</b>
Optional: Add additional worksheets or resources	<b>Quick add-ins for deeper dive</b>	<b>Under "Optional Program Additions"</b>