

Bookmark Instructions

Materials

- Stock Card Paper
- Printer
- Markers or Pens

Assembly

- Download bookmarks from the Erika's Lighthouse Resource Portal.
- Using card stock, select "Print on both sides" if your printer allows that. If unable to use that setting, copy the front side, turn the card stock over and reinsert into copy machine and copy the back side.
- On the bottom front side of the bookmark, write down where a student can get help in school or in the community.
- Club members should trim the bookmarks down before handing out to students.

Application

- Teen Clubs can pass out bookmarks to students during health fairs or during a Teen Club activity to promote depression awareness and provide information on where to get help.
- When handing out bookmarks, let students know that they can write down the name of a caring or trusted adult they could go to if they need help (family member, teacher, coach, etc.).

Let us know how the activity goes & send photos to
ilana@erikaslighthouse.org

For more information on teen depression, check out
www.ErikasLighthouse.org



Erika's Lighthouse