

Dear Parent/Guardian:

You may be aware that NetFlix recently launched a TV series called “13 Reasons Why” (13RY) based on the 2007 book by Jay Asher. It is the story of a high school girl who leaves behind video tapes after her suicide. Many young people are watching the series without parent knowledge or full understanding of its content. Behavioral health experts are concerned this series could do more harm than good; especially for youth who may be isolated, struggling or vulnerable to suggestive images and storylines. The series depicts strong themes and graphic images of suicide, revenge, bullying, sexual assault, drug use and other social issues.

Additionally a new “game” on social media is circulating; “The Blue Whale Challenge” entices students into a series of risky behavior dares. Ultimately the game suggests that the students take their own life.

We are recommending good family conversation about the series, book and online games. Suicide should never be glorified. It is not a way to gain revenge when someone hurts you. The following resources will help families have conversations with their child(ren).

News Stories-Many out there but here is one.

<http://www.nbcnews.com/pop-culture/tv/netflix-series-13-reasons-why-glorifies-suicide-mental-health-experts-n749551>

PARENTTALKING POINTS – 13 Reasons Why-from the SAVE/JED Foundation:

<https://www.jedfoundation.org/13-reasons-why-talking-points/>

Additional Expert Resources:

<https://www.psychologytoday.com/blog/promoting-hope-preventing-suicide/201704/13-reasons-why-13-reasons-why-isn-t-getting-it-right> , Psychology Today

<http://www.cbsnews.com/news/13-reasons-why-suicide-how-to-talk-with-your-teen-about-netflix-show/>

For Families of Teens at Suicide Risk, 13 Reasons™ Raises Concerns, New York Times

<https://www.nytimes.com/2017/05/01/well/family/for-families-of-teens-at-suicide-risk-13-reasons-triggers-concerns.html>

13 Reasons Why: Should Parents be concerned about this Netflix Series? By John Ackerman PHD

<http://700childrens.nationwidechildrens.org/13-reasons-parents-concerned-netflix-series/>

Suicide Warning Signs:

https://www.yspp.org/about_suicide/warning_signs.htm