May 15, 2018

Dear Parents and Guardians,

I am writing to alert our families on the upcoming release of season 2 of 13 Reasons Why, a series on Netflix which is currently a trending topic for teens on social media. The series explores the topics of suicide, bullying, sexual assault, substance abuse, depression, and anxiety in teens. Based on a book of the same name, 13 Reasons Why has been rated TV-MA for mature audiences.

Professional organizations have raised concerns about the show, as the show does not properly address important aspects of mental health and teen suicide. The National Association of School Psychologists has recommended that vulnerable youth and those who may have any degree of suicidal ideation not watch the series. The District is not recommending or advocating that our students see the series, however that is a personal and parental decision.

If your child has already seen the series, I encourage you to begin a discussion at home about the series. Attached, please find information that may be helpful in your discussions offered from the JED Foundation and Save.org, information from the National Association of School Psychologists, and a 13 Reasons Why discussion guide. The following links may also be of assistance:

- [www.13reasonswhy.info](http://www.13reasonswhy.info) - Link for relevant information and resources
- [https://www.youtube.com/watch?v=WU-iQ9mA31Y](https://www.youtube.com/watch?v=WU-iQ9mA31Y) - Netflix’s position on accessing support

Please know that our school professionals are ready to assist you and our students with any questions or challenges. Please contact your child’s Principal for any assistance you may need.

Sincerely,

[Signature]

Joseph Giani, Ed.D.
Superintendent of Schools
13 REASONS WHY TALKING POINTS

- 13 Reasons Why is a fictional story based on a widely known novel and is meant to be a cautionary tale.
- You may have similar experiences and thoughts as some of the characters in 13RW. People often identify with characters they see on TV or in movies. However, it is important to remember that there are healthy ways to cope with the topics covered in 13RW and acting on suicidal thoughts is not one of them.
- If you have watched the show and feel like you need support or someone to talk to reach out. Talk with a friend, family member, a counselor, or therapist. There is always someone who will listen.
- Suicide is not a common response to life’s challenges or adversity. The vast majority of people who experience bullying, the death of a friend, or any other adversity described in 13RW do not die by suicide. In fact, most reach out, talk to others and seek help or find other productive ways of coping. They go on to lead healthy, normal lives.
- Suicide is never a heroic or romantic act. Hannah’s suicide (although fictional) is a cautionary tale, not meant to appear heroic and should be viewed as a tragedy.
- It is important to know that, in spite of the portrayal of a serious treatment failure in 13RW, there are many treatment options for life challenges, distress and mental illness. Treatment works.
- Suicide affects everyone and everyone can do something to help if they see or hear warning signs that someone is at risk of suicide.
- Talking openly and honestly about emotional distress and suicide is ok. It will not make someone more suicidal or put the idea of suicide in their mind. If you are concerned about someone, ask them about it.
- Knowing how to acknowledge and respond to someone who shares their thoughts of emotional distress or suicide with you is important. Don’t judge them or their thoughts. Listen. Be caring and kind. Offer to stay with them. Offer to go with them to get help or to contact a crisis line.
- How the guidance counselor in 13RW responds to Hannah’s thoughts of suicide is not appropriate and not typical of most counselors. School counselors are professionals and a trustworthy source for help. If your experience with a school counselor is unhelpful, seek other sources of support such as a crisis line.
- While not everyone will know what to say or have a helpful reaction, there are people who do, so keep trying to find someone who will help you. If someone tells you they are suicidal, take them seriously and get help.
- When you die you do not get to make a movie or talk to people any more. Leaving messages from beyond the grave is a dramatization produced in Hollywood and is not possible in real life.
- Memorializing someone who died by suicide is not a recommended practice. Decorating someone’s locker who died by suicide and/or taking selfies in front of such a memorial is not appropriate and does not honor the life of the person who died by suicide.
- Hannah’s tapes blame others for her suicide. Suicide is never the fault of survivors of suicide loss. There are resources and support groups for suicide loss survivors.

If you're struggling with thoughts of suicide...

- Text "START" to 741741
- Call 1-800-273-TALK (8255)

www.save.org | www.jedfoundation.org
Schools have an important role in preventing youth suicide, and being aware of potential risk factors in students’ lives is vital to this responsibility. The trending Netflix series 13 Reasons Why, based on a young adult novel of the same name, is raising such concerns. The series revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people who she says in some way were part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

Producers for the show say they hope the series can help those who may be struggling with thoughts of suicide. However, the series, which many teenagers are binge watching without adult guidance and support, is raising concerns from suicide prevention experts about the potential risks posed by the sensationalized treatment of youth suicide. The series graphically depicts a suicide death and addresses in wrenching detail a number of difficult topics, such as bullying, rape, drunk driving, and slut shaming. The series also highlights the consequences of teenagers witnessing assaults and bullying (i.e., bystanders) and not taking action to address the situation (e.g., not speaking out against the incident, not telling an adult about the incident).

CAUTIONS

We do not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series. Its powerful storytelling may lead impressionable viewers to romanticize the choices made by the characters and/or develop revenge fantasies. They may easily identify with the experiences portrayed and recognize both the intentional and unintentional effects on the central character. Unfortunately, adult characters in the show, including the second school counselor who inadequately addresses Hannah’s pleas for help, do not inspire a sense of trust or ability to help. Hannah’s parents are also unaware of the events that lead to her suicide death.

While many youth are resilient and capable of differentiating between a TV drama and real life, engaging in thoughtful conversations with them about the show is vital. Doing so presents an opportunity to help them process the issues addressed, consider the consequences of certain choices, and reinforce the message that suicide is not a solution to problems and that help is available. This is particularly important for adolescents who are isolated, struggling, or vulnerable to suggestive images and storylines. Research shows that exposure to another person’s suicide, or to graphic or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide.

What the series does accurately convey is that there is no single cause of suicide. Indeed, there are likely as many different pathways to suicide as there are suicide deaths. However, the series does not emphasize that common among most suicide deaths is the presence of treatable mental illnesses. Suicide is not the simple consequence of stressors or coping challenges, but rather, it is most typically a combined result of treatable mental illnesses and overwhelming or intolerable stressors.

School psychologists and other school-employed mental health professionals can assist stakeholders (e.g., school administrators, parents, and teachers) to engage in supportive conversations with students as well as provide resources and offer expertise in preventing harmful behaviors.
GUIDANCE FOR EDUCATORS

1. While we do not recommend that all students view this series, it can be appreciated as an opportunity to better understand young people’s experiences, thoughts, and feelings. Children and youth who view this series will need supportive adults to process it. Take this opportunity to both prevent the risk of harm and identify ongoing social and behavior problems in the school community that may need to be addressed.

2. Help students articulate their perceptions when viewing controversial content, such as 13 Reasons Why. The difficult issues portrayed do occur in schools and communities, and it is important for adults to listen, take adolescents’ concerns seriously, and be willing to offer to help.

3. Reinforce that school-employed mental health professionals are available to help. Emphasize that the behavior of the second counselor in the series is understood by virtually all school-employed mental health professionals as inappropriate. It is important that all school-employed mental health professionals receive training in suicide risk assessment.

4. Make sure parents, teachers, and students are aware of suicide risk warning signs. Always take warning signs seriously, and never promise to keep them secret. Establish a confidential reporting mechanism for students. Common signs include:
   - Suicide threats, both direct (“I am going to kill myself.” “I need life to stop.”) and indirect (“I need it to stop.” “I wish I could fall asleep and never wake up.”). Threats can be verbal or written, and they are often found in online postings.
   - Giving away prized possessions.
   - Preoccupation with death in conversation, writing, drawing, and social media.
   - Changes in behavior, appearance/hygiene, thoughts, and/or feelings. This can include someone who is typically sad who suddenly becomes extremely happy.
   - Emotional distress.

5. Students who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a student gives signs that they may be considering suicide, take the following actions:
   - Remain calm, be nonjudgmental, and listen. Strive to understand the intolerable emotional pain that has resulted in suicidal thoughts.
   - Avoid statements that might be perceived as minimizing the student’s emotional pain (e.g., “You need to move on.” or “You should get over it.”).
   - Ask the student directly if they are thinking about suicide (i.e., "Are you thinking of suicide?").
   - Focus on your concern for their well-being and avoid being accusatory.
   - Reassure the student that there is help and they will not feel like this forever.
   - Provide constant supervision. Do not leave the student alone.
   - Without putting yourself in danger, remove means for self-harm, including any weapons the person might find.
   - Get help. Never agree to keep a student’s suicidal thoughts a secret. Instead, school staff should take the student to a school-employed mental health professional. Parents should seek help from school or community mental health resources. Students should tell an appropriate caregiving adult, such as a school psychologist, administrator, parent, or teacher.

6. School or district officials should determine how to handle memorials after a student has died. Promote memorials that benefit others (e.g., donations for a suicide prevention program) and activities that foster a sense of hope and encourage positive action. The memorial should not glorify, highlight, or accentuate the individual’s death. It may lead to imitative behaviors or a suicide contagion (Brock et al., 2016).

7. Reinforcing resiliency factors can lessen the potential of risk factors that lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth.
   - Family support and cohesion, including good communication.
   - Peer support and close social networks.
   - School and community connectedness.
• Cultural or religious beliefs that discourage suicide and promote healthy living.
• Adaptive coping and problem-solving skills, including conflict resolution.
• General life satisfaction, good self-esteem, and a sense of purpose.
• Easy access to effective medical and mental health resources.

8. Strive to ensure that all student spaces on campus are monitored and that the school environment is truly safe, supportive, and free of bullying.
9. If additional guidance is needed, ask for support from your building- or district-level crisis team. The team may be able to assist with addressing unique situations affecting your building.

See Preventing Suicide: Guidelines for Administrators and Crisis Teams for additional guidance.

Suicide Awareness Voices of Education (SAVE) and the JED Foundation have created talking points for conversations with youth specific to the 13 Reasons Why series, available online.

GUIDANCE FOR FAMILIES
1. Ask your child if they have heard or seen the series 13 Reasons Why. While we don’t recommend that they be encouraged to view the series, do tell them you want to watch it, with them or to catch up, and discuss their thoughts.
2. If they exhibit any of the warning signs above, don’t be afraid to ask if they have thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.
3. Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.
4. Listen to your children’s comments without judgment. Doing so requires that you fully concentrate, understand, respond, and then remember what is being said. Put your own agenda aside.
5. Get help from a school-employed or community-based mental health professional if you are concerned for your child’s safety or the safety of one of their peers.

See Preventing Youth Suicide Brief Facts (also available in Spanish) and Preventing Youth Suicide: Tips or Parents and Educators for additional information.

SAFE MESSAGING FOR STUDENTS
1. Suicide is never a solution. It is an irreversible choice regarding a temporary problem. There is help. If you are struggling with thoughts of suicide or know someone who is, talk to a trusted adult, call 1-800-273-TALK (8255), or text “START” to 741741.
2. Don’t be afraid to talk to your friends about how they feel and let them know you care about them.
3. Be an “upstander” and take actions to reduce bullying and increase positive connections among others. Report concerns.
4. Never promise to keep secret behaviors that represent a danger toward another person.
5. Suicide is preventable. People considering suicide typically say something or do something that is a warning sign. Always take warning signs seriously and know the warning signs.
   • Suicide threats, both direct ("I am going to kill myself.") and indirect ("I wish I could fall asleep and never wake up."). Can be verbal, written, or posted online.
   • Suicide notes and planning, including online postings.
   • Preoccupation with death in conversation, writing, drawing, and social media.
   • Changes in behavior, appearance/hygiene, thoughts, and/or feelings.
   • Emotional distress.
6. Separate myths and facts.
   - **MYTH:** Talking about suicide will make someone choose death by suicide who has never thought about it before. **FACT:** There is no evidence to suggest that talking about suicide plants the idea. Talking with your friend about how they feel and letting them know that you care about them is important. This is the first step in getting your friend help.
   - **MYTH:** People who struggle with depression or other mental illness are just weak. **FACT:** Depression and other mental illnesses are serious health conditions and are treatable.
   - **MYTH:** People who talk about suicide won't really do it. **FACT:** People, particularly young people who are thinking about suicide, typically demonstrate warning signs. Always take these warning signs seriously.

7. **Never leave the person alone; seek out a trusted adult immediately.** School-employed mental health professionals like your school psychologist are trusted sources of help.

8. Work with other students and the adults in the school if you want to develop a memorial for someone who has died by suicide. Although decorating a student’s locker, creating a memorial social media page, or other similar activities are quick ways to remember the student who has died, they may influence others to imitate or have thoughts of wanting to die as well. It is recommended that schools develop memorial activities that encourage hope and promote positive outcomes for others (e.g., suicide prevention programs).

Read these helpful points from SAVE.org and the JED Foundation to further understand how *13 Reasons Why* dramatizes situations and the realities of suicide. See [Save a Friend: Tips for Teens to Prevent Suicide](https://www.save.org) for additional information.

**ADDITIONAL RESOURCES**

- National Suicide Prevention Hotline, 1-800-273-TALK (8255), or text “START” to 741741
- Center for Disease Control Suicide Datasheet
- SAMHSA Prevention Suicide: A Toolkit for High Schools
- Suicide Prevention Resource Center, After a Suicide: Toolkit for Schools
- Memorials: Special Considerations for Memorializing an Incident

**WEBITES**

- National Association of School Psychologists, [www.nasponline.org](http://www.nasponline.org)
- American Association of Suicidology, [www.suicidology.org](http://www.suicidology.org)
- Suicide Awareness Voices of Education, [www.save.org](http://www.save.org)
- American Foundation for Suicide Prevention, [https://afsp.org/](https://afsp.org/)
- [www.stopbullying.gov](http://www.stopbullying.gov)
- Rape, Abuse & Incest National Network, [www.rainn.org](http://www.rainn.org)

**REFERENCES**


Contributors: Christina Conolly, Kathy Cowan, Peter Faustino, Ben Fernandez, Stephen Brock, Melissa Reeves, Rich Lieberman


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Information Regarding the Upcoming Release of  
13 Reasons Why, Season 2

The National Association of School Psychologists (NASP) has received numerous requests for guidance regarding the upcoming second season of the Netflix series 13 Reasons Why. Netflix has not formally announced the release date, but prerelease promotions and media coverage indicate a release date sometime this spring, approximately a year after the release of the first season.

NASP has not been able to preview the second season, but we can provide the following information and considerations.

1. The first season, which was virally popular among adolescents, raised significant concerns for parents, educators, and mental health professionals because of its dramatic, often graphic portrayal of difficult issues such as sexual assault and suicide. Netflix’s stated goal of sparking conversations about these very real issues is a good one. However, most experts believed that the intense handling of the content without appropriate safeguards (such as warning cards before each episode) had the potential to put some vulnerable youth at risk for emotional distress or harmful behavior, including increased suicide ideation and attempts.

2. NASP issued guidance to help schools and families engage in supportive discussions with youth and respond to the needs of those who may have been triggered by viewing the series. We also joined with other education and mental health organizations to communicate directly with Netflix about concerns regarding a second season.

3. Chief among our recommendations were to address: the lack of cautions regarding vulnerable youth and safeguards associated with each episode, the overwhelmingly negative choices and actions of the teen characters, the unrealistically clueless and uncaring depiction of adults, the failure to address mental health directly, and the unnecessarily graphic and potentially triggering depiction of harmful behaviors, such as a possible school shooting alluded to at the end of the first season.

4. Netflix appears to have listened to some of the guidance they received. Cast members have recorded a video warning some viewers that they may not want to watch the series if they are struggling with similar issues, or to watch the series with a trusted adult. The video also urges viewers to “reach out for help” and “talk to someone” if they need assistance. Netflix has indicated that it will provide warning cards before each episode, a discussion guide designed to facilitate conversations and outlets for assistance for viewers, and other safeguards.

5. Importantly, there are indications that young people are watching or rewatching the first season in order to “be up to speed” for the second season. Netflix has created a discussion guide and added some additional warning cards; however, we strongly recommend that vulnerable children and youth (such as those struggling with depression, previous suicidal behavior, or trauma) not watch the first season, and most certainly not alone. Schools and parents can refer to our season 1 guidance for additional recommendations.

6. Netflix has not confirmed the season 2 storylines other than to say that most of the season 1 characters will return and that difficult issues will again be explored. Given the possible storylines set up at the end of season 1 (e.g., another suicide attempt, a rape trial, and a school shooting), it is important for adults to be aware of what the children and youth in their care are watching. This includes monitoring access to content via computers and mobile devices.
7. School psychologists and other school-employed mental health professionals can assist stakeholders (e.g., school administrators, parents, and teachers) to engage in supportive conversations with children and youth as well as provide resources and offer expertise in preventing harmful behaviors. Following are some general recommendations:

- Provide the guidance developed by NASP for *13 Reasons Why, Season 1* to parents and educators.

- Encourage parents to watch the series with their child; children and youth who view this series may need supportive adults to help process it. Help students articulate their perceptions when viewing controversial content. The difficult issues portrayed do occur in schools and communities, and it is important for adults to listen, take adolescents’ concerns seriously, and be willing to offer to help.

- Caution against binge watching, as doing so with intense content, particularly in isolation, can be associated with increased mental health concerns.

- Reinforce that school-employed mental health professionals are available to help.

- Make sure parents, teachers, and students are aware of suicide risk warning signs. Always take warning signs seriously, and never promise to keep them secret. Establish a confidential reporting mechanism for students.

- Reinforcing resiliency and protective factors can lessen the potential of risk factors that lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth.

NASP fully supports a stated goal for the Netflix series: the need for forthright discussions among youth and between youth and adults about the serious issues represented. We are hopeful that Netflix is adopting a responsible way to do this, which requires both providing the scaffolding for supportive engagement and minimizing harmful triggers. We will offer further content-specific guidance if deemed necessary, once we have had to opportunity to review the second season.

**RESOURCES**

- National Suicide Prevention Hotline, 1-800-273-TALK (8255), or text “START” to 741741
- SAMHSA Prevention Suicide: A Toolkit for High Schools
- Suicide Prevention Resource Center, After a Suicide: Toolkit for Schools
- School Violence Prevention
- “13 Reasons Why” Netflix Series(Season 1): Considerations for Educators and Families

**WEBSITES**

- Suicide Awareness Voices of Education, www.save.org
- American Association of Suicidology, www.suicidology.org
- American Foundation for Suicide Prevention, https://afsp.org/
- Stopbullying.gov
- Rape, Abuse & Incest National Network, www.rainn.org
- 13reasonswhy.info/
13 Reasons Why is a fictional drama series that tackles tough real-life issues experienced by teens and young people, including sexual assault, substance abuse, suicide and more. This Netflix series focuses on a high school student, Clay Jensen, and his friend Hannah Baker, who died by suicide after experiencing a series of painful events involving school friends, leading to a downward spiral of her mental health and sense of self.

Filmed in a candid and often explicit manner, the series takes an honest look at the issues faced by young people today. The information below is meant to help viewers understand the various issues presented in Season One of 13 Reasons Why and to help guide productive conversations around the tough topics the series raises and how these situations can be addressed particularly if viewers resonate with any of the characters.

13 Reasons Why seeks to highlight how the behaviors we show others and that are shown to us can be very impactful, the importance of having empathy and compassion for others, even when their struggles aren’t obvious, and that everyone matters to many, even when it doesn’t feel that way.
Tips for watching / rewatching Season One

• Hit pause and talk about an issue during an episode. Talking about the scenes as they take place can help young (and old) viewers frame the content in helpful ways.

• Discuss what you think is similar to what you’ve seen or experienced in your own life and what might be amplified for dramatic emphasis.

• Think about what might be missing that is typical in the real world, but not portrayed in the series. For example, how a teacher or school counselor you know may behave differently from those portrayed in the show.

• If there are scenes that feel uncomfortable to watch, don’t feel that you must. Similarly, if there is something you see that feels disturbing, talk with someone—a counselor, a parent, a trusted adult or friend.

• Continue the conversation even after you are done with an episode. If you are a parent or young person concerned about a peer, listen for prompts from others that may indicate an interest in discussing the episode in greater detail. Prompts such as, “I was watching 13 Reasons Why last night” or a discussion about an actor in the show, could come in the classroom, at the dinner table, in the car, on the way to sports practice, or during homework time. At that point, you can say “tell me more” or “I am so glad that you are telling/asking me this.”
Difficult but important topics are raised in *13 Reasons Why* Season 1. Below are some tips for talking about these issues:

**Depression**

- It’s important to encourage open dialog about mental health. Mental health challenges are commonplace and often have onset during the teen or young adult years.

- In the case of the most common mental health condition, depression is a serious illness that causes symptoms that can interfere with one’s ability to study, work, sleep, eat and enjoy life. Some signs of depression include: Persistent sadness, decreased energy, overwhelming fatigue, feelings of hopelessness or helplessness, loss of interest in hobbies or daily activities, difficulty concentrating, changes in sleeping patterns, other atypical behaviors for the person such as agitation, irritability or anger outbursts.

- If you think that you may be struggling with depression, seek help from a counselor, pediatrician or mental health professional– if you are a teen, talk to a trusted adult to help you get the help you need right away.

**Self-Harm and Suicide**

- While *13 Reasons Why* portrayed a suicide death that already occurred, it’s important to know that suicide is known to be a tragic but often preventable health outcome. The vast majority of people who face the challenges portrayed in *13 Reasons Why* find ways to be resilient.

- There’s no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness or despair.
• Depression is the most common condition associated with suicide and it is often undiagnosed or undertreated. Conditions like depression, anxiety and substance abuse, especially when left unaddressed, can increase risk of suicide. But, most people who actively manage their mental health lead fulfilling lives.

• Don’t be afraid to have a conversation about mental health and suicide—it doesn’t increase the risk or plant the idea in someone’s head. But it is helpful to invite conversations about feelings, thoughts and perspectives.

• If someone you know is distressed, don’t judge or minimize their problems. Be patient, kind and practice active listening skills. Offer to help them get professional help (see list on page 9).

• Look out for possible warnings signs of increased suicide risk:
  - Changes in behavior, especially during a painful event, loss or life transition
  - Talking about harming or killing oneself
  - Expressing feelings of hopelessness, feeling trapped
  - Increased alcohol or drug use
  - Withdrawing from activities, isolating from family and friends
  - Feelings of depression, anxiety, loss of interest, humiliation, rage

• Sometimes people avoid reaching out to someone who may be struggling with mental health, but just having a conversation can make all the difference in helping them to feel connected and supported. Often, it’s the first step toward getting what could be life-saving help.

• If you feel you are at risk or suspect a child, friend or loved one is thinking about suicide, talk to a trusted adult or reach out to a resource such as a hotline or text line to talk to someone who can help.

Bullying

• Bullying is repeated aggressive behavior in which one person in a position of power deliberately threatens, abuses or harms another person physically or emotionally.
In *13 Reasons Why*, bullying is demonstrated in several forms—physical, verbal, social isolation. Whatever the form, it can be helped by speaking to a trusted adult—a parent, teacher or school counselor.

Some people may think talking to someone is tattling but it is important to alert trusted adults about issues that may cause harm to oneself or to someone else.

Because the characters in *13 Reasons Why* play different roles in the various bullying scenarios, these scenes offer a chance to consider how—by playing a different role—bullying can be prevented.

- Those who Assist: they don’t start the bullying behavior, but they encourage bullying and occasionally join in
- Those who Reinforce: they aren’t directly involved in the bullying but they’re part of the audience, sometimes laughing or supporting the bullying
- Those who Defend: they come to the defense of the person being bullied and offer comfort
- Outsiders: they don’t reinforce the bullying behavior, nor do they defend the child being bullied

Sexual Assault

- Sexual assault, or unwanted sexual contact, is a theme in several episodes of *13 Reasons Why*, providing an opportunity to open a dialogue about issues related to consent, ongoing harassment and peer pressure.
- Some viewers have reported that the show better helped them to recognize sexual assault. For clarity, sexual assault can include:
  - **Rape**: when a person does not or is unable to physically or mentally consent to sex and is threatened with force
  - **Sexual coercion**: when someone makes you feel obligated to say yes to a sexual activity by using guilt, pressure, drugs/alcohol or force
  - **Sexual harassment**: includes unwelcome sexual advances, requests for sexual favors and verbal or physical harassment of a sexual nature in the workplace or school setting. It can also occur in public in the form of catcalling, stalking, groping
  - Remember that consent to one sexual activity, such as kissing, doesn’t mean that someone has the right to touch further in any way that makes one uncomfortable.
Starting the Conversation

*13 Reasons Why* is meant to provoke important conversations and watching the show is an opportunity to talk with people about issues that concern you—whether you experience them yourself or you are worried that a friend or young person may be struggling.

If you are not quite sure how to start the conversation, here are some ideas:

- Do you think the characters in the show are behaving in ways that are similar to people you know? How so? How are they different?
- What do you think about what happened in this episode?
- Did parts of the story make you think about how people who are struggling do not show the full picture of what they are dealing with to others?
- What did you learn about “so-and-so character’s” situation from this episode? For example, what did you learn about what happened to Jessica and sexual assault?
- How does what you have seen change how you view some things that happen in real life?
- Do you think the adults did anything wrong? What could they have done better?
- What would you do if you knew a friend were considering suicide or had been sexually assaulted?
- Who would you go to if you were experiencing any of the situations these teens went through?
- Have you ever felt the way that Hannah, Clay or any of the other characters feel? Which ones?
- Have you ever wanted to tell someone about a sexual assault or bullying but worried that it was tattling?
- How do you know when to offer compassion/support/empathy and when to set clear boundaries?
While talking about these issues is important, if you or someone you know is at risk, it is critical to get help from either a trusted adult or a professional resource. Below are some resources to enable you to seek information or additional professional help.

For immediate help:

- Crisis Text Line: Text TALK to 741741; https://www.crisistextline.org/
- National Suicide Prevention Lifeline: Talk or chat 1-800-273-TALK https://suicidepreventionlifeline.org/

For further help or information:

- 13ReasonsWhy.info
- Depression: https://www.nimh.nih.gov/health/publications/depression
- Anxiety: https://adaa.org
- Substance use - drugs: https://teens.drugabuse.gov
- Alcohol: https://www.niaaa.nih.gov
- Suicide prevention: https://afsp.org
- Bullying: https://www.stopbullying.gov
- Sexual assault: https://www.rainn.org/get-help
  Rape, Abuse & Incest National Network (RAINN) offers free 24/7 online chat and a telephone hotline
- After a suicide loss: https://afsp.org/find-support/ive-lost-someone