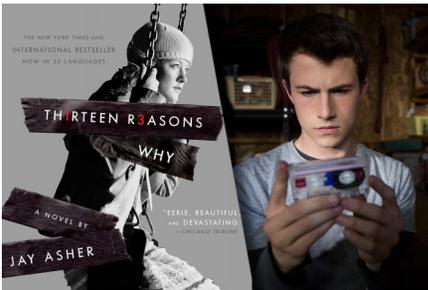




13 Reasons Why

If you watch, watch together, with caution & discuss.

By many accounts, *13 Reasons Why* is a well written, acted and thought out series. However, while it is opening an important dialogue about teen suicide and mental health, it **does not** offer hope or alternatives, and risks romanticizing teen suicide. The series should be approached with caution and for some youth, supervision/co-watching. Because of its serious subject matter and appeal to young audiences, it is suggested that parents:



- 1) Read and/or watch it to decide if it is appropriate for your child to watch (or... learn if your child is watching it without your knowledge).
- 2) Watch it with your child. Observe them—what seems to impact them?
- 3) Open a dialogue—what mattered to them? What are alternatives to the actions/behaviors of the characters in the series?



What is it? Jay Asher's book, *13 Reasons Why*, was first published in 2007 and again in 2017. It is now a very popular mini-series on Netflix. Your children likely know about it. Some reports reveal that the series has “smashed Twitter records”. Asher's young adult novel (and the mini-series) contains mature subject matter which includes graphic depictions of rape, substance abuse, cyberbullying, bullying, voyeurism, and suicide. The book-turned-mini-series is about a teenager who takes her own life, but before doing so methodically records audio messages for the 13 people she feels played a role in her decision to commit suicide. To date the series reached 3.4 million tweets and growing, with 200,000 in just one hour following its March 31 release. Youth and young adults are binge watching the series, are talking about it, and sharing it on various social media outlets.

LEARN MORE—Resources & Tips

[Talking Points for Parents](#)– 13 Reasons Why Tip Sheet

[GMA-ABC NEWS Tips for Parents \(video\)](#)

[Preventing Youth Suicide Brief Facts](#) and [Preventing Youth Suicide: Tips for Parents and Educators](#)

[Risk Factors and Warning Signs - American Foundation for Suicide Prevention](#)

[National Association of School Psychologists' Guidance for Families and Educators](#)

[7 Essential Discussion Questions for 13 Reasons Why](#) (for educators/youth workers)

13 Reason Why [Trailer](#) that provides the basic storyline for the series

13 Reasons Why Original [Trailer](#)

[Common Sense Media reviews 13-reasons-why](#)