

Important Information about a Netflix series titled *13 Reasons Why*:

The Netflix series *13 Reasons Why* debuted on March 31st, 2017 and is trending nationally as well as in our school community. It is a 13 hour series depicting strong and graphic themes of suicide, bullying, sexual assault, drug use, and other social issues. While the show has become very popular, it is also generating a tremendous amount of controversy and concern among mental health experts. Dan Reidenberg, Executive Director of SAVE (Suicide Awareness Voices of Education) says, "The show does not address mental illness or present viable alternatives to suicide."

The South Decatur High School Guidance Department would like to offer some tips:

- Check it out yourself, do some reading, watch an episode to be aware of the issues in the show especially if your student is watching it.
- If your teenager is watching, take the time to have conversations about the content.
- Experts feel that the series may be romanticizing suicide by not showing options and not encouraging teenagers to seek help from family or counselors so taking the time to encourage your student to find safe adults to talk to could also be impactful.

Suicide is NEVER the answer, getting help is the answer. Prevention, awareness, and support is available at [suicide.org](http://suicide.org) or through The National Suicide Prevention Lifeline at 1-800-273-TALK or text 741741.

Additional Resources:

- [13 Reasons Why Talking Points](#) from SAVE (Suicide Awareness Voices of Education) and the JED Foundation
- [Parent Tips for Talking with your Children about 13 Reasons Why and Suicide](#)

**What can you do if you are concerned about a student?** Counselors, teachers, and other school staff are trained to handle these situations. If you are concerned about a student, let a counselor or staff member know about your concerns and encourage the student to open up.

Sincerely,

South Decatur Guidance Department  
Kristy Tebbe and Carrie Hess  
812-591-3330 ext. 4009