



*Our students will lead and shape the future*

## **13 Reasons Why**

*A Netflix television series about teen suicide*

### **Basic information about the show and ways to respond to and talk about feelings it might cause**

- The series is **fiction**, based upon a novel and meant as a cautionary tale for teens.
- Teens and others may relate to the feelings of some of *13RW* characters – relating to characters in stories is normal. However, there **ARE** healthy ways to cope with the topics of the show and **suicide is NOT one of those ways**.
- Most people who experience the difficulties of the show's characters do NOT die by suicide. Suicide is not a common option for dealing with life's challenges. Seeking help from others is the most common way of managing difficult times in our lives. The vast majority of people who experience bullying, the death of a friend or other adversity described in *13RW*, go on to lead healthy, normal lives.
- **Suicide is never a heroic or romantic act.** Hannah's fictional suicide is a tragedy.
- **Suicide affects everyone**, and everyone can do something to intervene and help if they see warning signs of someone considering suicide.
- **Talking about suicide doesn't cause it.** It opens the possibility of getting help.
- We should all know how to acknowledge and respond to someone who shares emotional distress thoughts or suicidal thoughts. Don't judge. Listen. Show care and kindness. Offer to stay, to listen, to help, to get help – to call a crisis line.
- **Treatment works** – *13RW* fictionalizes and dramatizes treatment failure to make a story.
- School counselors are professionals and trustworthy sources of help – unlike the fictionalized counselor on the TV show. If your school counselor is not the right person for you to talk to, go to another school adult.
- When you die, you don't get to make a movie or talk to people again. Leaving messages from beyond the grave is only a dramatization that happens in Hollywood.
- Those who choose suicide are not heroes. Memorializing someone who dies of suicide (decorating a locker or taking selfies in front of a memorial) isn't a good way to remember that person.
- In the television story, Hannah leaves tapes that blame others for her suicide. **Suicide is never the fault of survivors.** AND there are many resources and support groups for those struggling with the impacts of someone else's suicide.

### **Are you struggling with thoughts of suicide or know someone who is?**

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