



13 Reasons Why – Suggestions for Families

The Netflix series 13 Reasons Why is graphic and potentially triggering for vulnerable young people. Because some youth may have questions, the following suggestions may be of help:

1. Explain the series' use of Dramatic Effect:

- This series is a fictional drama with many unrealistic elements. Young people commonly identify with TV or movie characters and may share similar experiences and thoughts. There are healthier ways to cope with these feelings than the ways depicted for dramatic effect.

2. Clarify misinformation in the series:

- Suicide and the reasons for it are complex. Most people who die by suicide live with a mental illness, but not all people with these struggles have suicidal thoughts or behaviour. Effective treatments do help people struggling with a mental illness.
- Suicide is not a common response to life's challenges. Most people who face bullying, death of a friend, or other adversities depicted in the series do not die by suicide. Most reach out, talk to others, seek help and find productive ways to cope. They go on to lead healthy lives.
- Asking for help and receiving support is a "protective" factor for someone with emotional difficulties, meaning that it can protect them from self-harm.
- Suicide is never heroic or romantic. The fictional death by suicide in the series is a cautionary tale, and not meant to be viewed as heroic.
- The death of a person by suicide is never the fault of survivors of a suicide loss. There are resources and support groups for suicide loss survivors.

3. Encourage Healthy Coping:

- Be sure your child knows that periods of stress or mental distress are normal. Encourage healthy ways to cope with stress such as exercise, reading a book, listening to music, talking with friends, enjoying nature and more. Demonstrate healthy coping and care for yourself.

4. Encourage Help Seeking:

- Note the inaccurate way that the series depicts school guidance counsellors. These staff are caring, trustworthy professionals who are a source of help. Other helpers include family members, teachers, coaches and friends as long as an adult is also involved.



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5. Encourage Caring Support:

- Talk openly and honestly about emotional distress and suicide. It will not make youth more suicidal or put the idea of suicide in their mind. If you are concerned about your child, ask him/her about it. If someone tells your child they are suicidal, tell your child to take the person seriously and get help. Don't judge them or their thoughts. Listen. Be caring and kind.

Always feel free to talk to your Principal, Vice-Principal, school personnel or family doctor.