

13 Reasons Why Talking Points

(For Adults to have conversations with their Student)

- 13 Reasons Why is a Netflix series based on a fictional novel.
- People can identify with characters they see on TV or in movies. It is important to remember that there are healthy ways to cope with the topics covered in 13 Reasons Why and acting on suicidal thoughts is not one of them.
- 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. Please check in with those you are concerned about and get them help.
- 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. (1-800-273-TALK (8255) or Text "START" to 741741)
- 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 13 Reasons Why 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 a tragedy and should never be viewed as heroic or romantic, like it appears in 13 Reasons Why.
- 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 your student is feeling suicidal please contact a mental health therapist or call the crisis line.

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

If your student is worried about a friend or is needing to talk about the topic of suicide, your school counselor is available to support them.

Talking points are adapted from www.save.org and www.jedfoundation.org