

Dear Parent/Guardian:

I would like to take this opportunity to inform you that Netflix has produced and created a television series based on Jay Asher's 2007 book entitled "Thirteen Reasons Why." The series has been released in full and has become a popular topic of discussion amongst students in grades 7-12. The intent of this communication is not to recommend viewing the series, rather to bring awareness about the content to families.

The topics covered in this book and series are: adolescent bullying, rejection, heartbreak, sexual assault, abuse, revenge, depression, desperate but unsuccessful efforts to find help or understanding, and suicide. The book/series provided 13 reasons related to interactions with peers, family and school personnel justifying the teenaged lead character's ultimate decision to end her life. Such series can be very difficult to watch and could trigger feelings of distress in vulnerable viewers. In the event your child chooses, has already begun or finished viewing this series, you may wish to discuss some of the issues raised.

To facilitate discussions of these issues with your child, I have included a few links to resources that may be valuable. In addition, to further equip and encourage parents to engage in discussions with your child involving these sensitive issues, the school's adjustment counselors, Ms. Lecrenski and Ms. Dion, are hosting parents on May 22<sup>nd</sup> at 6:00 p.m. in the auditorium to provide strategies, at risk signs, talking points, and resources.

**Again, please note we are not recommending viewing this series;** we intend only to provide you with information we feel is relevant to the health and wellbeing of our students. It's important to continue to talk with your child, monitor their phone related apps usage, and be present to them.

Please do not hesitate to contact the school with any questions or concerns.

Joe Turmel

## Resources:

From Riverside Trauma Center: Parent Materials: <http://riversidetraumacenter.org/wp-content/uploads/2015/04/13ReasonsWhy.pdf>

From the National Association of School Psychologists:

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

From the Jed Foundation: <https://www.jedfoundation.org/13-reasons-jed-point-view/>