

13 Reasons Why Netflix series

Guidance for Parents/ Guardians/ Caregivers:

In light of the popularity of the Netflix series *13 Reasons Why* and its depiction of suicide, bullying, drunk driving and other mature themes, we believe parents should be aware of concerns about the potential impact on children and teens. There are also resources available to support conversations you may wish to have with your child/teen.

The B.C. Ministry of Education and many mental health organizations are highlighting concerns and providing guidance to school communities and parents to be aware of the dangers and risks associated with children and young people who have been exposed to the series.

It is important for parents to know what children are watching and if necessary, engage them in reflective conversations to make sense of what they are seeing on TV or social media. The following article was created by the Suicide Awareness Voices for Education Society (SAVE), www.save.org/blog/tips-watching-new-netflix-series-13-reasons/ as a guideline for talking to children about the TV series. It explains much of the show's content, and the reasons why some mental health associations are urging caution in allowing children/teens to watch the show unsupported.

School counsellors can assist school staff and parents to engage in supportive conversations with students as well as provide resources and offer expertise in preventing harmful behaviors.

If you need help:

- **HealthLink BC**- Call 811 or visit www.healthlinkbc.ca
- BC Mental Health Support Line- 310-6789
- Kids Help Line 310-1234
- Kids Help Phone 1-800-668-6868
- www.youthinbc.ca
- Call 9-1-1 if you believe that someone's life is in danger.

START – Short Term Assessment Response Team 604-585-5561 or 1-844-782-7811

SPEAC – Suicide Prevention Education and Counselling 604-584-5811

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