

May 16, 2018

**Re: Notification about “13 Reasons Why,” Season 2**

This letter is being sent to you to inform you about the second season of the Netflix television series, “13 Reasons Why,” which is scheduled to premiere on Friday, May 18<sup>th</sup>. Please note that this letter is not recommending viewing this series, but to provide you with information we feel is relevant to the health and wellbeing of our youth.

**What is “13 Reasons Why”?**

The first season launched in March 2017 and focused on a teenager’s high school experiences and her ultimate decision to end her life. The series covered a number of topics, including bullying, sexual assault, and suicide. The series could be difficult to watch and could easily trigger feelings of distress in viewers.

**What should we be aware of?**

- Both Netflix and mental health professionals are suggesting that the show may not be appropriate for youth at risk, or those who currently might be facing mental health challenges.
- The show now includes [a warning video](#) that will play at the start of the season, encouraging youth to view the series with a trusted adult.
- The season is premiering at a time when students are already in the midst of exams, graduation, and heightened stress.
- Netflix shows are likely to be binge-watched, so students may arrive at school on Monday, May 21st already having watched the entire season.
- We would appreciate your support in sharing this information through your networks, particularly to families. Below is an adapted version of this letter that can be shared with parents. Research has shown how impactful the media can be on youth mental health and wellbeing. Our goal is to support families in being informed and proactive on this matter.

**How do we discuss the show with youth?**

In the event that students choose to view this series, the mental health professionals and staff on your campus may wish to discuss some of the issues raised. Some recommended online toolkits, which include discussion guides and other tools, are [www.13reasonswhytoolkit.org/](http://www.13reasonswhytoolkit.org/) and <https://afsp.org/campaigns/talk-about-mental-health-awareness-month-2018/13-reasons-why/>. These resources are being continually updated as the second season premieres this week.

We value the input of our community and continuing to work together for the wellbeing of our youth. For information about the Santa Clara County Suicide Prevention Program and how we can support your school, please contact Mego Lien, Suicide Prevention Program Manager, (408) 885-3982, [mego.lien@hhs.sccgov.org](mailto:mego.lien@hhs.sccgov.org).

**For immediate crisis intervention by trained volunteer counselors, call 1-855-278-4204 (24/7, anonymous, confidential).**

Sincerely,

Safe and Healthy Schools  
County Office of Education

Suicide Prevention Program  
Behavioral Health Services

School-Linked Services  
Behavioral Health Services

## Sample Parent Letter

This letter is being sent to you to inform you about the second season of the Netflix television series, “13 Reasons Why,” which is scheduled to premiere on Friday, May 18<sup>th</sup>. Please note that this letter is not recommending viewing this series, but to provide you with information we feel is relevant to the health and wellbeing of our youth.

### What is “13 Reasons Why”?

The first season launched in March 2017 and focused on a teenager’s high school experiences and her ultimate decision to end her life. The series covered a number of topics, including bullying, sexual assault, and suicide. The series could be very difficult to watch and could easily trigger feelings of distress in viewers.

### What should we be aware of?

- Both Netflix and mental health professionals are suggesting that the show may not be appropriate for youth at risk, or those who currently might be facing mental health challenges.
- The show now includes [a warning video](#) that will play at the start of the season, encouraging youth to view the series with a trusted adult.
- The season is premiering at a time when students are already in the midst of exams, graduation, and heightened stress.
- Netflix shows are likely to be binge-watched in a matter of days. You could consider metered viewing of the series, to allow time to process and discuss themes and feelings that may arise.
- Please share this information through your networks of other parents and family friends. Research has shown how impactful the media can be on youth mental health and wellbeing. Our goal is to support families in being informed and proactive on this matter.

### How do we discuss the show with youth?

In the event that students choose to view this series, the mental health professionals and staff on your campus may wish to discuss some of the issues raised. Some recommended online toolkits, which include discussion guides and other tools, are [www.13reasonswhytoolkit.org/](http://www.13reasonswhytoolkit.org/) and <https://afsp.org/campaigns/talk-about-mental-health-awareness-month-2018/13-reasons-why/>. These resources are being continually updated as the second season premieres this week.

We value the input of our community and continuing to work together for the wellbeing of our youth. For information about the Santa Clara County Suicide Prevention Program, please visit [www.sccbhd.org/suicideprevention](http://www.sccbhd.org/suicideprevention).

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