

Dear Spanaway Lake High School Parents/Guardians,

I want to inform you of a new TV series that was released on Netflix called "13 Reasons Why." While the show is fictional and not based on a true story, it is very popular with teenage audiences. Students in our schools are watching the series and reacting to it with friends. Parents/guardians need to be aware of the show's mature content that includes bullying, depression and suicide. I am concerned about the questions and feelings this show may raise with students, especially if they are watching the show unsupervised.

Below are a few links that provide a description and review of the show as well as suggested ideas for further discussion at home. These may help inform your discussion with your child about the series.

- <https://www.common sense media.org/tv-reviews/13-reasons-why>
- <https://www.common sense media.org/blog/5-conversations-to-have-with-your-teens-after-13-reasons-why>

### **WHAT PARENTS CAN DO:**

You are an important support for your child. For parents of children who have watched or are interested in the series, I encourage you to do the following:

1. Talk with your child to make sense of the program message.
2. Talk with your child about the seriousness of mental health concerns and that it is ok to get help.
3. Encourage your child to reach out to any adult when they are feeling sad, depressed or overwhelmed.
4. Help your child connect to counseling support and other mental health resources if they are experiencing signs of depression or suicide.
5. Remind your child to speak up if they have concerns or feel worried about a friend or classmate.

For more information on preventing youth suicide, please access this recent article about the TV show and considerations for parents, students and educators from the National Association for School Psychologists:

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

If you have concerns about your child, please don't hesitate to contact me, their counselor, or community mental health supports.

- Tacoma Crisis Line/Comprehensive Mental Health at (253) 272-9882
- National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text START to 741741
- For crisis/emergency help - call 911

Sincerely,  
  
Julie Baublits, SLHS Principal