

# Parent Talk

\*\*formerly known as the Weekly Chatter

## "13 Reasons Why" sensationalizes teen suicide, experts warn

Research (1) shows, **1 in 5 young people in the US has a diagnosable mental health disorder**; and

**suicide is the 3rd leading cause of death in children ages 10-24.**

While some mental health professionals say the new **Netflix series, "13 Reasons Why"** could provide an opportunity to have a conversation about suicide risk with young people, others suggest the **series poses health risks for young people especially those with suicidal thoughts.**

Experts in adolescent suicide say the show's portrayal of suicide is sensationalized and unrealistic and note that the main character's progression of suicidal behavior is "simply not plausible." Worse yet, the show contains themes and graphic scenes of **underage drinking, teen sex and even rape.**

**The final episode depicts the main character ending her life in graphic detail.**



(2) Unfortunately, many teens have already been exposed to the show's explicit content as

it has already been deemed "the most tweeted about show of 2017." [Research](#) (3) shows

*"exposure to graphic, sensationalized, highly detailed, or simplified portrayals of suicide can result in **copycat suicide attempts and deaths by suicide, particularly in teens and young adults.**"*

For parents of teens who've already begun watching, ACPeds encourages parents to watch alongside kids and teens and to discuss their reactions to the show.

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## National Physical Education and Sport Week: May 1 - 7

While federal [recommendation](#) (4) calls for at least 60 minutes a day of moderate to vigorous physical activity 5 days a week, **only 1 in 3 children in the US is physically active every day** and researchers say today's youth are being shortchanged because of it.



According to recent [research](#) (5), **frequent physical education classes** can not only improve fitness, but also **improve thinking and academic achievement** and help students develop the knowledge, interests and skills for a **lifelong healthy lifestyle**.

**Did you know that kids who are physically active get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!

With estimates that **children spend 7.5 hours per day, on average, in front of a screen**--whether it be TV, video games, computers or the like--researchers hope their findings will encourage policy makers, especially those in education, to encourage more physical education for kids.

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**Putting an End to Human Trafficking**  
#WeeklyBlogPost

Whole families and communities are disrupted and disturbed when people are trafficked into slavery. Most commonly, the direct victims of human trafficking are women and children.



**HUMAN  
TRAFFICKING  
NOW**

***To learn how you can recognize the signs of human trafficking and help put an end to the modern-day slave trade,***

**[CLICK HERE](#)** (6)

and **please, leave a comment!**

***We love to hear from our readers and hope to receive your feedback!***

Check [ACPeds.org/Blog](http://ACPeds.org/Blog) each Monday for a new post. Click [here](#) (7) to subscribe.



*Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.*

Dear Member,

Each Parent Talk that you receive is stored on the ACPeds website at this address: <https://www.acpeds.org/parent-talk>

**We invite and encourage you to share the links to these Parent Talks** on your practice website, on your social media pages, or in your patient newsletters for the benefit of patients & families. Pick and choose from the list of topics or post them all!

***Thank you for helping us share information that serves the Best for Children.***

American College of Pediatricians, P.O. Box 357190, Gainesville, FL 32635

1 <https://www.childrenshospitals.org/Newsroom/Childrens-Hospitals-Today/Articles/2017/04/Catching-Mental-Health-Issues-Early-Can-Change-A-Childs-Life>

2 [https://www.cdc.gov/violenceprevention/suicide/youth\\_suicide.html](https://www.cdc.gov/violenceprevention/suicide/youth_suicide.html)

3 <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0007252>

4 <https://www.cdc.gov/physicalactivity/basics/children/>

5 [https://medlineplus.gov/news/fullstory\\_164676.html](https://medlineplus.gov/news/fullstory_164676.html)

6 <https://www.acpeds.org/putting-an-end-to-human-trafficking>

7 <http://acpeds.org/subscribe>