

## A Hot Controversial Topic Continues: 13 Reasons Why, Season 2

The trending Netflix series, “13 Reasons Why”, was released last Spring. You may remember the controversy surrounding Season 1 last year. Recently, Season 2 was released. It picks up with the aftermath of Hannah’s death and the start of other character’s complicated journeys towards healing and recovery. Besides the twist of preventing the truth to come out in court, it continues to graphically depict sexual assaults, school and personal violence, cyberbullying, substance abuse, self-harm and threats of gun-violence.

Notably, there are indications that young people are watching or rewatching the first season in order to “be up to speed” for the second season. Please refer to [Season 1 Discussion Guide](#) for additional recommendations.

The producers of *13 Reasons Why* worked closely with many leading experts in mental health, suicide prevention and education in making this series and developing a large list of resources to provide access to support in a variety of areas. Their goal is to shed light on difficult topics and issues that are often neglected to be discussed. Awareness and open discussions (*without judgement*) are critically important, especially for teenagers. At first, it will be difficult, perhaps awkward, but it will get easier. Below are the useful resources:

[13ReasonsWhy.Info](#)

[13 Reasons Why Toolkit](#)

[Statements from Experts](#)

[Resources from SchoolCounselor.org](#)

To emphasize, RMDS staff work well together to ensure safety for their students, and **we take all reports and comments seriously.**

As a school psychologist – I would like to provide guidance for you and your family, if necessary.

1. Ask your child if they have heard or seen the series *13 Reasons Why*. Please consider the age and developmental stage of your child before allowing them to watch the show. We do not recommend children with a history of suicidal thoughts, depression or mental health concerns to watch *13 Reasons Why*. If you allow your child to watch this series, we recommend you watch it with them and have a healthy discussion afterwards. Click here for [Helpful Talking Tips](#).
2. If they exhibit any warning signs from [Suicide Warning Signs & Prevention](#), don’t be afraid to ask if they have thought about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.
3. Ask your child if they think any of their friends or classmates exhibit warning signs. Talk with them about how to seek for help for their friend or classmate. Guide them on how to respond when they see or hear any of the warning signs.

4. Listen to your children's comments without judgement. When doing so, make sure that you fully concentrate, understand, respond, and then remember what is being said. Put your own agenda aside.
5. **If you care concerned for your child's safety and/or mental health or the safety and/or mental health of one of their peers, please reach out to your school mental health staff or community-based mental health professional for help. *Support and resources will be provided.***

#### SAFE MESSAGING FOR EVERYONE:

Suicide is never a solution. There is help and get help.

If you are struggling with thoughts of suicide or know someone who is, talk to a trusted adult, or call/text one of the resources provided below (*click on the image to enter their website for more information*):



**CRISIS TEXT LINE |**

**Text HELLO to 741741**

**Free, 24/7, Confidential**

 **COLORADO** CRISIS SERVICES | **844-493-TALK (8255)**  
**OR TEXT TALK TO 38255**

**safe<sup>2</sup> tell<sup>®</sup>**  
Make a Call. Make a Difference.

**1-877-542-7233**  
**safe2tell.org**