

# **IRMS resources address suicide, causes**

From Iowa Religious Media Services, Urbandale, Iowa

Over the last month, you may have heard about a new Netflix program called “13 Reasons Why,” based on the book with the same title, by Jay Asher. The series, marketed to teens, portrays a young girl’s high school experience, which culminates in her suicide. The controversial series has been extremely popular with teenagers across the country, prompting conversation surrounding its straightforward portrayal of bullying, drug and alcohol abuse, assault and suicide.

These are not easy topics to discuss. If nothing else, this series, surrounded by intense debate, is a stepping stone to open the dialogue regarding what has become the reality for many. IRMS has resources that address the topics portrayed in the series, and we invite you to begin the conversation.

## **“Reasons for Hope, Reasons to Live: Preventing Youth Suicide”**

(<http://www.rqmweb.com/results.asp?q=irms&resID=10568&detail=Y>) — focuses on the preventive actions that students can take if they are having thoughts of suicide or know of others who are at risk. Featuring the real life stories of young people who found help, this film emphasizes the hopeful message that suicides can be prevented.

## **“The Top Ten Myths about Alcohol and Drugs”**

(<http://www.rqmweb.com/results.asp?q=irms&resID=10565&detail=Y>) rebuts the dangerous and destructive myths regarding alcohol and drug use with cold, hard facts, challenging students to recognize harmful behaviors in themselves and others. The clever and engaging film encourages teens to take full responsibility for their personal health and safety.

## **“The Harassment Workshop – Harassment Hurts: Gossiping, Taunting and Bullying”**

(<http://www.rqmweb.com/results.asp?q=irms&resID=10294&detail=Y>) provides compelling personal stories that viewers will recognize, whether they have been the target of harassment themselves or if they have been the

antagonist in a similar situation. Real teens discuss their experiences with several types of bullying and harassment while providing tips on how to confront the problem head-on. While the social platforms used to engage in cyber-bullying continue to evolve, which we see in this piece, the theme does not.

**“The Dangers of Sexting: What Teens Need to Know”**

(<http://www.rqmweb.com/results.asp?q=irms&resID=9640&detail=Y>) uses a peer-to-peer approach to discuss the importance of resisting pressures to engage in sexting. From an explicit picture becoming widely circulated to vengeful posts made by an ex-boyfriend, we are reminded by the stories of teens that nothing sent digitally, on any platform, is private or temporary.

To request one of these resources or find out more about the materials IRMS has available regarding the array of pressures our teens face daily, call 515.-277.2920 or e-mail [questions@irms.org](mailto:questions@irms.org).