



Saint Philip Neri Catholic School
Counselor's Corner

Earlier this year Netflix released its second season of "13 Reasons Why," a fictional drama series that tackles tough real-life issues experienced by teens and young people including substance use, bullying, sexual assault, suicide and more. The first season received criticism for its graphic depiction of the suicide itself, its oversimplified framing of the causes of the behavior, and its failure to present viable alternatives or interventions. Filmed in a candid and often explicit manner, the series takes an honest look at the issues faced by young people today. The series received a great deal of criticism in response to its treatment of sensitive subjects, with the second season being just as controversial.

"Research demonstrates that depictions of violence and self-harm can increase the likelihood of copycat behaviors. Adolescents are a vulnerable and highly impressionable group, frequently copying others' behavior or reacting in response to things they have seen."

Netflix has provided a discussion guide for teens and parents which includes ideas to discuss difficult topics, as well a list of resources for information and help. <http://13reasonswhy.info/wp-content/uploads/2018/03/13-Reasons-Why-Season-1-Discussion-Guide.compressed.pdf>

SAVE (Suicide Awareness Voices of Education) developed a "Toolkit" for parents and youth providing information, guidance and resources for suicide, depression, anxiety, substance use bullying and sexual assault. <https://www.13reasonswhytoolkit.org/>

The JED Foundation, a suicide prevention program, developed a statement including recommendations around viewing the series. <https://www.jedfoundation.org/?s=13+reasons+why>

Commonsense Media, an organization dedicated to promoting digital literacy has a brief review of the series and conversation tips to have with your child. <https://amp.commonsense.org/blog/5d2ecd96-08f3-4eac-b1c7-f12f5aff7e0c>

The National Institute of Mental Health provides information and resources on mental health. <https://www.nimh.nih.gov/index.shtml>

The faculty and staff at SPN are relaying this information to you so that you are aware of the series (and book), and to begin and/or continue a conversation with your children about the topics and

behaviors presented. Our children are talking about it, our children are having feelings about it, our children are reacting to it.

Please encourage your child to speak to a trusted adult if they are concerned for themselves or a friend. SPN has two counselors on campus who can provide support for you and your child. Please feel free to contact us with any questions or concerns.

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