

'13 Reasons Why' Resource Sheet

Netflix recently released *13 Reasons Why*, a show based off the popular novel of the same name. The series follows Hannah, a high school student who has died by suicide but has left 13 audiotapes for people she knew. Each episode follows the events described in one of the tapes, recounting harmful and potentially triggering incidents. The show instantly skyrocketed as one of Netflix's most-popular series and has become their most-talked about series on social media ever. It has also been met with mixed reactions.

While some laud the series for being unflinching in its storytelling, experts and viewers have expressed concern about its graphic depictions of sexual assault, rape, and suicide. We've compiled a list of resources below for our network and our partners that analyzes the series, advises on how best to talk to youth about the show, as well as compiled a list of crisis resources.

The Following Links Analyze the Show

Why Teen Mental Health Experts Are Focused on '13 Reasons Why'
<http://www.cnn.com/2017/04/25/health/13-reasons-why-teen-suicide-debate-explainer/>

13 Reasons Why Depicts a Graphic Suicide. Experts Say There's a Problem with That.
<https://www.washingtonpost.com/news/arts-and-entertainment/wp/2017/04/14/the-problem-with-how-13-reasons-why-treats-suicide/>

The Following Links Provide Guidance on How to Talk to Youth About the Show

How to Talk to Your Teen about '13 Reasons Why'
<http://www.cbsnews.com/news/13-reasons-why-suicide-how-to-talk-with-your-teen-about-netflix-show/>

Parents: Read This Before Talking with Your Kids About '13 Reasons Why'
<https://themighty.com/2017/04/parents-talking-to-kids-about-13-reasons-why-suicide/>

13 Mental Health Questions About '13 Reasons Why'
<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2017/04/13-mental-health-questions-about-13-reasons-why>

The Jed Foundation's Blog Post
<https://www.jedfoundation.org/13-reasons-jed-point-view/>

13 Reasons Why Talking Points from the Jed Foundation
<https://www.jedfoundation.org/wp-content/uploads/2017/03/13RW-Talking-Points-JED-SAVE-Netflix.pdf>

Crisis Resources

Text HOME to 741741 to Get Help Now - The Crisis Text Line

1-800-273-8255 - National Suicide Prevention Line