

### **13 Reasons Why Season Two: What you should know**

Last year we drew your attention to a Netflix series called *13 Reasons Why*. It is an American high school drama which was being viewed by a large cohort of our senior students. It raises issues that are, for many, challenging, confronting and distressing. It explores the aftermath of a student suicide through the lives of the 13 school mates she believes were each, in part, responsible for her decision to take her own life. The series is rated M and declared suitable for young adults. There are some students, however, for whom it is completely not suitable, particularly those who may have experienced suicidal ideation or attempt, sexual assault or self-harm. For some students at risk, there is the possibility they may take the message that suicide is an acceptable solution.

The second series has been released recently and many are finding it more distressing and confronting than the first, as each of the original 13 take the stand at the trial and more of the story unfolds. It explores the issues of rape, assault, sexual assault, drug use and abuse, and brutalisation.

We would not suggest you watch the show, but we urge you to know if your daughter is watching it. In which case, we suggest you watch it with her, and talk to her about the issues and messages it presents.

Unlike the first series, there have been numerous resources created to facilitate conversation with young people. These are both for schools and for parents. If you are wondering how to have a dialogue with your daughter about this show, you may find the resources helpful.

Don't be afraid to have the conversation if your child is watching the series. Watching the series and talking with you is by far the better option than watching the series alone in her room and not talking to you about it.

It is easy enough to see what they are watching on Netflix. Check in.

We are attaching for your information and reference the media release from Headspace. You will find within it links to resources that we hope you will read.

[CLICK THIS TEXT TO DOWNLOAD THE MEDIA RELEASE AS A PRINTABLE PDF](#)

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