

Dear School Administrators/Principals:

This letter is being sent to you to inform you that Netflix has produced and created a television series based on Jay Asher's 2007 book entitled "Thirteen Reasons Why." The series is scheduled to be released in full to the public at 12:01 AM on Friday, March 31st. The topics covered in this book and series are: adolescent bullying, rejection, heartbreak, sexual assault, abuse, revenge, depression, desperate but unsuccessful efforts to find help or understanding, and suicide. The book provided 13 reasons related to interactions with peers, family, and school personnel justifying the teenaged lead character's ultimate decision to end her life. It is unknown how the television series will ultimately address these issues over its 13 hours, but we do know the series ends with the main character dying by suicide. Such series can be very difficult to watch and could easily trigger feelings of distress in vulnerable viewers.

In an effort to enable your students and their families to make informed decisions regarding viewing this series, you may wish to inform the parents of your students of this upcoming event. Enclosed is a sample letter which you can adapt as you wish, if you choose to use it. On Thursday, March 30th, national organizations with expertise in suicide prevention will post a discussion guide and talking points that will serve as an additional resource for ongoing conversation. We will be sending you these links as soon as they are released.

In the meantime, if you wish to enable opportunities for discussion of this pending event at your school, below are several suggestions for relatively easy, safe approaches that teachers or counselors could use to discuss the series:

- If you could talk to any of the characters, who would you want to talk to? What would you want to say to him/her?
- What are three situations from the series when young people acted in heroic and empathic ways?
- If you were Hannah, what words or actions might have helped you to survive?
- If you were Hannah, what might have helped you make different decisions?
- If you could rewrite history -- or even just one event in each one of the 13 installments, what would you rewrite? In the first? In the second? In the third? Why is that event so important?"

If we can be of any assistance as you consider options for addressing this issue, please let us know.

Dear Parent:

This letter is being sent to you to inform you that it has come to our attention that Netflix has produced and created a television series based on Jay Asher's 2007 book entitled "Thirteen Reasons Why." The series is scheduled to be released in full to the public at 12:01 AM on Friday, March 31st. The topics covered in this book and series are: adolescent bullying, rejection, heartbreak, sexual assault, abuse, revenge, depression, desperate but unsuccessful efforts to find help or understanding, and suicide. The book provided 13 reasons related to interactions with peers, family and school personnel justifying the teenaged lead character's ultimate decision to end her life. It is unknown how the television series will ultimately address these issues over its 13 hours, but we do know the series ends with the main character dying by suicide. Such series can be very difficult to watch and could easily trigger feelings of distress in vulnerable viewers.

We are notifying you of this event to enable you to make informed decisions regarding viewing this series. In the event your child chooses to view this series, you may wish to discuss some of the issues raised. To facilitate discussion of these issues with your child, we are enclosing an outline of suggestions that may help with such a dialogue. Please note that this letter is not recommending viewing this series; it is intended only to provide you with information we feel is relevant to the health and wellbeing of our students. The enclosed outline is offered for your consideration if you should choose to view this series as a family. It should also be noted that Netflix opens all 13 episodes for continuous viewing so parents should consider metered viewing of the series to allow time to process and discuss themes and feelings that may arise.

Below are several suggestions for relatively easy, safe approaches that you and your family might consider to discuss the series.

Possible themes to explore:

- If you could talk to any of the characters, who would you want to talk to? What would you want to say to him/her?
- What are three situations from the series when young people acted in heroic and empathic ways?
- If you were Hannah, what words or actions might have helped you survive?
- If you were Hannah, what might have helped you make different decisions?
- If you could rewrite history -- or even just one event in each one of the 13 installments, what would you rewrite? In the first? In the second? In the third? Why is that event so important?"

We value the input of our community and look forward to continuing to work together for the wellbeing of all our youth.