



Statement on the upcoming release of 13 Reasons Why, Season 2

Last spring the Series, *13 Reasons Why*, captured the attention of many youth globally and created countless discussions among teens and between teens and their families. Following the recent school shootings, an increase in online violence and with concerns regarding the upcoming release of *13 Reasons Why* Season 2, organizations from around the world have asked Netflix to cover the many issues in the series responsibly. We hope that they do this because research demonstrates that depictions of violence and self-harm can increase the likelihood of copycat behaviors. Adolescents are a vulnerable group and are highly impressionable, frequently copying others' behaviors or reacting in response to things they have watched.

The organizations listed below represent thousands of mental health and suicide experts and professionals from around the world with decades of experience who work with youth, parents, schools and communities.

While we are not certain what the exact content of Season 2 will be, nor how Netflix will present it, we know that it will be released on Friday, May 18th. Based on how Season 1 ended and from the pre-release trailers, cast interviews and pre-release statements from Netflix blog posts, we can assume that topics in the series might include: suicide, school violence, online and in person bullying, sexual assault and substance abuse. Given the gravity of these issues, we believe it is important to convey our concerns to parents, educators and professionals working with youth in advance of the series release in an effort to help reduce the risk of a tragedy.

1. We discourage watching Season 2 among vulnerable and at-risk youth (for example those living with depression or an anxiety disorder) because of the triggering impact it could have on them. The content could be quite disturbing to them and result in them needing additional care, monitoring, support and/or treatment.
2. If you do watch the series, make an effort to watch the second season of *13 Reasons Why* with your child(ren). We know that while this isn't always possible, but when you can it is a good practice. Watching it together will allow you the opportunity to monitor the impact each episode has on your child. You can stop and take time between episodes. It also affords you the opportunity to talk with your child after each episode and ensure that they are stable enough to continue watching the series.
3. If you are not able to watch season 2 with your child, ask them if they have seen it or not, talk with them about their thoughts and reactions, as well as their feelings about the content. Make sure they know that they can come to you with questions or worries if they have them about themselves or their friends and that you will be there to listen and help guide them.
4. Monitor youth who might be vulnerable to some of the story lines in the series and, if they might be at risk, suggest they do not watch the series until a later date. Make sure to check in with your child more than just one time over a couple of weeks after the show is watched, as sometimes it takes a few days before emotions really impact young people, and as they talk with peers about various reactions to the show.
5. Reassure youth that fiction and reality are not the same thing. Help them understand that what they see and hear on television is not their life, but rather it is a made up story.



Even though they might believe that what they have seen is or feels like their reality, it is critical that you help them understand it is not and that the outcomes from the series do not have to be their outcomes.

6. Know resources in your local community for where you can find help if needed. Whether it be a local public health agency, a mental health professional, the counselors in your child's school, or a crisis phone service in your area, knowing who you can reach out to for support is a good prevention strategy.

Along with the release of 13 Reasons Why Season 2, we plan to create a website with information and tool kits for youth/peers, parents, educators, clinicians/professionals, and resources for families to address the specific topics raised in the episodes (www.13reasonswhytoolkit.org). We applaud Netflix for consulting with experts from around the world in advance of the release of season 2 and know that they too will be releasing resources for viewers, including an after-series for parents and youth to watch. Netflix has already released a very well done warning card video and other resources that can be found at www.13reasonswhy.info with additional resources coming with the release.

Organizations participating in the support of this statement and the soon to be released toolkits:

American Academy of Child and Adolescent Psychiatry
American Association of Suicidology
American Psychiatric Association
Australian Institute for Suicide Research and Prevention
British Psychological Society
Danish Research Institute for Suicide Prevention
International Association for Suicide Prevention
International Academy for Suicide Research
Jason Foundation
Jed Foundation
Medical University of Vienna, Center for Public Health, Dept of Social and Preventive Medicine
MentalHealth.org, New Zealand
National Association of School Psychologists
National Council for Behavioral Health
National Suicide Research Foundation, Ireland
Orygen, Australia
Samaritans/Befriender's Worldwide
School of Public Health, University College Cork, Ireland
Suicidal Behaviour Research Laboratory, University of Glasgow, Scotland
Suicide Awareness Voices of Education
The Lancet Psychiatry
The Trevor Project