



April 27, 2017

Dear Parents and Families,

On behalf of the Avon Public Schools, I would like to share our concerns over the Netflix show, *13 Reasons Why*. The show is based on the young adult novel *Thirteen Reasons Why* by Jay Asher and contains mature content, including rape and suicide.

The trailer and advertisements for the series can be misleading. In watching the series, young people and teenagers could perceive the message that suicide is a viable and/or romanticized option. The content of the series is extremely graphic with troubling scenes throughout each episode, which may be difficult for the teenage mind to watch and process in an appropriate way.

The series is not meant to be an educational film, and its message does not comply with the health recommendations for treating mental health, and/or trauma, or preventing suicide. The series falls short in the following:

- There is no mention of mental health and treatment options, as it references suicide throughout;
- The idea of suicide is romanticized throughout;
- There are no examples of help-seeking by the teens impacted;
- There are several scenes throughout depicting serious trauma, which the teens do not seek help or resources for such as bullying, car accidents, fights, alcoholism, rape and suicide; and
- The series does not express what to do in harmful situations in terms of getting help or utilizing healthy coping skills.

We encourage you to speak with your child to find out if he or she has read this book, watched the series, or has heard of it. This could provide you with an opportunity to discuss the content within the text or series in more detail with them, if you so choose. We have provided some links in this correspondence to help you with such a conversation.

Thank you in advance for your attention to this topic. As always, please do not hesitate to contact your child's school counselor if you have any further questions.

Sincerely,

Dr. Kimberly A. Mearman

Director of Pupil Services

Resource Links:

- [13 Reasons Why Talking Points from Suicide Awareness Voices of Education & The JED Foundation](#)
- [Resources on the CTSAB](#)
- [National Suicide Prevention Lifeline](#)
- [National Association of School Psychologists](#)

Avon Public Schools

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