



550 Poirier Street, Coquitlam, British Columbia V3J 6A7 ● Phone 604-939-9201 ● Fax: 604-939-7828

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Guidance for Parents / Guardians:

SD43 is committed to working in partnership with school staff and parents / guardians for the safety and well-being of our students. In support of that we wish to bring the follow information to your attention.

There is a Netflix series titled *13 Reasons Why* that students are talking about and watching. It depicts suicide, sexual assault, bullying, and drunk driving and focuses on a young girl who commits suicide and the messages she leaves for 13 people she feels are responsible for her pain.

The B.C. Ministry of Education and mental health organizations are highlighting concerns and providing guidance to school communities and parents to be aware of the dangers and risks associated with children and young people who have been exposed to the series *13 Reasons Why*.

It is important for parents to know what children are watching and if necessary, engage them in reflective, yet often difficult, conversations to make sense of what they are seeing on TV or social media. Whether your child is watching this series or not, they are likely hearing about it on social media or discussing it amongst peers.

The following article was created by the Suicide Awareness Voices for Education Society (SAVE), <https://www.save.org/blog/tips-watching-new-netflix-series-13-reasons/> as a guideline and talking points for talking to children about the TV series. It explains much of the show's content, and the reasons why some mental health associations are urging caution in allowing children/teens to watch the show unsupported.

Our school staff have been made aware of this series and the emotional impact it may have on students. Students are being encouraged to contact a school administrator or counsellor if they or their friends are feeling emotionally impacted by this series. Parents are also encouraged to contact us with any concerns about their child's well-being. In addition, if you need help outside school hours, please access the following information and resources:

- HealthLink BC - Call 811 or visit www.healthlinkbc.ca
- BC Mental Health Support Line - 310-6789
- Kids Help Phone 1-800-668-6868
- <https://crisiscentre.bc.ca/get-help/>
- www.youthinbc.com
- Call 9-1-1 if you believe that someone's life is in danger.

Thank you for your continued engagement and support.

Patricia Gartland
Superintendent
School District No. 43 (Coquitlam)