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Dear Parents and Guardians,

The North Haven Student Services Department wants to make you aware of the recent release of the Netflix series *Thirteen Reasons Why*. This series is based on the book by Jay Asher. It follows a group of high school students who follow the story that was left behind for them by their classmate who committed 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. This information may be difficult for the teenage mind to watch and process in an appropriate way.

The series has some of the following shortcomings:

- There is no mention of mental health and treatment options
- There is a lack of healthy coping skills depicted
- The idea of suicide is romanticized
- The series message does not comply with the health recommendations for treating mental health, trauma, and preventing suicide
- These teens do not attempt to access resources
- Misrepresentation of the efficacy of school counselors

The purpose of this letter is not to imply that people should not watch this series. We recommend asking your child if he or she has read the book, watched the series, or heard of the series. If they have, please talk with them about it. There is a list of talking points included in this correspondence to help with these conversations.

Thank you for your attention to this very important topic. The Student Service department at North Haven High School is here as a resource for your questions and concerns. Should you feel you or your child need more information or support, please do not hesitate to contact us.

Sincerely,

NHHS Student Services Department