



## Resources For Response to the “13 Reasons Why” Netflix Series

Resources to use when supporting youth and young adults understand the messages from the series.

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### The Jed Foundation

“Protecting Emotional Health. Preventing Suicide.”

Transitioning into adulthood can bring big changes and intense challenges.

The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.”

[13 Reasons Why: Talking Points for Viewing & Discussing the Netflix Series](#)

“In response to the series, JED and SAVE developed talking points to assist parents, teachers and other gatekeepers in talking to youth about suicide as it relates to the situational drama that unfolds in 13RY.”  
- March 31, 2017

[Netflix 13 Reasons Why: What Viewers Should Consider](#)

“The show is rated TV MA and there are trigger warning cards prior to three of the episodes. Here’s what we suggest young viewers and parents consider.”  
- April 24, 2017

### Ohio Mental Health and Addiction Services (OMHAS)

Ohio Suicide Reporting

[Resources for Journalists](#)

[Guidelines](#)

[Reporting Checklist](#)

“Responsible reporting on suicide has the power to save lives. How you shape a story — the details given, words used and resources provided — will minimize suicide contagion for vulnerable individuals and increase awareness of this major public health issue. Not only can journalists help shape the conversation about suicide, they can use social media to amplify key messages of prevention and recovery.”

## National Association of School Psychologists (NASP)

["13 Reasons Why" Netflix Series: Considerations for Educators](#)

Guidance for Educators and Families  
Safe Messaging for Students  
Additional Resources

### John Ackerman, PhD

Clinical psychologist in Behavioral Health and Suicide Prevention Coordinator for the Center for Suicide Prevention and Research (CSPR) at Nationwide Children's Hospital.

[13 Reasons Why: Should Parents Be Concerned About This Netflix Series?](#)

*\*This link takes you to the blog page. Scroll to find the title above for this blog.\**

**Excerpt from the blog:** *"Isn't media attention on the topic of youth suicide a good thing? Not necessarily. Mainstream media portrayals of suicide and mental health issues are often inaccurate and can reinforce stereotypes that lead to increased stigma and discrimination toward those with mental health struggles. Research suggests that youth are more susceptible than any other age-group to a phenomenon called "suicide contagion."*  
[Suicide contagion](#) exists when there is an increase in suicides after being exposed to the suicidal behavior of others. Exposure to graphic, sensationalized, highly detailed, or simplified portrayals of suicide can result in copycat suicide attempts and deaths by suicide, particularly in teens and young adults."

### The New York Times

[The Science Behind Suicide Contagion](#)

**Excerpt from the article:** "Mental illness is not a communicable disease, but there's a strong body of evidence that suicide is still contagious. Publicity surrounding a suicide has been repeatedly and definitively linked to a subsequent increase in suicide, especially among young people. Analysis suggests that at least 5 percent of youth suicides are influenced by contagion."

### NBC News

[Netflix's '13 Reasons Why' Carries Danger of Glorifying Suicide, Experts Say](#)

Dr. Victor Schwartz Medical director of the JED Foundation and Phyllis Alongi, clinical director of [the Society for the Prevention of Teen Suicide](#), comment on Netflix's series "13 Reasons Why"