

13 Reasons Why

A GUIDE FOR PARENTS AND TEENS

- 13 Reasons Why is rated MA 15+ and contains coarse language, drug use, the sexual assault of two female characters, violence and a graphic depiction of suicide. Netflix content restrictions can be activated to control viewing if required.
- Given the emotional nature of the show, take your time to watch the episodes. We don't recommend binge-watching the entire series in one night.
- The show is not recommended for individuals who have a history of suicidal or self-harm thoughts or have experienced sexual assault, especially if watched without a trusted adult.
- It is important to highlight to teens that suicidal thoughts are painful and difficult to endure, but most people that have suicidal thoughts do not act on them. Be sure to let your teen know that there is help available and there are always other options.

Talking Points

- What do you think happened in this episode? What were the key messages?
- What did you learn from the character's situation in this episode?
- Did you see bullying in the show? How did the characters react or respond when they witnessed someone being bullied? What would you do?
- What did the show teach you about consent? When do you need to ask for consent? How do you know that someone has consented?
- What were the signs that Hannah was in distress? What would you do if you noticed these signs in someone you knew?
- What do you think Hannah needed from people in her life? What could the adults have done differently?
- What would you do if a friend told you they were thinking of harming themselves or if they told you they had been sexually assaulted?
- Have you ever felt the way that Hannah, Clay or any of the other characters feel?
- Who could you talk to if you were experiencing any of the situations these teens went through? Are you aware of the different helplines that are available?