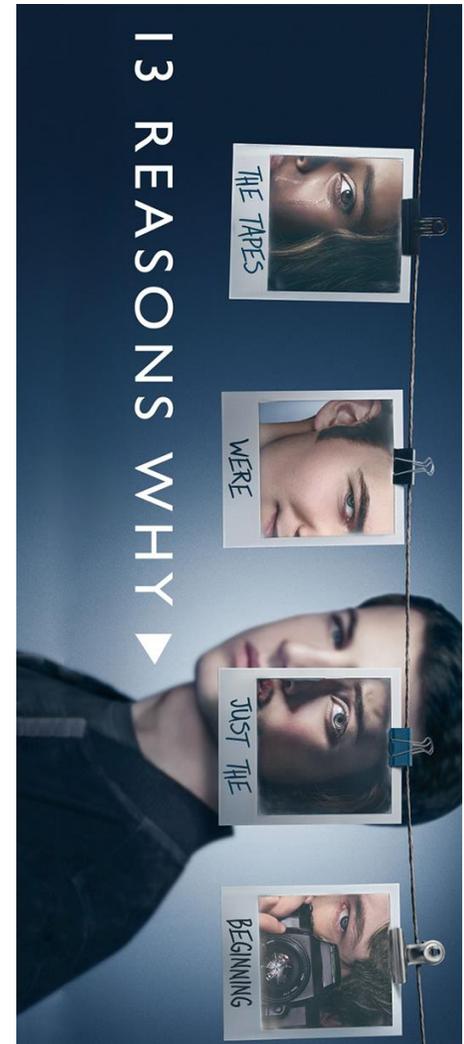


“13 Reasons Why” - Season 2 Guide for Parents

Season 2 of “13 Reasons Why” is due out on **Friday May 18!** When season 1 aired, conversations between parents and children proved difficult. Making an informed decision about allowing your kids to watch is important. After a certain age they may be watching it anyway without a parent’s knowledge. Adults should be aware, prepared, and responsive.

Helpful Suggestions for Parental Viewing of “13 Reasons Why”

- Consider watching episodes with your child.
- Hit pause and talk about an issue during an episode. Talking about the scenes as they take place can help young (and old) viewers frame the content in helpful ways.
- Discuss what you think is similar to what you’ve seen in the real world and what may be amplified for dramatic effect.
- Think about what might be missing that is typical in the real world, but not portrayed in the series. For example, how a teacher or school counselor you know may behave differently from those portrayed in the show.
- If there are scenes that feel uncomfortable to watch, don’t feel that you must. Give the same advice to your child. Similarly, if there is something you see that feels disturbing, encourage your child to speak with you.
- Continue the conversation even after you are done with an episode.
- If you are a parent or young person concerned about a peer, listen for prompts that may indicate an interest in discussing the episode in greater detail. Your child may say, “I was watching ‘13 Reasons Why’ last night” or bring up an actor in the show. They could mention these things at the dinner table, in the car, on the way to sports practice, or during homework time. At that point, you can say “tell me more” or “I am so glad that you are telling/asking me this”.
- Parents may want to watch the series first to determine if it is appropriate for other family members on their account to view. They can block an episode or the series with a title-level PIN code.



Flip over for conversation starters and resources

“13 Reasons Why” can prompt important conversations about issues that concern you.

Here are some conversation starters:

- 1) Do characters in the show behave similarly to people you know? How so? How are they different?
- 2) What do you think about what happened in this episode?
- 3) Do you think people who are struggling may not express the full scope of what they're dealing with to others?
- 4) What did you learn about the character's situations from this episode? For example, what did you learn about what happened to Jessica and sexual assault?
- 5) How does what you have seen change how you view some things that happen in real life?
- 6) Do you think the adults did anything wrong? What could they have done better?
- 7) What would you do if you had a friend considering suicide? How about if a friend had been sexually assaulted?
- 8) Who would you go to if you were experiencing any of the situations these teens went through?
- 9) Have you ever felt the way that Hannah, Clay, or any of the other characters feel? Which ones?
- 10) Have you ever wanted to tell someone about a sexual assault or bullying but worried that it was tattling?
- 11) How do you know when to offer compassion/support/empathy and when to set clear boundaries?

What to do if you're worried about your child:

- Crisis Text Line: Text TALK to 741741;
<https://www.crisistextline.org/>
- National Suicide Prevention Lifeline: Talk or chat 1-800-273-TALK
<https://suicidepreventionlifeline.org/>
- Call JFS MetroWest 973-765-9050 www.jfsmetrowest.org



JFS MetroWest offers a variety of services to support the emotional well-being of children, adolescents, and their parents. Our highly trained staff of clinicians specialize in child development and evidence based approaches to treatment.

For more information, visit
www.jfsmetrowest.org
Call 973-765-9050

*visit www.13reasonswhy.info for a full discussion guide. These materials are adapted from the guide.