

# 13RW



what you should know

## SHAPE THE CONVERSATION

everything can be used for discussion

it is real. validating, relatable, helps teens feel understood. graphic images could be difficult to process

binge-watching doesn't allow time to disconnect, and re-engage in real life

high quality entertainment, a show very well created and produced

sensationalized for entertainment; different ending than the book

identifies real situations with true-to-life characters. see our ripple-effect. what we say and do matters

the blame game. ultimately, we are the only ones responsible for our actions

the romanticizing of suicide: too much positive attention to person or act of suicide

could be triggering to vulnerable youth or adults

and how to talk about it

## QUESTION ANSWER LISTEN



our personal responsibility in how we will use this info

gauge emotional maturity: ability to separate fiction/non fiction, to discuss delicate topics, and process graphic images

most important to know emotional stability before watching show

decide how to watch: parent first, together, talk only, talk after, to binge or not to binge

### LISTEN WITHOUT JUDGEMENT

what did you like about it? did you relate to any of the characters? why? do you know people like some of the characters?

follow up questions with more questions

why do you think the show is difficult, important, popular, etc? was there anything hard to watch? what feelings did you have while watching? did they get anything wrong in the show? what did they get right?

what do you think of how Hannah handled her situation? what else could she have done? have you ever seen or experienced bullying, peer pressure, other? do you have any adults in your life you feel comfortable talking to?

DO NOT BE AFRAID TO ASK - have you ever thought about suicide?

((you listening))

REFERENCES: [JEDFOUNDATION.ORG](http://JEDFOUNDATION.ORG) AND [NASPONLINE.ORG](http://NASPONLINE.ORG) AND [13REASONSWHY.INFO](http://13REASONSWHY.INFO)  
[MELISSABOWENLPC.COM](http://MELISSABOWENLPC.COM)