



NETFLIX'S *13 REASONS WHY*:
RECOMMENDATIONS FOR
SCHOOLS AND PARENTS

DR. SCOTT POLAND
Co-DIRECTOR SUICIDE AND VIOLENCE
PREVENTION
NOVA SOUTHEASTERN UNIVERSITY

GOALS OF THE WEBINAR

- Provide an overview of the scope of youth suicide with recommendations for schools.
- Emphasize prevention and the importance of mental health treatment.
- Discuss the specific criticisms of the program from mental health experts.
- Provide specific recommendations about who should view the program and how to discuss suicide with youth.



NETFLIX'S MOST POPULAR PROGRAM

- It's based on a book by Jay Asher and focuses on a fictional character, 17 year-old Hannah Baker who died by suicide.
- Hannah, who has been the victim of bullying and rape, leaves behind a series of 13 tapes blaming others for her death.
- The compelling program presents as a mystery with dark themes and graphic images of rape and suicide.



COMMENTS OF OBSERVERS:

- “I am a school counselor and loved the show.”
- “Mom, I know the show is not real as my school is not like that.”
- “Kids as young as 8 are watching it!”
- “When I watched Hannah in the show, I thought this is what I want to do.”
- “They are calling kids ‘Hannah Baker!’”
- “Should I have watched it with my 12 year-old son?”
- “The book may have tipped my daughter to making a suicide attempt.”



CRITICISMS OF 13 REASONS WHY;

- The graphic scenes of Hannah's suicide violate all known media guidelines.
- The program ignored the topics of mental illness, especially depression, and suicide contagion and could very likely increase suicides.
- Teens were depicted as leading secret lives that adults were unaware of and teens were not portrayed as going to adults for help.

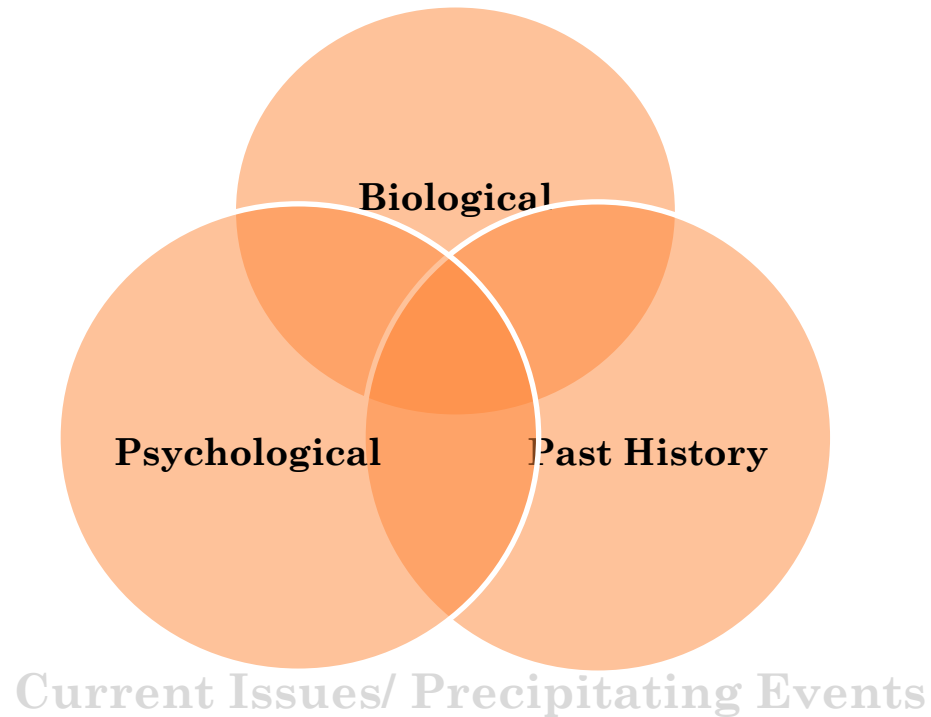


CRITICISMS:

- The program blurred the lines between life and death with Hannah appearing in many scenes after her death.
- No information was provided about Hannah's past history before starting at her new school.
- The memorialization at school did not follow Best Practices.



INDIVIDUAL FACTORS



KEY POINTS:

- Youth suicide is a leading cause of death worldwide.
- It is the second leading cause of deaths for teens in the U.S. and many other countries.
- The suicide rate for middle school girls has increased dramatically in the U.S.
- Most schools have been reluctant to address youth suicide and unsure how to do so.



KEY POINTS:

- Teens are the most susceptible to suicide contagion.
- No one person or no one thing is to blame for a suicide.
- Suicide is almost always the result of untreated or undertreated mental illness.
- There are evidenced-based treatments for mental illnesses.



KEY POINTS

- Suicide rarely occurs without warning signs.
- Suicide is not inherited or destined.
- Talking about suicide will not plant the idea.
- Teens must go to adults for help and school counselors and psychologists are trained in suicide assessment.
- Universal screening for depression is recommended in schools and physician's offices.



SPRC BRIEF: SUICIDE AND BULLYING

- A strong association exists between bullying and suicide but thankfully the vast majority of bullying victims do not attempt or die by suicide.
- It is difficult to rule out other risk factors such as mental illness, substance abuse, trauma, loss, and physical or sexual abuse to determine if being bullied caused a suicide.
- www.sprc.org



WARNING SIGNS OF SUICIDE; DID HANNAH DISPLAY ANY?

- Suicide notes and threats— Not given to anyone
- Symptomatic clues-- Yes
- Giving away prized possessions/making a will--
No
- Fascination with death--No
- Exposure to suicide--No
- Self-injury (NSSI)--No



MR. PORTER THE COUNSELOR IN 13 REASONS WHY

- He failed to establish rapport and he should have moved from behind his desk.
- He needed to ask direct questions about thoughts of hopelessness, giving up and suicide.
- Hannah's parents needed to be notified based on her statement about being raped.
- He was dismissive and it was inappropriate to just tell her she needed to move on.



WHAT SHOULD SCHOOLS DO?

- Be proactive and advise parents of the dangers of the program and specify that vulnerable youth regardless of their age should not watch it.
- Encourage adults whose children watch the program to watch it with them and provide opportunities for discussion about it.
- Ensure that no segments of 13 Reasons Why are shown in K-12 classrooms.



WHAT SHOULD SCHOOLS DO IN CLASSROOMS?

- Carefully plan curriculum units about youth suicide prevention.
- Provide teachers with talking points to use when the program comes up; the importance of mental health treatment, going to adults for help, Hannah had alternatives to suicide, no one is at fault for her death, and bullying alone does not cause suicide.
- Ask students to identify what they could do if they or a friend are ever suicidal.



WHAT SHOULD PARENTS DO?

- Common Sense Media recommends (www.common sense media.org) that no one under 16 view the show.
- If your child over 16 is vulnerable to depression and anxiety do not allow them to watch the show.
- Watch with your 16+ year old and provide opportunities for discussion after each episode and avoid binge watching.
- Review recommendations at <https://www.save.org/13-reasons-why/>



BEST PRACTICES FOR SCHOOLS

- Schools are encouraged to form a suicide prevention task force and to develop policies and to carefully plan curriculum units for students.
- Schools need to have bullying and suicide prevention programs.
- School personnel should not hesitate to ask a student known to be a bullying victim about thoughts of hopelessness and suicide.



BEST PRACTICES FOR SCHOOLS

- Awareness training conducted annually on suicide warning signs for all staff.
- Suicide lethality assessment training for key staff.
- Parent notification including a signed emergency notification form and a release of information.
- Know the best community service providers for suicide assessment and management.
- Provide a re-entry program for students returning from hospitalization.
- Provide information on the school website about depression and suicide.



BEST PRACTICES FOR SCHOOLS

- Implement depression screening/prevention/education programs at your school
- Explore resources through such sites as the Suicide Prevention Resource Center or the CDC
- Be familiar with and implement the legislative requirements for suicide prevention in schools.



FINAL THOUGHTS

- The program and the Beyond 13 discussions of suicide were off the mark and diminished Netflix's efforts to start the conversation about suicide.
- Suicide is never someone else's fault.
- The program concludes with Clay talking about the need for everyone to be kind to others—this is admirable but ignores the role of mental illness in suicide.



SUICIDE PREVENTION IS

EVERYONE'S RESPONSIBILITY

A grayscale background image showing several hands of different skin tones interlaced and holding each other in a supportive grip, symbolizing unity and mutual aid.

- Free videos on awareness, assessment, postvention and self-injury

www.nova.edu/suicideprevention

- Suicide in schools by Erbacher, Singer & Poland (2015) Routledge

- spoland@nova.edu

SUICIDE PREVENTION RESOURCES



American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

Kognito

www.kognito.com

Society for the Prevention of Teen Suicide

www.sptusa.org

Suicide Awareness Voices of Education

www.save.org



PSI AND LIFEACT

- ▶ **UROK™**
- ▶ LifeAct, in conjunction with the Department of Child and Adolescent Psychiatry at University Hospitals, has developed a program specifically designed for **middle school** students
- ▶ Emphasizes the **unique situations** they face that may induce stress and lead to depression
- ▶ Middle school students **learn to identify and manage** stress in their lives
- ▶ Most importantly, they are taught to recognize healthy and unhealthy responses to stress, when they should ask for help, and how to request that help from a trusted adult.



PSI AND LIFEACT

- ▶ The **two-day presentation** (1.5 hours total time), utilizes PowerPoint, videos, small group activities, and class discussion designed to engage students by focusing on age-relevant experiences
- ▶ Students who **self-identify** to LifeAct instructors and who may be experiencing mental health issues (including depression, bullying, self-harm and suicidal thoughts) are referred directly to a guidance counselor or other appropriate school personnel
- ▶ LifeAct **instructors record** each self-identifying student and provide a copy of the documentation to the guidance counselor or other appropriate school personnel.



LIFEACT HIGH SCHOOL PROGRAM

- ▶ *Recognizing Teen Depression and Preventing Suicide*
- ▶ The goal of the high school program is to **raise awareness** among teens about unhealthy behaviors that indicate that a teen is struggling and needs adult help
- ▶ **Early identification and intervention** for teens with mental health issues is the most effective way to prevent teen suicide
- ▶ High school students will **learn to identify** the outward manifestations of **depression** and the **warning signs** of suicide.



PSI AND LIFEACT BASICS

- ▶ Through the generosity of donors, foundations, and grants, this program is **at no cost to your school**
- ▶ PSI is conducting a needs assessment for both the middle and high school programs
- ▶ If your school is interested, contact Brooke Wright at: brookewright@psi-solutions.org and information will be supplied
- ▶ We are working this year on schools in NE Ohio and looking to expand continuously over the years and throughout Ohio
- ▶ A registration link was also supplied in your original webinar email: This link will also be posted on the PSI website once the webinar recording is posted.



Questions?



THANK YOU...

For joining LifeAct and
PSI in this vital
mission.

Websites for PSI and LifeAct:

- ▶ <http://psi-solutions.org/>
- ▶ <http://lifeact.org/>

