

## 13 REASONS WHY

### Information and Useful Contacts for Parents and Whānau

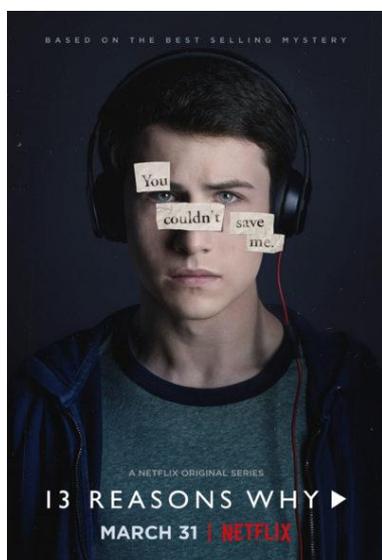
Last year *13 Reasons Why* aired on Netflix and was viewed widely by our girls. It contained themes of suicide, sexual assault, consent and bullying. It was graphic and left some young people feeling very distressed and in need of support. To be brutally honest, we were initially unprepared. We did not know the content of the series and we did not know our young people were watching such graphic and disturbing scenes of suicide and sexual assault. By the time most adults got up to speed with what our young people were watching, they had already viewed the series.



This time around we know that Season 2 will be released on May 18. Similar and equally confronting themes will be present in season two. In the lead-up to the release, we can expect our young people may re-watch the first season, or watch it for the first time. We know that girls from as young as Year 7 watched Season 1 and many girls who did not have Netflix at home watched it elsewhere.

Season 1 followed Clay as he uncovered the 13 reasons his friend Hannah Baker took her life, as detailed in a series of tape recordings she left behind.

Season 2 will be picking up the story in the aftermath of Hannah's death as the characters try to heal and move on.



Young people feel the show represents the issues they face. Banning or recommending a ban on viewing it can be harmful, as young people will still watch it but feel they have to hide that from adults.

The issues raised in the series are significant and offer a good opportunity to talk to our young people about these difficult life events – but it is important that those conversations are safe ones.

The Mental Health Foundation is very prepared this time round and have released a hub of useful information for parents on their website. It is very comprehensive and useful - click [here](#)

13 Reasons Why is not the only challenging series young people are watching but it is one of the most talked about, it has huge appeal for young people and most adolescents won't want to miss out.

Another extremely good resource can be found at The Office of Film and Literature Classification found [here](#)

Topics include: My teen doesn't want to watch 13 Reasons Why with me – what should I do?

And My teen has already watched 13 Reasons Why?

Parents, if you are concerned about a young person, please reach out for help. Locally we have the Taranaki Base Hospital Crisis Team for immediate, urgent support: phone 06 753 6139 and ask for the Crisis Team or free dial direct on 0508 277 478.

If you haven't already seen 13 Reasons Why, maybe watch it. Check out some of the resources above and talk about it. Talk to people you are worried about. Talk to people if you are worried about yourself.

**WHERE TO GET HELP:**

Lifeline (open 24/7) - 0800 543 354

Depression Helpline (open 24/7) - 0800 111 757

Healthline (open 24/7) - 0800 611 116

Samaritans (open 24/7) - 0800 726 666

Suicide Crisis Helpline (open 24/7) - 0508 828 865 (0508 TAUTOKO). This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.

Youthline (open 24/7) - 0800 376 633. You can also text 234 for free between 8am and midnight, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

0800 WHATSUP children's helpline - phone 0800 9428 787 between 1pm and 10pm on weekdays and from 3pm to 10pm on weekends. Online chat is available from 7pm to 10pm every day at [www.whatsup.co.nz](http://www.whatsup.co.nz).

Kidsline (open 24/7) - 0800 543 754. This service is for children aged 5 to 18. Those who ring between 4pm and 9pm on weekdays will speak to a Kidsline buddy. These are specially trained teenage telephone counsellors.

Your local Rural Support Trust - 0800 787 254 (0800 RURAL HELP)

Alcohol Drug Helpline (open 24/7) - 0800 787 797. You can also text 8691 for free.

Support is also available from a trained counsellor anytime by calling or texting 1737.