



Attention Parents: Your teens may be watching a series on Netflix called “**13 Reasons Why**”.

13 Reasons Why is the story of Hannah Baker’s death by suicide told through the 13 tapes she leaves for those she holds accountable for her choice. There are many triggering topics depicted including depression, bullying, and drug and alcohol use.

This is an extremely popular show that many young people have been discussing. If your child is not watching the show, they likely know someone who is.

With television viewing now available and accessible on any mobile device or laptop, being aware of what your child is watching is more challenging than it used to be. Often times our kids are streaming shows by themselves or with other teens present, and some are sharing Netflix IDs and passwords with friends so they can access online content.

If your teens are watching, please watch it with them and discuss the episodes. Discuss the situations, how they can handle them and who they can turn to for help.

Please consider taking this opportunity to engage in conversation with your child about the supportive adults in their life.

Reassure your child that talking openly and honestly about emotional distress (their own or a friend’s) with a trusted adult is okay and encouraged.

If you need more resources, call South Lake Pediatrics at 952-401-8300.