



May 3, 2017

Dear Parents and Caregivers,

This letter is to provide information regarding the Netflix series named *13 Reasons Why*. The series details the story of a 17-year-old who dies from suicide and leaves behind audio recordings for 13 people who she says in some way contributed to her death. Each tape recounts painful events in which one or more of the 13 individuals played a role.

The series is raising concerns from suicide prevention experts about the potential risks posed by the sensationalized treatment of youth suicide. *We do not recommend that vulnerable youth, especially those with a history of trauma or who have any degree of suicidal ideation, watch this series.* We also recognize that many youth have already watched this program, or will do so in spite of encouragement not to. Therefore, if your child has viewed or plans to view this program, adult support to understand the content is strongly recommended. The following information is offered to support any conversations you might have:

- National Association of School Psychologists:
<http://bit.ly/2oYiPWu>
- Suicide Awareness Voices of Education:
<http://bit.ly/2qzpyXe>

If you require further support or information regarding suicide or mental health the following links may be helpful.

- Suicide Intervention Toolkits for Youth:
<http://bit.ly/2p6aXAs>
- Suicide Intervention Toolkits for Parents and Caregivers:
<http://bit.ly/2pxLG5L>
- Salt Spring Island Community Services: 250-537-9971;
<http://saltspringcommunityservices.ca>
- Vancouver Island Crisis Line: 1-888-494-3888;
<http://vicrisis.ca/>

This letter is also posted at www.sd64.bc.ca which will make it easier for you to click on any of the above links.

Additionally, we encourage you to reach out to school or community professionals if you or your child requires assistance.

Sincerely,

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