



Top tips for adults supporting teen viewers of *13 Reasons Why*

- Don't ban the show. Young people are likely to find other ways to watch it but won't feel able to talk to you if they are upset or concerned about what they've seen.
- If you're supporting a young person who may be deeply affected by some of the issues in the show, you can have a conversation with them about whether it's a good idea for them to watch it at this moment. Respect whatever decision they make and make sure they know where to get support if they need it at any time.
- Encourage them to take breaks and pause scenes when needed. You might also suggest they watch the show one episode at a time.
- Have open and honest conversations with young people. Respect their opinions even when you don't agree. Ask them questions to guide them to think critically about the show such as, "What do you think would happen if something like this happened at your school?" "How would you and your friends support each other?"
- Watch it together if possible (or just watch it yourself or read an online recap so you understand what is happening on the show).
- Remember you don't have to have all the answers. You can find them out together.

For more information visit

www.mentalhealth.org.nz/13ReasonsWhy

