



## 13 Reasons Why FAQ

### What is *13 Reasons Why*?

*13 Reasons Why* is a television show, available on Netflix.com. All 13 episodes of season 2 were released on Friday 18 May 2018 and subscribers can watch them at any time.

The show takes place after the suicide of 17 year old Hannah Baker, and explores the ‘reasons why’ she may have taken her life. When season 1 was released in March 2017 it quickly became Netflix’s most-viewed show of all time.

For more information, visit [www.mentalhealth.org.nz/13ReasonsWhy](http://www.mentalhealth.org.nz/13ReasonsWhy)

### Why do I need to be aware of it?

The show explores issues such as youth suicide, rape, sexual assault, violence, bullying and drug-use in ways that are often graphic and may be distressing to viewers.

While most young people are not vulnerable to these issues and will not be affected, if you know young people who may be distressed by these scenes, be aware they are likely to watch the show and may need support and guidance after viewing it.

Although it can feel hard to kōrero (talk) about the tough stuff, it’s important that we can all have safe, open, honest and compassionate kōrero about these issues so our young people feel heard, supported and understood.

### Do these issues affect the young people I know?

Probably. New Zealand has the highest rate of youth suicide in the OECD and the second-highest rate of school bullying. One in three females and one in five males will be affected by sexual violence. Māori, Pasifika and LGBTQI young people are more likely to be affected by these issues. This means that even if your young person isn’t personally affected by these issues, they are likely to know people who are. Young people have told us they are facing these challenges every day and they’re asking adults to take them seriously and help them.

### Should I ban the show?

No, that’s not a useful solution. The show is widely available online and young people who want to watch it are likely to find a way. If you ban the show and they do watch it, they may feel unable to talk to you if they feel upset or worried about what they’ve seen.

However, if you’re worried about a young person affected by suicide loss or suicidal thoughts, sexual assault, violence or other issues explored in the show, you could suggest they give it a miss this time or watch the show one episode at a time (instead of ‘binge-watching’ or watching all 13 episodes at once).



## What can I do if I'm worried about a young person who has watched the show?

Firstly, if you are worried they might be thinking of taking their own life, you need to act urgently. Ask them if they are thinking of suicide and listen without judgement to their answer. If they need urgent help, call 111 or make an urgent appointment with their GP. Do not leave them alone.

If the situation is less urgent, talk to the young person about what they have seen. Ask them if they have any worries they want to share, and let them know you're there to talk whenever they want to.

You might not be the right person to have this kōrero – that's okay. Make sure they know who else they can talk to – an uncle or aunty, a school counsellor or a helpline such as Youthline.

## Should I watch it?

If you want to! You might like to watch it with young people or watch it on your own. Be aware that it's not just young people who may find the show upsetting, and take care of yourself too. If you don't want to watch the show for any reason, recaps are available online at [www.mentalhealth.org.nz/13ReasonsWhy](http://www.mentalhealth.org.nz/13ReasonsWhy)

## Where can I go for information and resources about the issues in *13 Reasons Why*?

Go to [www.mentalhealth.org.nz/13ReasonsWhy](http://www.mentalhealth.org.nz/13ReasonsWhy)

## Who can I call if I need to discuss these issues?

You can call a helpline at any time, they're free and confidential.

**Need to talk?** Free call or text 1737 to talk to a trained counsellor

**Youthline** 0800 376 633 or free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

**Samaritans** 0800 726 666

**Lifeline** 0800 543 354 or text 4357 (HELP)

**Alcohol and Drug helpline** 0800 787 797

**Safe to Talk**, free confidential advice and support for people affected by sexual harm.

Call 0800 044 334 or free text 4334 0800 044 334

**Shine helpline** 0508 744 633 confidential domestic abuse helpline

[thelowdown.co.nz](http://thelowdown.co.nz) – or email [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) or free text 5626

**Parent Help** – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.