



## **13 Reasons Why Season 2 Discussion Guide**

Watching episodes of the second season of 13 Reasons Why Season 2 with your teenager can create opportunities to talk about issues they may face in their daily lives, including suicide, bullying, substance abuse, sexual violence and school violence. Follow these tips for watching the show and talking about it.

### **Before You Watch 13 Reasons Why with Your Teen**

- Educate yourself about the show and the issues it raises
- Understand that the themes of the show are most likely not new to your child
- Ask your teen if they've seen 13 Reasons Why, heard about the show or read the book
- Ask what your child thinks about the show, and then really listen to their thoughts without judgement
- Offer to watch the show with your child, either in the same room or in different rooms
- Watch one episode at a time, and make a commitment with your child that you will both agree to discuss the show after each episode

### **Discussing 13 Reasons Why**

- Discuss each topic openly and honestly
- Ask direct questions. Talking about suicide will not make someone suicidal or put the idea of suicide in their head
- Listen, listen, and listen. This is the time to give your child the opportunity to open up about their thoughts and feelings. Avoid the urge to tell them "how it really is"
- Allow time to talk about each episode
- Ask your child if other choices could have been made by the characters, and reinforce any positive choices shared.
- Brainstorm ways characters in the show could have sought help or used healthier coping strategies
- Resist the urge to offer quick fixes or solutions
- Validate and support your child's feelings
- Follow your teen's cues
- If your teen is in distress, ask about their own mental health or suicidal thoughts
- Ask your child if they know anyone that has shown similar signs
- Brainstorm with your teen about how they can help their friends
- Reinforce that you are there for your child, whatever the problem, and that they can come to you any time about anything

***If your child is currently struggling, has had suicidal thoughts or attempts or has experienced sexual assault, it is highly recommended they avoid watching the show.***