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Dear Parents/Guardians,

You may be aware that Netflix recently released a television series called *Thirteen Reasons Why*. The series has become very popular, and we have heard that many of our students, even those at our elementary schools, have already watched it or are in the process of watching it. This series focuses on a teenage student who documents her reasons for committing suicide. There are many intense and sometimes graphic topics brought up throughout the show, including suicide, violence, sexual assault, bullying and drug and alcohol use.

While these topics are important to discuss, content of this nature can be triggering and painful for a lot of people. If you and/or your child are watching this show, we encourage you to have open and honest conversations around these difficult and emotional topics. Please encourage your child to reach out if they, or a friend are struggling. Auburn staff members have received training in suicide awareness and response. Our school counselors have also been trained and are available to talk with students about these issues.

Below are a few links to articles that focus on these topics, and may be helpful when talking with your child about the show. We have also included local resources for responding to suicide risk.

www.jedfoundation.org/13-reasons-why-talking-points/
www.teenvogue.com/story/what-netflix-thirteen-reasons-missing-mental-health
www.startribune.com/there-s-no-reason-to-buy-13-reasons-why-imagery/419505493/

- Tri-County Crisis Outreach 783-4680
- St. Mary's Psychiatric Emergency Department 777-8700
- Maine Statewide Crisis Hotline 1-888-568-1112
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Auburn Police Department, 911

If you have any questions or concerns, please feel free to contact your school's counselor and/or principal.

Sincerely,

Katherine Grondin
Superintendent of Schools