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Parents:

It has come to our attention through the Kentucky Center For School Safety that there are some concerns related to the popular Netflix series “13 Reasons Why,” and the way the series presents the topic of suicide. Annually, Henry County High and Middle School Staff receive continuing education on suicide prevention. We receive support in this effort to help kids through the Kentucky Center For School Safety. The Center has sent us the following short list of key resources that may help you in supporting our efforts and your kids as well as key information on safe and effective ways of messaging about suicide risk and prevention.

#### **From Suicide Prevention Organizations**

- [A Teachable Moment: Using 13 Reasons Why to Initiate a Helpful Conversation about Suicide Prevention and Mental Health](#) (AFSP/ASCA/NASP) (Webinar)
- [Tips for Parents for Talking with their Children about 13 Reasons Why and Suicide](#) (American Foundation for Suicide Prevention)
- [Briefing in Connection with the Netflix Series 13 Reasons Why](#) (International Association for Suicide Prevention)
- [13 Reasons Why Talking Points](#) (The Jed Foundation/Suicide Awareness Voices of Education)

#### **From Other Mental Health/Professional Organizations**

- [13 Mental Health Questions about 13 Reasons Why](#) (American Psychiatric Association)
- [13 Reasons Why Netflix Series: How School Counselors Can Help](#) (American School Counselor Association)
- [13 Reasons Why Netflix Series: Considerations for Educators](#) (National Association of School Psychologists)
- [13 Ways to Continue the Conversation about 13 Reasons Why](#) (Active Minds)

#### **Other Related Resources**

- [National Suicide Prevention Lifeline](#)
- [The Trevor Lifeline](#) (The Trevor Project)
- [SPRC Web Page for Suicide Prevention in Schools \(Suicide Prevention Resource Center\)](#)
- [Information for Parents webpage](#) (Society for the Prevention of Teen Suicide)

- [Not my Kid: What Parents Should Know about Teen Suicide](#) (Society for the Prevention of Teen Suicide) (Video)
- [Action Alliance Framework for Successful Messaging](#) (National Action Alliance for Suicide Prevention)
- [Recommendations for Reporting on Suicide](#) (various)

***Please keep on reading regarding another dangerous game kids are playing that can be deadly.***

HCPS also wants to share some information about the Blue Whale Challenge, an on-line game students across the world are downloading on their devices.

[http://m.14news.com/14news/db\\_345580/contentdetail.htm?full=true&contentguid=W302YvVB&pn=&ps=#display](http://m.14news.com/14news/db_345580/contentdetail.htm?full=true&contentguid=W302YvVB&pn=&ps=#display)

Participants are assigned challenges they complete over a 50-day period. The final challenge encourages the player to attempt suicide.

The game began in Russia in March and has since spread to the U.S. School officials are reminding parents to talk to their children about dangerous the game is; watch for changes in their child's behavior; ask questions about friends; and monitor what children are watching on TV and online.

If you have any concerns about your child, please feel free to contact your child's school or the Director of Student Services, Zach Woods.