

Dear Edna ISD Parents,

The Netflix series “13 Reasons Why” has highlighted the impact of bullying, sexual assault, violence, grief and teen suicide. If peers, friends and families aren’t prepared to intervene and provide support when a student needs help, problems can arise.

In anticipation of the second season of “13 Reasons Why,” we wanted to provide some resources that may be valuable to you and your student as you discuss the issues presented in the series.

www.13reasonswhy.info provides crisis information and resources to help parents and teens start important conversations around the tough topics covered in the series, such as depression, sexual assault, bullying, substance abuse and more. If you or someone you know is struggling with any of these issues, helpful resources and tools are available here.

Some of these difficult topics include:

- Bullying
- Grief
- School violence
- Mental health concerns (stress, depression, anxiety, etc.)
- Sexual assault
- Unhealthy peer relationships

To begin the discussion with your student, here are some sample conversations starters you can present before or after watching each episode of “13 Reasons Why.” Additional conversation starters can be found in the “13 Reasons Why” discussion guide at www.13reasonswhy.info

- What do you think about what happened in this episode?
- Do you think the characters in the show are behaving in ways that are like people you know? How so? How are they different?
- Did parts of the story make you think about how people who are struggling do not show the full picture of what they are dealing with to others?
- What did you learn about “so-and-so character’s” situation from this episode? For example, what did you learn about what happened to Jessica and sexual assault?
- How does what you have seen change how you view some things that happen in real life?
- Do you think the adults did anything wrong? What could they have done better?

Students’ personal struggles often come to light when triggered by a tragic event, uncomfortable experience or viewing/hearing a form of media (television show, film, music, etc.) that touches on sensitive topics. It’s important for peers, families and school staff to be on the lookout for warning signs that indicate a student needs support:

- changes in school performance (e.g. grades, attendance)
- changes in mood
- increased disciplinary problems at school
- complaints of illness
- problems experienced at home or family situations (stress, trauma, divorce, substance abuse, poverty, domestic violence)
- communication from teachers about problems at school
- withdrawal
- difficulty dealing with existing mental health concerns

The school counselors at Edna ISD are here to assist you and your student. We've included a list of websites and local resources for your reference:

Netflix "13 Reasons Why" Resources www.13reasonswhy.info

American School Counselor Association "13 Reasons Why" Resources www.schoolcounselor.org/13Reasons

Coalition to Support Grieving Students www.grievingstudents.org

National Sexual Violence Resource Center www.nsvrc.org

The National Center for Victims of Crime www.victimsofcrime.org

American Foundation for Suicide Prevention www.afsp.org

Region 3 ESC <http://www.esc3.net/Page/556>

Should you have concerns about a student, Edna ISD has an anonymous tip line available on the EISD school app as well as the district website. Remember, if you or your student, has a question or concern, please contact one of our counselors:

Kyleen Sparks	Edna High School	361.782.5255
Tracey Bowser	Edna Junior High	361.782.2351
April Cubriel	Edna Elementary	361.782.2953
Marla Sample	JC Special Services	361.782.6137

Respectfully,

Edna ISD