



13 Reasons Why

Reasons How and Why to Talk to Our Youth

13 REASONS WHY ►

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**OFFICIAL
TRAILER**

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Introductions

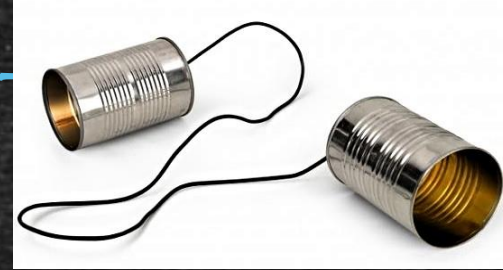
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Objectives

- Ways to build relationships with and among our youth using the popular show 13 Reasons Why to navigate
- Focus on youth centered language to discuss more difficult topics including suicide, bullying and peer pressure
- Identify myths, risks factors, and signs of suicide, bullying, sexual assault, and school violence
- Latest statistics/trends for our youth relating to suicide, bullying, and school violence
- Prevention, intervention, and postvention techniques
- Helpful resources and continued vigilance

Telephone Your Neighbor



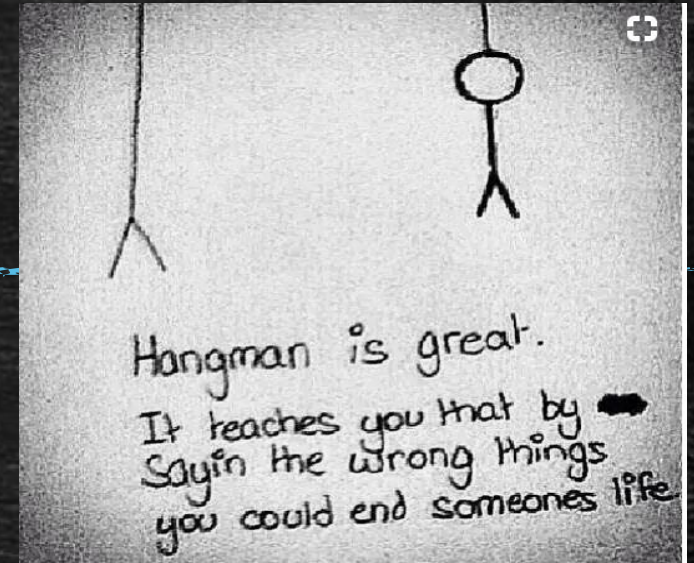
- 1. Break into groups of 10, form a circle.
- 2. Each group will choose 1 member to read the prompt given silently
- 3. From there, this designated member will whisper the prompt to the person to their left
- 4. This process continues until all group members have shared the prompt with the person on his or her left
- 5. The designated group member who initially read the prompt will then write down what the previous member told him or her.
- 6. Each group will share the original and latter prompt

13 Reasons Why to Watch

- 1) Promote these types of conversations and open dialogue
- 2) Help youth to respond appropriately to tough topics
- 3) Recognize the impact of adolescent relationships
- 4) Realistic framework to discuss current language of adolescent issues
- 5) Our youth need our presence when making decisions and choices, perception is key
- 6) Healthy social boundaries discussion- what does this look like?

13 Reasons to Watch

- 7) Concept of time changes as the brain develops
- 8) Words are powerful- bullying is not acceptable
- 9) Another power play- who is responsible/to blame, if any?
- 10) Hollywood Glamorization can be entertaining but inaccurate
- 11) Bonding through encouragement and humanization
- 12) This show and the difficult topics can be triggering events
- 13) Opportunity for a check-in. Are we okay?



Priceless Perspectives



Myths

Myth # 1 – Suicide is not very common among youth

- **Truth – Suicide is the 3rd leading cause of death among 15 – 24 year olds. Most recent rise is in youth ages 10-14.**

Myth # 2 – Teens that threaten suicide need attention, not treatment

- **Truth – About 75% of people let someone know they are thinking about suicide before they attempt it.**

Myth # 3 – Talking about suicide with teens plants the idea in their heads

- **Truth - Talking about suicide can help them work through their feelings**

Myth # 4 – There is nothing that can prevent suicide

- **Truth - According to mental health professionals, most teens do want to live and are trying to find reasons to remain hopeful.**

Myths

Myth # 5 – Suicide would never happen to a teen in my community

- **Truth – Suicide effects all races, states, socio economic classes, and gender identities.**
- **There have been two recent suicides in the East Texas Area in the last two months.**
- <http://www.tylerpaper.com/TP-News+Local/303222/bullard-mother-advocates-against-bullying-following-sons-suicide>
- <http://www.cbs19.tv/news/local/robert-e-lee-hs-student-commits-suicide-after-bullying/477472248>

Possible Warning Signs

Learn the FACTS

- F Feelings- express hopelessness about the future
- A Actions – display severe pain or distress
- C Changes - exhibit changes in personality/ behavior/ mood/ sleep patterns/ eating habits
- T Threats – talk about, write about, or make plans for suicide
- S Situations - Experience stressful situations which may include loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law.

13 Risk Factors of Suicide

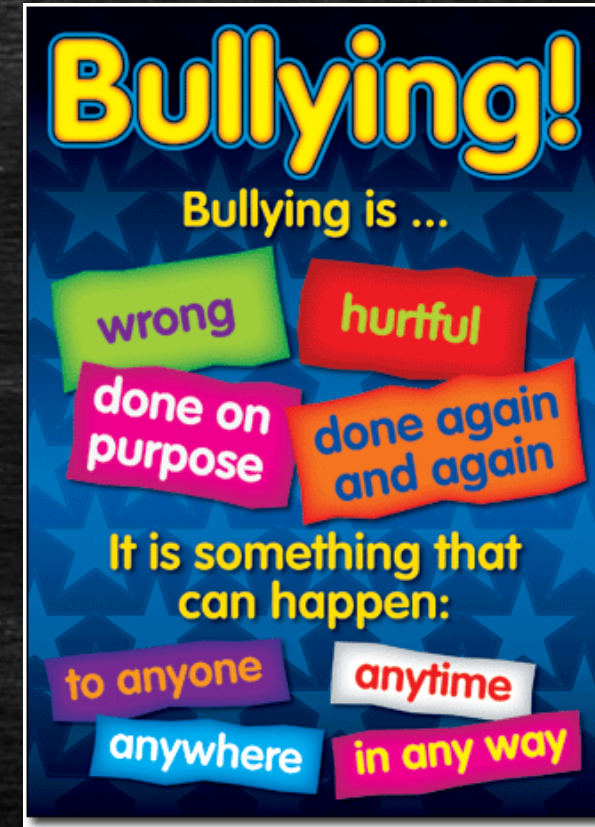
1. Family history of suicide
2. History of physical, sexual, or psychological abuse
3. History of mental health disorders
4. Previous suicide attempt(s)
5. History of alcohol and substance abuse
6. Feelings of Hopelessness
7. Impulsive or aggressive tendencies

13 Risk Factors of Suicide

8. Isolation, a feeling of being cut off from other people
9. Loss (relational, social, work, or financial)
10. Physical illness – serious chronic health condition or pain
11. Easy access to lethal methods
12. Unwillingness to seek help due to stigma attached to mental health and substance abuse disorders or to suicidal thoughts
13. History of extensive Bullying

Bullying

- Bullying occurs when there is an imbalance of power due to unwanted and aggressive behavior.
- Different forms of bullying include
 - Physical
 - Verbal
 - Social
 - Cyberbullying



Various Roles of Bullying

During the show, various roles of bullying are portrayed and can be a valuable teaching tool for our youth to see various perspectives and ways to prevent:

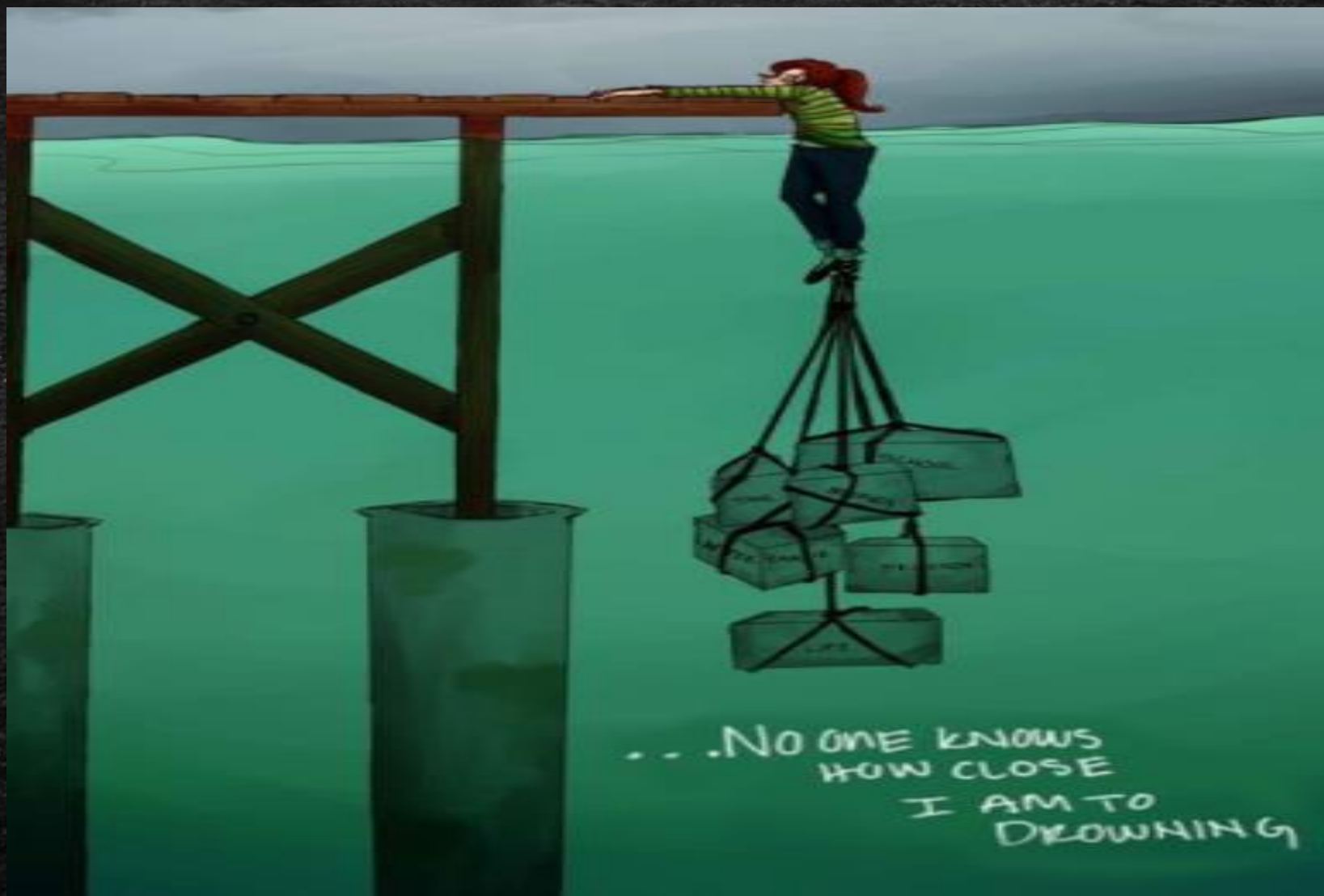
1. Those who Assist: they don't start the bullying behavior, but they encourage bullying and occasionally join in.
2. Those who Reinforce: they aren't directly involved in the bullying, but they're part of the audience, sometimes laughing or supporting the bullying, giving power and encouragement to the person doing the bullying.
3. Those who are Outsiders: they don't encourage the bullying behavior, but they also don't defend whoever is being bullied.
4. Those who Defend: they come to the defense of the person being bullied, tell an adult or offer comfort.

Texas Laws related to cyber bullying

- [Texas Education Code, Chapter 37 Section 37.001](#) requires that school districts have a policy in place to prohibit bullying, harassment, and making hit lists and provides appropriate grade level methods for managing students in the classroom and school grounds.
- [Texas Education Code Chapter 25, Section 25.0342](#) provides parents with the opportunity to transfer their child to another campus if the school district determines that their child was bullied.

Students at risk

- LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Questioning) youth
- Students with disabilities



13 Warning signs of Bullying

1. Has unexplained injuries
2. Damaged or missing clothing or other belongings
3. Change in eating patterns
4. Gives excuses not to go to school
5. Amount of friends becomes less
6. Feelings of helplessness

13 Warning Signs of Bullying

7. Talks about suicide
8. Acts out of character
9. Avoids playing outside alone or going certain places
10. Feeling "not good enough"
11. Change in sleep patterns
12. Blames self for problems
13. Withdrawal

Sexual Assault and Consent

Sexual Assault
Awareness



- Sexual assault, or unwanted sexual contact, is a recurring theme in 13 Reasons Why, providing an opportunity to talk:
- Rape:
- Sexual coercion
- •Sexual harassment

Sexual Assault and Consent Continued (2)

YES

- Phrases like, "yes," "that's ok," and "I'm comfortable"
- Asking, "Is this okay?" for clarification
- Can be verbal or non-verbal



NO

- Ignoring no.
- Silence.
- Assuming flirting or kissing means something more.
- Making sexual advances when a person is under the influence of alcohol or drugs.
- Talking a person into a sexual act using fear or violence.



Another Heated Topic: Gun Violence

- How to Assess Threat-
 1. Making direct threats, such as discussing plans to use guns against others, or talking about bringing weapons to school.
 2. Admiring or commenting on other shooters, including comments that condone previous shooters' behaviors or suggesting they could have done better.
 3. A series of similar, small behaviors that create a pattern, like incorporating guns or shooting into a school assignment and discussing with friends about buying guns. These patterns are indirect warning signs that often go unnoticed or reported.
 4. Posting messages, photographs or videos online or on social media that depict guns or include threats to hurt others.

2018 Statistics for School Shootings



Where Can We Start with Application?

"Change is inevitable, growth is intentional." ~Restorative Practices

The TEXRP Relational Model- Differentiated Discipline

- All interactions between teachers and students are relationship centered
- Proactive and reactive approach

<http://texrp.com/>

Importance of Effective Prevention

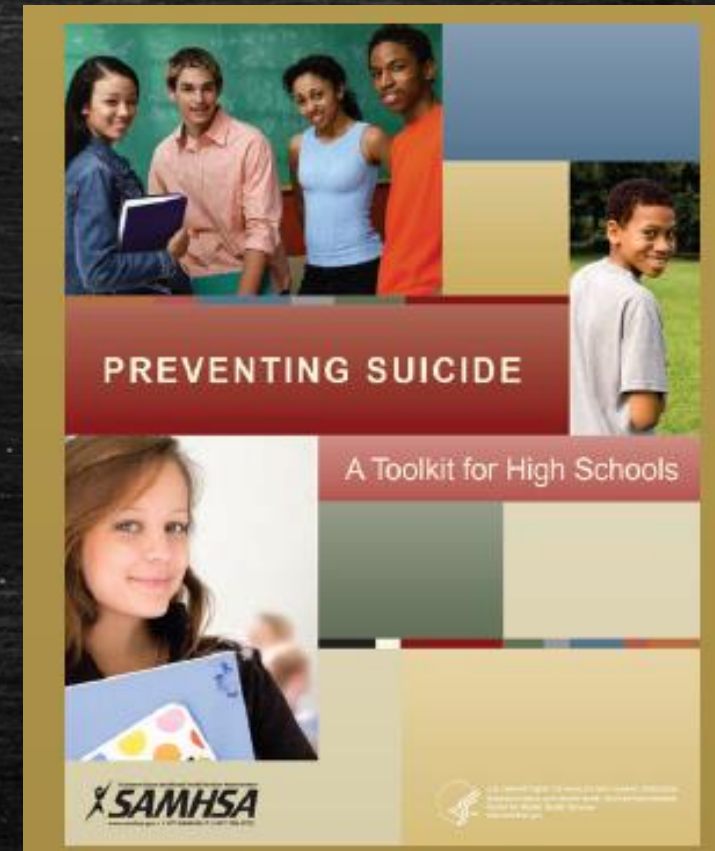
- Reduce factors that increase risk and increase factors that promote resilience or coping.
- With a public health approach, prevention can occur at all levels - individual, family, and community levels to the broader social environment
- Promote awareness of suicide while also promoting prevention, resilience, and a commitment to social change.

Suicide Prevention in Schools

- Educate all staff about the importance of suicide prevention
- Train staff to recognize students at risk
- Train certain staff members to assess students at risk to appropriate services
- Educate parents about how to promote behavioral health and suicide risk factors and warning signs
- Educate and involve students in promoting behavioral health and suicide prevention
- Reinforce Resiliency factors which can lessen the potential of risk factors that lead to suicidal ideation and behaviors.

PREVENTING SUICIDE: A Toolkit for High Schools

- Free resource from SAMSHA
- Information about warning signs and risk factors
- Parent education materials
- Practices to identify at risk youth
- Protocols on how to respond to a suicidal death
- Education programs to engage students in the prevention program



Preventing Bullying in Schools

- Bullying can effect students' ability to learn due to their emotional and physical safety being threatened
- Develop anti bullying policies
- Be aware of the connection between bullying and mental health problems
- Evidence Based Programs and Curricula
- Staff Training on Bullying Prevention
- Focus on the role of witnesses

Preventing Cyberbullying at Schools

- Parents, school administrators, and staff need to work together and keep lines of communication open.
- Schools can add a provision to their policies about Cyberbullying
- Educate students, staff members and parents about cyberbullying and internet safety.
- Teach students to be Internet savvy .

Intervention Tips for Schools - Cyberbullying

- Encourage students to report inappropriate or threatening behavior and assure them confidentiality is important.
- Save the evidence which is especially important if a legal response is needed.
- Conduct a threat assessment.
- Assess response options and determine appropriate responses.
- Obtain assistance from technical services to identify the perpetrator.
- Offer support to student and parents.
- Provide guidance on ways to stop the cyberbullying .
- Understand legal obligations and restrictions.

Prevention Tips for Parents- Cyberbullying

- Keep computers in a common area of the home.
- Talk to children about internet safety, responsible technology use, cyberbullying and how it affects their peers.
- Inform children not to give out private information
- Set clear expectations for responsible online behavior and phone use.



Intervention Tips for Parents

- Encourage children to not respond to cyberbully messages or retaliate by sending negative messages back
- Explain the importance of telling an adult about any experiences of cyberbullying
- Warning signs to look for include reluctance to use the computer, a change in the child's behavior in mood, or a reluctance to go to school.
- Consider installing parental control filters or tracking programs, but do not rely only on these tools.
- Be alert that your child may be bullying others online even if unintentionally

Prevention and Intervention Tips for Students - Cyberbullying

- **ThinkB4uClick** – the only time that you can protect yourself from a consequence is before you click the send button.
- **Respect yourself and others** – Think about your life after school, colleges you may want to attend, future employers, future relationships, etc.
- **Choose a password that is easy to remember, but hard to guess.**
- **Stop, Block, and Tell** – If you are harassed on line, do not answer back. Block the person or message and tell an adult that you trust.
- **Take 5** - If you are tempted to answer back, do something that you enjoy for 5 minutes to help you calm down (that doesn't involve a computer device or cell phone!)

How to Respond to School Crises Plus Intervention Strategies

- smhp.psych.ucla.edu/pdfdocs/crisis/crisis.pdf
- <http://theguide.fmhi.usf.edu/pdf/2012PDFs/IB-6c.pdf>



A Teachable Moment:

Using 13 Reasons Why to Initiate a Helpful
Conversation about Suicide Prevention and
Mental Health



Christine Mulder, M.D.
Chief Medical Officer



Jill Cook
Assistant Director



Kelly Vallancourt Strobach, Ph.D.
Director of Government Relations



13 Tips for Parents

- 1. Don't be afraid to have a conversation with your children about the Netflix series and the issues it raises.
- 2. Educate yourself about suicide prevention before talking with your children and before watching the show.
- 3. Know that your children have likely heard of and possibly already watched this popular series, so be prepared to respond.
- 4. Ask and LISTEN non-judgmentally. It can start with just asking "Are you ok?"

13 Tips for Parents Continued (2)

- 5. Learn how to have a conversation about mental health and suicide at afsp.org/mentalhealth. Discussion does not lead to increased risk!
- 6. Offer to watch the show with your child if your child is in a solid state of mental health..
- 7. Watch one episode at a time. Binge watching is not a good idea. Allow time to talk about each episode.
- 8. Hit pause and talk about an issue during an episode.

13 Tips for Parents Continued (3)

- 9. 13 Reasons Why has some dangerous potential for contagion.
- 10. Ask if they think any of their friends or classmates exhibit warning signs.
- 11. If you fear your child may be at risk, get professional help right away.
- 12. Discuss moments that you think are similar to what you've seen or experienced in your own life as opposed to what might be amplified for dramatic emphasis.
- 13. Listen for prompts to keep the conversation going in everyday life.

13 Questions We Can Ask

1. Do you think the characters in the show are behaving in ways that are similar to people you know? How so? How are they different?
2. What do you think about what happened in this episode? 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?
3. What did you learn about [choose a specific character] situation from this episode?



13 Questions We Can Ask Continued (2)

- 4. Does anything you've watched in the series change your perspective on something you've experienced yourself? •
- 5. Do you think the adults did anything wrong? What could they have done better?
- 6. What part of the show do you relate to the most? •
- 7. Do you know someone who has been sexually assaulted? •
- 8. Have you experienced anything like the characters in the show?
- 9. Do you know anyone that might be in trouble or need help?

13 Questions We Can Ask Continued (3)

- 10. Who would you go to if you were experiencing any of the situations these teens went through? •
- 11. Have you ever felt the way that Hannah, Clay or any of the other characters feel? •
- 12. Have you ever wanted to tell someone about bullying or harm that was happening to someone you know but worried that it was tattling?
- 13. How do you know when to offer compassion/support/empathy and when to set clear boundaries?

Continued Vigilance



- Always keep LISTENING and TALKING about the difficult issues our youth navigate daily- Season 3 is coming- our adolescents will be watching- will YOU?



Be who
you needed
when you
were younger.

Resources

- 13 Reasons Why Toolkit- <https://www.13reasonswhytoolkit.org/>
- Alethia Counseling Center - <https://www.alethiacounseling.com>
Phone: [\(903\) 561-8955](tel:(903)561-8955) (Palestine), [\(903\) 561-8955](tel:(903)561-8955) (Tyler)
- SALT Coalition – Department of State Health Services
Theresa Richey, RN, Public Health Nurse
903-661-6088
- The Society for Prevention of Teen Suicide – www.sptsusa.org
- American Foundation for Suicide Prevention – www.afsp.org
- Youth Suicide Prevention Program – www.yspp.org
- The Trevor Project – www.thetrevorproject.org

Hotline Numbers

National Suicide Prevention Lifeline

800-273-TALK (8255)

ACCESS Crisis Hotline

800-621-1693

Andrews Center Crisis Hotline

877- 934-2131

Trevor Lifeline

866-488-7386



Resources

- American Association of Suicidology – www.suicideology.org
- American Foundation of Suicide Prevention – www.afsp.org
- Substance Abuse and Mental Health Service Administration – www.samhsa.gov
- Cyberbullying Research Center - www.cyberbully.org
- Wired Safety - www.wiredsafety.com
- Stopbullying.gov - <https://www.stopbullying.gov>
- Dr. Megan Houston-
https://catalog.pesi.com/sq/bh_052448_teen-suicide-and-trauma_email-15507/email?utm_medium=email&utm_source=sp&utm_campaign=091017_bh_c_rt_MeganHouston_FreeCE_stogam

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