



OTTAWA-CARLETON  
DISTRICT SCHOOL BOARD

## MEMORANDUM

TO: All Principals  
All Vice-Principals

FROM: Brett Reynolds, Associate Director  
Olga Grigoriev, Superintendent, Learning Support Services  
Dr. Petra Duschner, Manager, Mental Health and Critical Services

DATE: 25 May 2018

RE: **13 Reasons Why – Season 2**

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As you may know, Netflix has released season 2 of the series *13 Reasons Why*. Season 1 depicted the story of a 17 year old girl who died by suicide leaving behind 13 taped recordings of her reflections on what led to her death. Season 2 continues to address the sensitive issue of suicide and further explores issues including substance abuse, sexual assault and gun violence.

We anticipate that many students will watch the series and, given the explicit, graphic content, some may be emotionally triggered. Although the creators and producers have included safety warnings, there is no focus on mental health promotion or help seeking behaviour. This limited perspective can lead to misconceptions about suicide and the importance of reaching out and seeking help.

Given interest in this series, conversations and questions may arise in classrooms over the next days and weeks. In preparation of the possibility of these conversations, we recommend that you consult with your social worker or psychology staff and review the attached info-sheet, prepared by School Mental Health – Assist, which provides some tips for talking with students about suicide. Also the links to additional resources below may be helpful:

- <https://www.13reasonswhytoolkit.org/>
- <https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators/information-regarding-the-upcoming-release-of-13-reasons-why-season-2>
- [SMH ASSIST FAQ](#)

At this point we are unaware of any specific incidents, however if you have any questions or concerns, please contact Dr. Petra Duschner, Manager of Mental Health & Critical Services at [petra.duschner@ocdsb.ca](mailto:petra.duschner@ocdsb.ca) or at 613-596-8211 ext. 8823.

Attach.

cc Senior Staff  
Corporate Records