

# The Saga Continues: 13 Reasons Why Two

---

NIKKI KONTZ, LMSW

CLINICAL DIRECTOR, TEEN LIFELINE

# Teen Lifeline

---

## History

- Surviving – 1986

## Philosophy

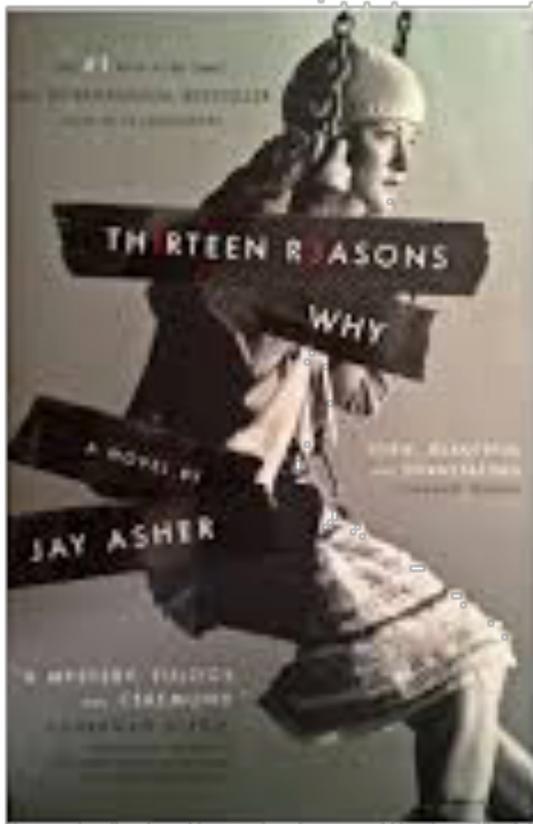
## Hotline/Textline

## Life Skills

## Prevention

## Postvention

# 13 Reasons Why **NETFLIX**



What is everyone so  
upset about?

---

# Contagion is Real

---

Increase risk of “copycat”

Methods used

Triggering for those that over identify

Glorifying or romanticizing suicide

Memorialization

Presented as a quasi-rational response

Oversimplifies self-injury and suicide

Does not explore positive solutions or interventions

Shows suicide as an escape

Does not take into account effective mental health treatments or strategies

Shows teens repeatedly not reaching out to adults for support.

# But it's not ALL bad

---

Highlights situations many of our teens face

- loss of romantic relationships,
- sexual assault,
- legal consequences
- bullying (“slut shaming”, ostracizing),
- drunk driving,
- end of friendships,
- internet safety,
- sexual harassment
- and suicide.

Provides opportunities:

- for parents and other adults to REALLY talk to teens about what they are facing,
- to know more about your teen’s life, friends, peers, and school,
- for reinforcement of resiliency, prevention and even intervention,
- to learn about resources and how to support your child.

# Before you start...

---

Educate yourself

Understand this subject is not new to them

If your child is currently struggling, has had suicidal thoughts or attempts or has experienced a sexual assault, it is highly suggested to avoid the show.

Ask them if they have seen it? Heard of it?  
Read it?

Ask them what they think about it.

Offer to watch it with them. Either in the same room or different rooms.

Watch one episode at a time.

# Prepare Yourself!

---

Talking **opening** and **honestly** about emotional distress and suicide is ok.

Talking about it will not make someone more suicidal or put the idea of suicide in their mind.

Allow time to talk about each episode.

**Reinforce** that other choices could have been made by the characters and **brainstorm** ways they could have sought help or used health coping strategies.

**Resist** the urge to offer quick fixes or solutions

**Validate** and support their feelings.

**Follow** their cues.

If your teen is in distress, **ask** the about their own mental health or suicidal thoughts.” Start with “Are you ok?”

**Ask** your child if they know anybody that has shown similar signs.

**Brainstorm** with them about how to help find help for friends.

# Why don't teens reach out?

---

Teens nor adults who are close to them recognize the symptoms of their treatable illness.

Fear of what treatment would involve.

Believe nothing can help.

The don't see help-seeking as a sign of strength.

They are embarrassed.

Believe that adults wont understand.

Are scared of disappointment or anger.

# Teen Suicide Prevention 101

---

# How do you identify a teen at-risk or high risk for suicide?

---

Mental health symptoms are often misinterpreted as:

- mood swings,
- laziness,
- poor attitude
- immaturity

# Risk Factors (endure over time)

---

1. Undiagnosed, untreated or ineffectively treatment mental health challenge
2. Biological factors
3. Past history: trauma or suicide
4. Current life event

# Warning Signs

---

Signal Immediate risk!

# Warning Sign: VERBAL STATEMENTS

---

killing themselves,

having no reason to live,

being a burden to others,

feeling trapped,

unbearable pain

# Warning Sign: BEHAVIORAL

---

- increased alcohol or drug use,
- looking for way to end their life (online searches),
- acting recklessly,
- withdrawing from activities,
- isolating from friend or family,
- sleeping changes,
- saying goodbyes,
- giving things away,
- increased aggressive behavior

# Warning Signs : MOOD

---

depression,

loss of interest,

rage,

irritability,

humiliation,

anxiety

# How to Build Resiliency

---

Keep open communication

Help them to learn problem-solving skills

Create safe and supportive environments

Help them build positive connections to other family, peers, community and social institutions that foster resilience

Effect treatment when needed

Be a role model

# How To Talk to Your Teen

---

Take it seriously

Don't wait to act

Be calm and prepared to listen.

Ask the direct question :

- “Have you ever felt so bad that you have had thoughts of suicide?”

Avoid trying to fix it

Reassure them that help is available and that you are going to help them get it

Validate their feelings and let them know you care

Avoid minimizing their feelings

Avoid trying to convince them life is worth living

# If your teen is having suicidal thoughts...

---

Stay calm

Thank them for having the courage to tell you

Reassure them you are going to help

Contact a mental health professional for an evaluation

Reduce immediate stressors

Secure lethal items in your home

# The Tapes

---



## *Justin*

- Inappropriate pictures
- Sexual rumors
- Moving to a new school
- Reputation
- Substance Abuse (Heroin)
- Homelessness
- Parent Abandonment



## *Jessica*

- Breakup of friendship
- Blaming others
- Reputation
- Racial Inequality in the legal system
- Fear of disappointing parents
- Conflict vs bullying vs harassment



## *Alex*

- Sexual harassment
- “Slut Shaming”
- Suicide Attempt
- Self-reflection
- Sheltering parents



## *Tyler*

- Stalking
- Abandonment of friends
- Rumors
- Vandalism
- Lack of support at school
- School Shooting



## *Courtney*

- Sexuality
- Rumors to protect self
- Told truth during court hearing
- Parents blame selves



## *Marcus*

- Public humiliation
- Racial Inequality
- Family expectations
- Protection of friends
- Driven by blackmail vs right/wrong



## *Zach*

- Embarrassment
- Creating trusting relationships
- Cultural Considerations
- Parental Loss
- Need for acceptance
- Hidden relationships



## *Ryan*

- Personal boundaries
- Betrayal
- Humiliation
- Willing to face the truth and consequences



## *Sheri*

- Underage drinking
- Drunk driving
- Taking responsibility for poor decisions



## *Clay*

- Healthy relationships
- Regret
- Healthy boundaries
- Lasting effects of loss
- Codependency
- Need to save + lack of trust in adults



## *Skye*

- Mental health concerns
- Self-injury
- Codependancy
- Mental health treatment
- Healthy boundaries
- Self-care



## *Bryce*

- Sexual assault
- Dating Violence
- Underage drinking and safety
- Relationship safety
- Bystander responsibility
- Parental behavior
- Social class and expectations



## *Mr. Porter*

- Importance of education
- Importance of follow through
- Healthy/positive adult relationships
- Need for system change
- Where does responsibility lie?



## *Hannah Baker*

- Perception
- Unrealistic portrayal
- Revenge Suicide
- Suicide loss survivors

# Other topics brought up...

---

Suicide contagion

School shootings/violence

Self-injury

# THANK YOU

---

Nikki Kontz, LMSW

[nikki@teenlifeline.org](mailto:nikki@teenlifeline.org)