



24<sup>th</sup> April 2017

Dear parents and guardians

**Re: '13 Reasons Why' – Netflix series**

I am writing to inform you about '13 Reasons Why', a series that has been released on Netflix. This series has themes of rape, bullying, assault and suicide.

Unfortunately, this series is a topic of conversation amongst students in the school and on social media.

Headspace has issued a warning about the contents of this show:

*This show directly exposes viewers to very risky suicide content and may lead to a very distressing reaction by the viewer particularly if the audience is children and young people. National and international research clearly indicates the very real impact and risk to harmful suicide exposure leading to increased risk and possible suicide contagion.*

The series can be viewed on any web enabled device – phone, tablet, computer or TV. It is available on-demand and the whole series has been uploaded at once.

We encourage you to monitor your young person's viewing activities. If you support your young person to watch this series, we strongly encourage you or an appropriate adult either watch the show with them or engage in a conversation with them about the show. I have attached a guide from Headspace on 'How to talk about suicide with young people' and there are additional resources on Headspace's website ([www.eheadspace.org.au](http://www.eheadspace.org.au)).

We also encourage you to discuss and monitor your young person's social media activity as there are numerous conversations online that are discussing this content.

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PO Box 1771, Alice Springs  
NT 0871, Australia

ph: **08 8950 2500**  
fx: **08 8952 6614**

[www.cms.nt.edu.au](http://www.cms.nt.edu.au)



Centralian Middle School has a counsellor who can provide support if you or your young person requires. Please call the school to access this support.

Alternatively, the following agencies provide support:

Headspace: 1800 650 890

Kids Help Line: 1800 551 800

Alice Springs Hospital: 8951 7777

Please do not hesitate to contact me if you wish to discuss this or any other matter further.

Yours sincerely

A handwritten signature in black ink that reads "Paul". The signature is written in a cursive style with a horizontal line underneath the name.

**Paul van Holsteyn**  
PRINCIPAL