

 <p>BOARD OF EDUCATION BURNABY SCHOOL DISTRICT 41</p> <p>IMPORTANT INFORMATION PLEASE HAVE THIS TRANSLATED</p> <p>RENSEIGNEMENTS IMPORTANTS Prière de les faire traduire.</p> <p>重要資料 請找人為你翻譯</p>	<p>これはたいせつなお知らせです。 どなたかに日本語に訳してもらってください。</p> <p>알려드립니다 여것을 번역해 주십시오</p> <p>CHỈ DẪN QUAN TRỌNG Xin nhờ người dịch hộ</p> <p>सबूती माहवारी बिना नहि बिने केहि कि ए ओहि माहवारी ।</p> <p>INFORMACIÓN IMPORTANTE Busque alguien que lo traduzca.</p>	<p>اطلاعات مهم و سودمند لطفاً از یک نفر بخواهید که برای شما ترجمه کند</p> <p>ITO AY MAHALAGANG IMPORMASYON Isalin sa wikang tagalog kung hindi maintindihan</p> <p>يرجى ترجمة هذا معلومات هامة</p> <p>ВАЖНАЯ ИНФОРМАЦИЯ Переведите это, пожалуйста.</p>
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Dear Parents/Guardians;

The well-being of our students is always a priority and keeping them safe sometimes requires a partnership between parents/guardians and school staff.

This letter is to make you aware of a recent series airing on Netflix that intermediate elementary and high school students are talking about and watching. The show is rated ages 16+* and is based on a book of the same name called *13 Reasons Why*. It is about a young girl who commits suicide and the messages she leaves for 13 people she feels are responsible for her pain.

While the show is fictional, the series deals with some difficult issues, is extremely graphic (bullying and rape scenes), and has raised concerns about the safety of those watching it, particularly students who may already be emotionally vulnerable. To learn more about the series on **Common Sense Media**,* (a website that helps families make informed choices on movies, apps and books by providing independent reviews), click [here](#)

Whether your child is watching this series or not, they are likely hearing about it on social media or discussing it amongst peers. We invite parents to use this as an opportunity to engage in a "check in" conversation using the talking points below. Also included in this email is an attachment that contains talking points that specifically address issues that happen in the series.

Schools also have an important role in preventing youth suicide. Being aware of potential risk factors in students' lives is vital to this responsibility. Our school administrators, teachers, staff and counsellors have been made aware of this series and the emotional impact it may have on students. Students are being encouraged to contact a school administrator or counsellor if they or their friends are feeling emotionally impacted by this series. Parents are also encouraged to contact us with any concerns about their child's well-being.

Thank you for the role you play in supporting the well-being of our students.

Hal Wall (Principal)

How to Engage in a Check in Conversation About Suicide with your Child

(in the context of the series "13 Reasons Why")

1. Ask your child if they have heard about or seen the series *13 Reasons Why*. While this show is not recommended for children under the age of 16, if your child is viewing it, we recommend that you watch it with them or catch up on the series and discuss their thoughts on the series.
2. Don't be afraid to ask if they have thoughts about suicide or if someone is hurting them. Raising the issue of suicide does not increase the risk or plant the idea. On the contrary, it creates the opportunity to offer help.
3. Ask your child if they think any of their friends or classmates exhibit suicidal warning signs. Guide them on how to respond and about seeking help for their friend or classmate.
4. Listen to your child's comments without judgement. Doing so requires that you fully concentrate, understand, respond and then remember what is being said. Put your own agenda aside.
5. Get help from a school employee or community based mental health professional if you are concerned for your child's safety or the safety of one of their peers.

For more information on preventing youth suicide visit:

<https://crisiscentre.bc.ca/get-help/>