



# ST PIUS X COLLEGE

## CHATSWOOD

From the Principal  
**Mr John Couani**

10 May 2017

Dear Parents and Caregivers

I write to you regarding a Netflix series, "13 Reasons Why", which has received a great deal of media attention over the holidays. There are significant concerns and issues which have been raised about this series which is rated MA15+.

The show depicts concerning content on youth suicide, self-harm and rape. The advice has been that young people should avoid watching the show, particularly if they are vulnerable to mental health difficulties. Unfortunately, in reality a number of young people may have already been exposed to this series.

Mental Health First Aid (MHFA) Australia has released the following statement regarding "13 Reasons Why".

*"Telling young people they shouldn't watch it may reinforce the idea that suicide shouldn't be discussed. Instead, it's important for the adults around them to be ready to talk to them about the content, and about what they should do if they or one of their friends needs help. MHFA Australia has created two documents to help with this. The first is a list of possible discussion points about the show. It is by no means exhaustive. The second summarises the plot and explains what material may be distressing or even triggering for vulnerable young people."*

Both of those documents are linked here for your reference.

<https://mhfa.com.au/sites/default/files/13-reasons-why-plot-talking-points.pdf>

<https://mhfa.com.au/sites/default/files/13-reasons-why-plot-summary.pdf>

Please also find attached an article from Headspace that provide important factors in discussing this issue with young people.

A key message that we want to encourage for our young people is the importance of seeking help when they or someone they know is experiencing such thoughts. Some of these services include:

<b>College</b>	Mr Rick Russo ( <a href="mailto:russo@stpiusx.nsw.edu.au">russo@stpiusx.nsw.edu.au</a> or 9414 4359;
<b>Counsellors:</b>	Ms Joe McCarthy ( <a href="mailto:jmccarthy@stpiusx.nsw.edu.au">jmccarthy@stpiusx.nsw.edu.au</a> or 9414 4379;
	Mrs Judy Gill ( <a href="mailto:jgill@stpiusx.nsw.edu.au">jgill@stpiusx.nsw.edu.au</a> or 9414 4322)
<b>Kids Helpline</b>	(1800 55 1800) or <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
<b>eHeadspace</b>	(1800 650 890) or <a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
<b>Lifeline</b>	(13 11 14) or <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>

If you have any comments or concerns please do not hesitate to contact me or make direct contact with one of our College Counsellors listed above.

Yours sincerely

John Couani

**Principal**

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