



Oyster Bay High School

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Principal's Office

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Dear Families of Oyster Bay High School Students:

We want to make you aware of a new Netflix series, *13 Reasons Why*, based on the 2007 best-selling novel of the same name, written by Jay Asher. Parents/guardians need to know that *13 Reasons Why* is an intense Netflix drama that is definitely not a light watch for younger children. This series explores suicide, bullying, depression, and anxiety in teens. The story behind the series involves a student who has received seven double-sided cassette tapes from a classmate who has recently committed suicide. Each tape details a reason why she killed herself.

This show is being watched and talked about by many young people in our high school. These very important topics have become more prevalent in our teens' lives, and are present on social media regularly. This show could help parents start conversations with teens about sensitive issues like bullying, isolation, and depression, although the way the series addresses these issues is complex and may be confusing and concerning for impressionable viewers.

Below are links surrounding this show that will help provide resources for you when you sit down with your child to discuss the series. All of this information will be shared with all of our staff members as well.

<https://www.good.is/articles/13-reasons-why-teachers-parents>

<https://www.jedfoundation.org/13-reasons-why-talking-points/>

If you feel that your child needs support in this area, please reach out to us. Our social workers and school psychologists are available to meet with your child. In addition, Long Island Crisis Center provides 24-hour services by trained mental health professionals and can be reached at 516-679-1111 or at

<http://longislandcrisiscenter.org>.

Thank you for your time and attention. As always, we must work together to keep our children safe and healthy.

Very truly yours,

Sharon Lasher

Sharon Lasher, Principal
Oyster Bay High School