



## ST. JOSEPH REGIONAL HIGH SCHOOL

---

April 2017

Dear Parents/Guardians,

As you may already be aware, recently Netflix has released a series entitled, *Thirteen Reasons Why*. The series is about a high school aged student who takes her own life and sends out thirteen messages to those whom she blames for her death. The series was adapted from a book of the same name. The series depicts suicide as a viable and/or romanticized means of coping with difficulties. This message is certainly difficult for teenagers to process in a healthy way.

The reason this is being brought to your attention is because I am concerned that you may not be aware that your son is potentially viewing this series. As you know, teenagers can have a hard time differentiating between what they see in the media and what is practical in reality. This series may lead them to believe that suicide is in some way a heroic act. This is completely opposite of the message that we (and the Church) send to our students that suicide is never the answer and that there are healthy coping mechanisms that students can utilize when struggling with emotional difficulties.

Please let this serve as a topic for discussion with your son. It is important that we, as a community, continue to reinforce the message of suicide prevention. There are resources linked on the SJR website on the Parents page. These resources may be a good starting point for a constructive conversation.

As a Catholic school, nothing is more important than the well-being of our students. While academics are always stressed as the most important component of any school, the mental, emotional, and social well-being of our students needs to be at the forefront of our minds in order for our students to be successful.

If you have any questions, please do not hesitate to contact me (information below) or your son's guidance counselor.

Thank you for your support,

Mr. Michael Bruno '05

Principal

[brunom@sjrnj.org](mailto:brunom@sjrnj.org)