



13 Reasons Why

What Parents Need To Know Now



Schools across the country are issuing warning letters about a television series released through Netflix in March. *13 Reasons Why* is based on a young adult fiction novel that follows a teenager, Clay Jensen, as he tries to uncover what led to his friend Hannah's decision to end her life. He listens to 13 audio cassettes left behind by her. On each of those tapes, Hannah addresses a person, she says, played a role in her committing suicide. The series is rated MA for mature audiences 16+.

Commonsense Media calls it a dark and disturbing book adaptation and specifically says, "While this challenging story could help parents start conversations with teens about issues like bullying, isolation and depression, the way the series addresses these issues is complex and may be confusing for impressionable viewers."

It's important, as a parent to know if your child is watching this program. If your child is watching the program, start having conversations with them to help them process the information they are seeing and hearing.

Below is a list of resources and information for parents:

- [Why Teen Mental Health Experts are Focused on 13 Reasons Why](#)
- [Read About the Differences Between the Book and the Series](#)
- [Commonsense Media Review and Guidance for Parents](#)
- [Phoenix Children's Hospital Information about Suicide](#)
- [Discussion points parents need to discuss with their teens or young adults watching the show](#)
- Teen Suicide Crisis Line- Maricopa County [\(480\) 784-1500](tel:4807841500)
- Teen Lifeline in Arizona provides peer to peer phone support for youth struggling with anxiety, depression, bullying, substance abuse and other issues. Teens can call (602) 248-8336 (TEEN) to talk to a teen counselor.

Fountain Hills High School Welcomes Johan Killilian

On April 26th, motivational speaker,



Johan Killilian returned to the Falcon campus to address students in a school-wide assembly. He shared his personal story of growing up on Chicago's south side and the personal challenges he faced as a teen.

Killilian made a promise to himself that he would not fall victim to the negative influences surrounding him by his family and at school. By enlisting the students' help, he effectively demonstrated the powerful impact - both negative and positive - that others can have on just one consequential decision in their life. After his talk, students personally thanked him for his time and inspirational message.

A special thank you to Principal Cain Jagodzinski and the Verne C. Johnson Family Foundation for making Johan Killilian's presentation possible.

National Prevention Week is May 14-20th



National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders.

Mental and substance use disorders can have a powerful effect on the health of individuals, their families and their communities. It is estimated that by the year 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.*

If you or a loved one is struggling, you are not alone. There are numerous resources available in your community and across the country that offer help. For more information, visit SAMHSA.gov

*Substance Abuse and Mental Health Services Administration

CONGRATULATIONS FALCON CLASS OF 2017!



Graduation is a time to celebrate your child's accomplishments and high school success. Help keep them safe by setting boundaries and making yourself available if they run into issues when enjoying a friend's party. If you are a member of the Safe Homes Network, check the SHN mobile app so you can call and confirm that those under 21 will not be served alcohol.

THANK YOU!



SPOTLIGHT

THANK YOU! for participating in last Saturday's DEA National Rx Take Back Day! We continue to collect unused and expired prescription medications during these events and appreciate your efforts in helping to keep our youth safe and healthy!

Please continue to spread the word that we also have a permanent Rx Drop Box located by MCSO in the Town Hall available M-TH from 7am to 6 PM. All Rx pill medications are permitted. Please note that liquids, inhalers, creams and sharps are not acceptable.