

# 13 Reasons Why;

A special conversation with Dr. Hap LeCrone

Counselor Council  
May 23, 2017

## Agenda

9:00-9:20 13RW Overview, Google Survey, and "Grocery List"

9:20-10:10 Practical Considerations and what we can do in dialogue in response to 13RW

10:15-11:30 Dr. LeCrone, a local teen who has watched 13RW, and YOU on the series and its impact

## 13RW

THIRTEEN REASONS WHY, by Jay Asher, published in 2007

13 Reasons Why, Netflix television series, aired March 31, 2017

Google Survey for 13RW

## 13RW "Grocery List"

Blue fingernail polish

Cassette Tapes

Combat Boots

The "hair cut"

World keychain/Flower keychain

Uniform from Creedmont

"Butterfly Effect"

"FML"

"Pardon me, but you hurt my feelings"

Vodka in a steel water bottle

## 13RW "Grocery List"

Student publications	Drawing of a bunny
Poetry	Phones
Pink notebook	Guns
Razor Blades	Bong
Bicycle	Drinking
Helmet / "Helmet"	

## The School...

In 13RW

Allowed memorials on campus, en mass, and for a long period of time

Discussed the death of students over a public announcement system

Put up posters that just said "suicide", but not about mental health

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## The School...

In 13RW

Had a meeting with the parents, but not the teens

Had no clue about the graffiti or messages on the walls of the bathroom

"We don't have a problem with bullying here"

Counselor could not connect with students, and had bad encounter with Hannah

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## What now? Considerations for your teens

Parent Letter?

Website?

Talking Points

Suicide Prevention and Mental Health Resources

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## Messages to get to our Teens...

Adults have seen this, too

There is nothing glamorous about killing yourself, suicide is NOT ok

We all make mistakes

We need to understand the power of social media and technology

We need to talk about sexual assault

We can't afford to allow underage drinking and drug use

Authentic relationships save lives

Trust your instinct

We can't underestimate the power of our actions have on others

Kindness is never wrong

<https://www.dallasnews.com/opinion/commentary/2017/04/26/13-reasons-show-parents-afford-ignore>

## Messages to get to our Teens...

"It's Ok to not be OK" (but know how and when to get help)

Break down the barriers that prevent talking about mental health

Compare mental health to physical health

Listen

Normalize mental health and the conversations about mental health

Ask the questions;

1. What did you connect to in the show?"
2. Is there anything else you want to know more about mental health?
3. What would you say to Hannah?
4. What do you think could have been done to get Hannah support?
5. What would you do if you knew of one of your peers who was struggling?
6. What kind of support do you need when you are struggling?

<http://rosszabo.com/talk-kid-suicide-13-reasons-why/>

## Who's Talking?



Mary Kate

18 year old local high school senior who has viewed 13 Reasons Why



\*Please feel free to use special parking lot slips to share your thoughts



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