



## Summer Show Alert – Does Watching 13 Reasons Why Increase Suicide? New Research Mixed

With teens and tweens home this summer, you can bet there will be some binge watching on YouTube, Netflix and Hulu.

One of those series they may be watching is 13 Reasons Why. The show is about a 17-year-old named Hannah who kills herself in a scene that shows her suicide. Following the show's release, researchers raised concerns about the possibility that it could lead to suicide contagion. They were concerned that showing self-harm could lead other people to commit suicide.

An, as of yet, unpublished study by Steven Stack at Wayne State University in Michigan and his colleagues gauged attention to the show on Twitter and analyzed US suicide rates in April and May 2017, the months with the most tweets.

For boys aged 10 to 19, they found an increase in suicide rate of 12.4 per cent, while in girls they saw a jump of 21.7 per cent compared with previous months. Stack says this research reflects the gender split expected for a show with a female lead character.

Daniel Romer at the University of Pennsylvania also conducted a study. He surveyed 729 people aged 18 to 29 before the second season aired to assess their vulnerability to risk of self-harm, and followed up with them a month after the show was released. He found that people who stopped watching partway through the season exhibited higher suicide risk and less optimism than those who watched the final episode.

But he also found that those who finished the series reported lower levels of suicide ideation and self-harm than people who didn't watch the show. That may be because it portrayed the protagonist's friend coping with life's challenges, says Romer.

Complicating this analysis is a general increase in suicide rates, of nearly 10 per cent, among 15 to 24 year olds during 2017. Seasonal effects may also be at play – studies have shown that suicide rates peak in the spring, though the reasons for this also aren't clear.

The bottomline for parents is to ask your kids, teens and tweens what they are watching and check their history. If they are interested in a program like 13 Reasons Why consider watching it with them and help them process after each episode. [Click \*\*HERE\*\* to check out this awesome](#) episode by episode parent guide.

Want to know what's coming out this summer in theaters? Here are some kid, tween and teen friendly movies for 2019:

Toy Story 4 (June 21)

Maiden (June 28)

Spider-Man: Far From Home (July 2)

The Lion King (July 19)  
Dora and the Lost City of Gold (July 31)  
Artemis Fowl (August 9)  
The Angry Birds Movie 2 (August 14)  
Click [HERE](#) to watch all of the trailers in one location.

## 2019-2020 FHHS Parents

Receive \$20 cash when you renew your Safe Homes Network pledge or take the pledge for the first time!



If you have a child registering for high school this year (2019-2020), you can receive \$20 just for renewing or taking the Safe Homes Network pledge before August 31st.

[CLICK HERE](#) or on the coupon above to take/renew your Safe Homes Network pledge. And don't forget to tell your friends!

\*One per household please. To be mailed to the home address provided on pledge form. Please allow 45 days. \*\*Funds generously donated by the Verne C. Johnson Family Foundation.

## SAVE THE DATE!



Join us for the Back 2 School Bash August 16th at Four Peaks Park 5-8:30PM

A free night of fun for kids of all ages! Along with the water slides, bounce houses, carnival games, MCSO K-9 Patrol, festivities include a DJ rockin' some awesome tunes, dunk tank, food trucks and much more. Start the school year enjoying a great community event sponsored by the Town of Fountain Hills, Community Services, EVIT and the FH Coalition.

Don't forget to stop by our table for some great give-aways!



## THANK YOU!

Thank you! to the Town of Fountain Hills Community Services and Recreation Department for offering some great youth and teen programs this summer. For more information [click HERE](#).

