



Cold Spring Harbor Central School District

The Francis Roberts Community Center

75 Goose Hill Road

Cold Spring Harbor, New York 11724-9813

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(631) 367-3108 (Fax)

Dear Cold Spring Harbor Families:

The purpose of this letter is to bring your attention to the new Netflix Series - *13 Reasons Why*, which is being viewed by many young people in our schools. This series explores very significant issues such as suicide, bullying, depression, anxiety, and sexual assault. The mental health community, at large, has been clear in voicing concerns about the potential risks posed by the content of the series. While we don't recommend that adolescents be encouraged to view the series, the decision as to whether or not to let your child watch the series is a personal one. This series is recommended for mature audiences (rated TV-MA: Mature Audience Only, "specifically designed to be viewed by adults and therefore may be unsuitable for children under 17"); therefore, if you do allow your child to view it, it is strongly recommended that you watch it with your child, so that you can engage in thoughtful conversation about it.

Please utilize the links below to learn more about this series and how to open lines of communication with your child about this topic

Article: "Why Every Adult in America Should Watch the Teen Hit Drama *13 Reasons Why*"
<https://www.good.is/articles/13-reasons-why-teachers-parents>

Talking Points for New Netflix Series - *13 Reasons Why*
[13 Reasons Why - Talking Points](#)

Directions to set parental controls on a NETFLIX account
<https://help.netflix.com/en>

If you feel as though your child or another child needs support, please do not hesitate to reach out to us. Below you can find additional community resources.

Long Island Crisis Center Hotline: (516) 679-1111
Family Violence and Rape Crisis Center (631) 360-3730
Mobile Crisis Team: (631) 370-1701

As always, we encourage you to contact your child's school psychologist, social worker or building administrator should you have any questions or concerns

Best Regards,

Cold Spring Harbor Administration, Mental Health Staff and Health Educators