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## Guide to watching "13 Reasons Why"

### **Episode 8**

"Keeping it in, that's not brave. Feeling the pain, facing it - that takes courage. It's okay to let it out."

#### **Notice**

- Clay released the tapes and everyone at school has listened to them. All of the kids who are on the tapes are getting looks and being talked about.
- Tyler gets harassed physically and emotionally. Gets called "pervert."
- Bryce tears Justin down emotionally by telling him, "you've got nothing and nobody,"... and calling him a, "white trash piece of shit." You can see this affect Justin's mental health.
- Tyler and Cyrus's risky behavior continues - they're still shooting guns and threatening Marcus.
- Hannah sees her dad having an affair, which was a risk factor and trigger for her depression.
- Tyler kills a living thing, the bird. He has a realization that life can be over from one second to the next. Is his reaction normal?
- Justin nearly dies from drug overdose. Alex happens to be there at the right time.

#### **Invite**

- + Chloe invited herself to erase the negative comments in the bathroom stall.
- Zach threatens Tyler by saying, "I'll murder you." when he thinks he's stalking his sister. Zach could have responded differently and not assumed it was Tyler.
- Hannah's dad reaches out to her right away following her witnessing the affair, but he did not continue to talk about it once things were "settled."
- Bryce's mom isn't convinced her son isn't guilty and talks about his behavior with her husband.
- + Jessica's dad plays a great role in reaching out to his daughter to make sure she's doing okay.
- + Olivia reached out to Jessica to check on her too.
- Olivia tells jury that if the school would have sent a notification out about the anonymous letter with suicidal ideation (Hannah's letter) it could have prompted parents to start a conversation with their kids.
- + Skye invites herself to reach out to Clay to visit her at the hospital. She explains her diagnosis and treatment. She invites him to understand her illness and says her attempt was not his fault.
- + Jessica reaches out to Olivia after her trial.

#### **Challenge**

- Despite being clean for a few days, Justin relapses into doing drugs. He could have challenged himself to reach out to a friend or Clay's parents for help.
- Marcus challenges himself to call out Bryce for his actions, but it's not for the right reasons.
- + The show challenges the stigma surrounding mental health hospitals by showing Skye's treatment center in a very positive light. Skye also describes her bipolar disorder in a very mature way.
- + Justin says, "Like there's anyone left who would care" if he died. Alex challenges him not to talk or think like that.

### **Empower**

- + Jessica's dad is a great protective factor for her.
- + Cyrus tells Tyler that he trusts him, which was a boost for Tyler's confidence.
- + Hannah gave her mom iris flowers "just because" after finding out about the affair in an attempt to cheer her mom up.
- + Olivia admits to seeing a therapist during stressful times in her life for her anxiety.
- Olivia did not talk to Hannah about her risk factor of family history with mental illness. It's empowering to have this information.
- + Skye has been empowering herself with mental health treatment for bipolar disorder. She talks about managing her mental illness and how her medication helps her feel normal. She is also empowering herself with a fresh start at a new school.

### **Resources**

- + benice. org      + Suicide Prevention Lifeline 1-800-273-8255
- + Crisis Prevention Textline 741741      + <http://www.13reasonswhy.info/>