

be nice.®

Guide to watching “13 Reasons Why” Season 2

Episode 6

“You fool yourself into thinking if you keep things hidden it will be easier to get by.”

Notice

- Tyler and Cyrus are displaying increasingly risky behaviors.
- Hannah and Zach are being promiscuous without commitment to one another.
- Alex has increasing feelings of loneliness, hopelessness, and helplessness - a risk factor for suicide. He says, “I’m useless”...“I’m broken.”
- Jessica continues to have vivid flashbacks of the sexual assault and struggles with physical contact.
- When Zach told Hannah he wanted to keep their relationship a secret, Hannah felt ashamed and embarrassed.
- Zach feels extreme guilt and shame for the way he treated Hannah and kept things secret.

Invite

- While Zach is in court he says the athletes brag about things they do with girls even if it’s not true. He also says there is a bullying culture. There are multiple instances where Zach is in the group harrassing others, but he chooses to remain silent. He could invite himself to make a positive change in the way his group treats others.
- When Hannah expressed feelings of loneliness to Zach in her letter, he said he kept it to himself because he didn’t know how to help her.
- Zach’s mom could have invited herself to talk to Zach more about his suicidal thoughts rather than saying, “You’re fine,” and “This trial is putting thoughts in your head.” She could have also opened up about her own feelings bout the passing of her husband/Zach’s dad.

Challenge

- + Zach challenged himself to say sorry to Hannah after mistreating her.
- +Zach challenges himself to tell his mom that he’s felt suicidal and tries to open up to her about his mental health.
- Zach’s mom should have challenged herself to challenge stigma surrounding mental health and take his words seriously.

Empower

- + Jessica empowers herself to share her story at group therapy.
- Nina, Jessica’s friend, has continued to empower her throughout the season and has been a very supportive ally. Nina tells Jessica she can always talk to her about her assault.

Resources

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