

## What to do when a teenager wants to watch *13 Reasons Why*

You'd have to be living under a rock not to have heard about *13 Reasons Why*, the Netflix show that portrays the suicide of a teenage girl. We've whipped up a guide for what to do when a teenager you know wants to watch the show.

First, read up on the issue of [youth suicide](#). The show has caused a lot of anxiety for parents around this issue so it's a good idea to educate yourself first. Be assured that talking about suicide with your teenager won't 'put ideas in their heads'. If you show that you are comfortable and knowledgeable talking about suicide and mental health, your kids are more likely to open up to you during a tough time.

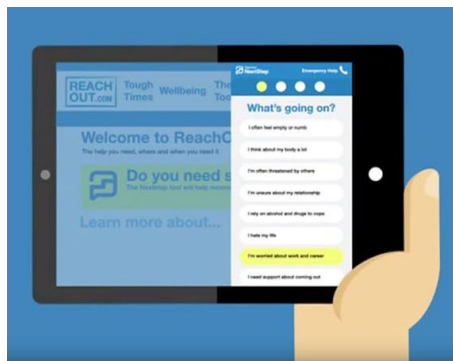
[Here's what to do next.](#)

## How parents can get on the same page

Whether it's general parenting styles or more specific stuff like curfews and sex, parents often don't see eye to eye. But when there is more than one person parenting, it's pretty useful to have a united front when it comes to healthy relationships and happy teenagers. ReachOut Parents Coaching can help you and your parenting partner work cooperatively and find solutions you both agree on.

[Get started.](#)

## Stuck on how to help a student with a mental health issue? Try ReachOut NextStep



Speaking up when you're experiencing any kind of issue can be tough, and as teachers you simply can't be there 24/7 for all your students. Not only that, but young people don't always know where to go. That's why we created ReachOut NextStep.

ReachOut NextStep is a free, anonymous tool that recommends relevant support options for young people that can be anything from articles, apps, forums and online services to face-to-face or phone counselling. Why not get them started today so they'll know it's there when they really need it.

[Next step? Click here.](#)

## Printable fact sheets

Anyone else tired of seeing brilliant young people underestimate themselves? This doesn't have to be the case. Through positive psychology techniques we can show students how they can lead lives filled with meaning, positive relationships and accomplishment.

We've created ten printable fact sheets filled with info about positive psychology, including topics like gratitude, purpose, mindsets and volunteering. Plus, they have heaps of practical actions young people can take towards positive mental health and wellbeing.

[Print, print, print!](#)