



PARENTS BE AWARE OF TEEN INFLUENCES

Online Series and Games Entice Self-Harm and Suicidal Thoughts Among Teens

NEED HELP?

Don't go it alone. Resources are available for parents and students to encourage positive mental and emotional well-being.

BCPS shares the following resources:

Suicide Warning Signs
youthsuicidewarningsigns.org/parents caregivers

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

Text the word "Home" to 741741

24-Hour Helpline

Dial 2-1-1 or visit 211-Broward.org

Youth Emergency Services

954-677-3113

Have a Conversation with Your Teen

The Superintendent of Broward County Public Schools, Robert Runcie, issued a letter to parents on May 8th addressing an increase in media attention regarding disturbing trends in teen mental health, self-harm and suicide. This is due to a popular Netflix series, *13 Reasons Why*, that chronicles the struggles of a teenage girl and her tragic decision to commit suicide, as well as web-based games (such as *Blue Whale*) that appear to be harmless, yet entice teens to engage in dangerous, self-harming behavior.

Parents are encouraged to monitor their child's viewing choices and online activities and to talk with your child daily.

If you think something is not right, do not hesitate to reach out for help. There is no shame in contacting a professional to assist you or a loved one through a difficult time. Dial 2-1-1, your first call for help to inquire about services available or to be put in contact with a variety of providers that offer vital services for Broward residents of all ages and situations.

Encourage healthy living and prevent a tragedy. It starts with a conversation.