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# parent & teacher discussion guide

Developed by IZRA in  
consultation with a  
psychologist, chaplain,  
parenting coach and  
teacher



A response  
to 13 reasons  
why

A FILM BY IZRA

I REASON WHY NOT ►



# Hi there!

Thanks so much for downloading IZRA's Parent and Teacher Discussion Guide for '13 Reasons Why'. At IZRA, we have created the film '1 Reason Why Not' in response to the Netflix series '13 Reasons Why' with the aim of providing a different perspective on the teenage experience and demonstrating life after trauma and/or suicidal thoughts.

We have developed this Discussion Guide to equip parents, teachers and youth group leaders with conversation starters around the topics addressed in the series and the topics in our video. This project has been developed in consultation with a range of mental health and education professionals.

We are not looking to create a situation where young people who have not watched '13

# from the founder

'Reasons Why' feel encouraged to watch it, so we have developed a Discussion Guide for '13 Reasons Why' and a separate one for our film '1 Reason Why Not'.

IZRA exists to develop resilience and inspire purpose in young people and it is my prayer that this resource helps start healthy and important conversations with your young people.

[Click here to watch '1 Reason Why Not'](#)

Cassie Kirtisingham  
Founder of IZRA

# before you start

Before you start using our Discussion Guide, we recommend that you familiarise yourself with the plot of the tv series and advised responses around the matter. Below are some resources we suggest:

Mental Health First Aid Australia:  
**13 Reasons Why: Important Points**

Headspace School Support:  
**How to talk to young people about 13 Reasons Why**

We advise that you view IZRA's film '1 Reason Why Not' before watching it with your young people, and that you use your discretion or seek a professional opinion when determining whether it is appropriate for their respective ages and experiences.

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This Discussion Guide is as the name suggests, purely a guide. It is not exhaustive and requires the discretion of the facilitator to determine which questions are helpful for the group, taking into account the age, recent events and size of the group.

We recommend you begin this discussion equipped with the support services and community professionals you will recommend or engage if required.

# questions around '13 reasons why'

1. Did you find the series '13 Reasons Why' hard to watch? If so, what did you find hard?

2. How did you feel after watching it?

3. Do you think it is a true representation of what it is like to be a teenager today? Why/why not?

4. Did you relate to any of the characters in '13 Reasons Why'?

5. Choose a character and discuss what he/she could have done differently.

6. Seeing what the characters went through, is there something you want to try and do differently as a result?

7. Do you ever feel misunderstood?

8. What questions did the show leave you with?

9. Is there anything you regret saying/doing, after watching the show? How could you make amends?

## discussion guide

### 13 Reasons Why



# discussion guide

## 1 Reason Why Not

### questions around '1 reason why not'

1. How did you feel after watching '1 Reason Why Not'?
2. Did you relate to any of the people in '1 Reason Why Not'?
3. If you are worried about a friend, what are some things you could do?
4. When you're having a rough time, who do you go to?
5. What makes an adult someone you're happy to confide in?
6. Who could you speak with at your school if you were worried about a friend?
7. Who can you speak with outside of school if a friend tells you something concerning?
8. What would be an unhelpful thing to do if you were worried about a friend?
9. What is consent and why is it important?

# conclusion

1. What are some coping mechanisms you can put in place when you start to feel overwhelmed and alone?
2. How do hope and purpose play a role in protecting someone from suicide?
3. What things do we put our hope in?
4. Where should we look for hope?
5. Is there something in your life that you should talk about, to someone you trust? If yes, who you will talk to?

Lifeline: 13 11 14 or [lifeline.org.au](http://lifeline.org.au)

Kids Helpline: 1800 551 800 or [kidshelpline.org.au](http://kidshelpline.org.au)

Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

headspace: 1800 650 890 or [headspace.org.au](http://headspace.org.au)

A photograph of three young women in a bakery. They are smiling and holding donuts. The woman on the left is wearing a pink cap and a white shirt. The woman in the middle is wearing a pink top and holding a white donut. The woman on the right is wearing a white cap and a floral top, holding a chocolate-glazed donut. The background is a yellow wall with several potted plants on shelves.

discussion  
guide

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# RESILIENCE WORKSHOPS

For further support, we offer a range of Resilience Workshops in order to develop strength and purpose in young people.

More information on our Workshops can be found on our website:  
[www.IZRA.com.au](http://www.IZRA.com.au)

Or contact us at [hello@IZRA.com.au](mailto:hello@IZRA.com.au) to book a Workshop at your school.

# school support

## Special Thanks:

Education Specialist **Casey Mulder**

Consulting Psychologist **Carla Fadelli** of  
Homestead for Youth  
[www.homesteadforyouth.org](http://www.homesteadforyouth.org)