

# Conversation Spotlights

## URJ Youth Pop-Up Conversation: “Thirteen Reasons Why” with Dr. Betsy Stone



**Betsy Stone:** How did watching the miniseries make you feel?

*Conflicted, angry, frustrated, wishing I could have helped, disappointed, ill-equipped, concerned, reactive, worried about glorification, wanting to do more, a harsh reality, worried about teens in my congregation, confused, nauseous, apprehensive, unprepared to give parents the support they need to have conversations with their kids, it was a valuable conversation starter, like the show missed many important elements of the show.*

### Memorable Quotes

“It was never safe to be a young woman [on this show].”

“Many more issues than just teen suicide to be covered.”

“My teens talk about the ‘classroom’ feeling somewhat safe but the ‘halls, locker rooms, and cafeteria’ are like the wild west – anything goes.” – Anne Berman-Waldorf, ARJE

### Key Takeaways

Webinar attendees asked: "How do I talk to a teen about the topics brought up in "Thirteen Reasons Why?" When it comes to discussing this series with teens:

- "First figure out how you feel."
- "Make space for the other person to talk."
- "Open the conversation and don't lead it."

### Don't Miss

**In this video created by Mayo Clinic**, teens describe common signs that a teen is considering suicide and provide encouragement for communicating directly and immediately for support and safety. **It also includes suggestions for what to say to a teen who may be at risk for suicide and ways to keep them safe.** Things can get better.

[Find all resources for "13 Reasons Why" in the Tent](#)