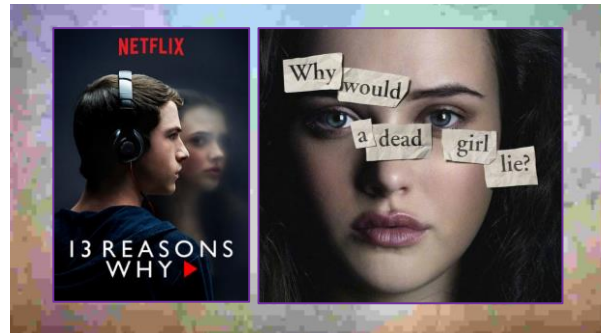


13 Reasons Why:

Understanding Adolescent Suicide



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Cornerstone of Hope
Bereavement Center



13 Reasons Why:

<https://youtu.be/JebwYGn5Z3E>



13 Reasons Why

- An intense, dark Netflix drama, exploring troubled teens motivations for completing suicide
- Very graphic rape scenes
- Hannah blames others for her suicide and each episode is a video sent to a friend she blames
- Controversial with parents and school personnel
- It started a conversation....

Statistics

- Second leading cause of death for ages 10-24
- More teens and young adults die from suicide than cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease COMBINED
- 4 out of 5 teens who attempt suicide have given clear warning signs

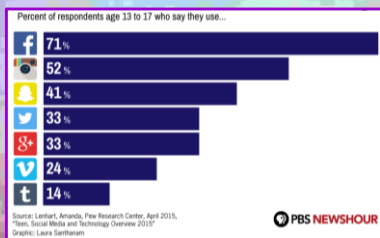
More Statistics

- Each day in our nation, there are an average of over 3,470 attempts by young people in grades 9-12
- WHO: by 2020, 1.3 million people will die by suicide
- By the end of this conference today, 3 high school students will have attempted suicide

Smart Phones

- Suicide rates increase with smart phone usage
- 5+ hours/day = 48% had suicide-related outcomes
- 1-2 hours/day = 28% had suicide-related outcomes
- More screen time = less sleep
- CDC: 87% of teens use social media daily

Teen Social Media use Today



Social Media and Suicide

- Social media and suicide is a relatively new phenomenon
- There is increasing evidence that the behavior of using social media changes teens lives
- Social media fuses technology with social interaction via Internet-based applications that allow the creation and exchange of user-generated content
- The WHO determined that the prevalence of Internet users was positively correlated with general population suicide rates

Definitions

- Cyberbullying
- Cyberbullicide
- Cybersuicide pact
- Extreme communities
- iGen

