

## *Designing the future*

2<sup>nd</sup> May 2017

Dear Parents/Carers

As you are already aware we have a duty of care for our pupils and are striving to do all we can to ensure that you are given the latest information to help safeguard our young people.

Following concerns raised in the media, we would like to bring parents and carers attention to a teen drama called '13 Reasons Why'. We are aware that some of our students have been watching this drama online and students at the school have sensibly spoken to our pastoral staff regarding the dramatisation of this story, which explains the reasons why a 17-year-old high school student committed suicide.

The Youth Mental Health Foundation, 'Headspace' has urged school communities, parents, carers and mental health services to be aware of the dangers and risks associated for children and young people who have been exposed to this content and we thought it wise to make you aware.

Headspace's Kirsten Douglas states that '13 Reasons Why' features 'risky suicide content' and may cause 'distressing reaction' among some viewers. Please be aware that the rating for this programme is 18 and is suitable only for adults, as it contains graphic sexual violence and suicide scenes. We are aware there is also a social media game that is linked to this programme. We feel that it is important that you are aware of these details in order to make informed decisions about your children's viewings.

The new game that is affecting young people in the UK and around the world is called 'The Blue Whale Game' and is played via many social media platforms. Players are given a master who controls them for 50 days and each day they are given a task to complete. One task might be to wake up in the middle of the night and they steadily escalate with another task being for them to scratch a blue whale somewhere on their body. On the 50<sup>th</sup> day the masters behind the game instruct the young people to commit suicide and sadly across the world some have done this.

Please continue to support us in keeping all our young people safe and should you have any questions please do not hesitate to contact me regarding the above.

Yours Sincerely



Emma Robertson  
Deputy Principal