

13 REASONS WHY

13 Reasons Why is an American teen high school television series available on Netflix directed by Tom McCarthy, based on the 2007 novel *Thirteen Reasons Why* by Jay Asher. It has 4 seasons with a total of 49 episodes. It has an IMDb rating of 7.5/10 and is a very popular show worldwide.

Overview

13 Reasons Why is a Netflix tv series about a teenager named Hannah Baker who kills herself before the story unfolds, but instead of leaving a suicide note, she leaves 13 tapes, each tape being a reason and the person behind it and what they did to her. The sequence in which the tapes were supposed to be passed corresponded to the appearance of the people in the tapes. Hannah also mentioned that if the cycle is broken then she had also assigned a person to release the second set of tapes which would lead to the public embarrassment while some could face physical harassment charges or even jail time for the horrific things they did to her.

Why did Hannah end her life?

13 reasons why, as the name suggests there wasn't a particular event or reason that made Hannah end her life. It was a chain of disturbing incidents that she was not able to cope up from starting from :

- heartbreak by someone who she felt a connection with
- betrayal from a friend
- being stalked and getting her photographs taken without consent
- getting touched inappropriately on multiple occasions
- getting raped
- not getting the much-needed guidance

13 reasons why has been a controversial series ever since it has been released for some of its disturbing graphics and sensitive issues.

But how can a problem be solved without talking or creating awareness about it?

There are some explicit scenes in the series showcasing sexual and physical assault which were presented in a way to give viewers a greater understanding of the pain and trauma that victims and survivors go through. But YES, it could also be triggering for those who have experienced similar circumstances firsthand.

It touches on various topics like suicide, bullying, harassment, sexual assault, complicated friendships, mental health, depression.

Now let's throw light on the topics this series revolves around.

Suicide

Suicide is never an option. In India, almost 10,000 children die by suicide every year, and many more attempt while those who think about it can never be evaluated. Things may not always go your way or be as planned but remember that nothing lasts forever. The dark phase will pass.

Bullying

Bullying is not always physical. It can also be mental. In the series, there have been various instances where the weak and less popular kids were mocked and looked down upon. But it also teaches us how to take our stand.

Depression and mental health

Clay Jenson, the narrator was arguably affected the most by Hannah's death after her parents. Clay was in love with Hannah and was very confused as to why he was put on the tapes when he was nothing but kind to Hannah and had always tried to support her through all the things she went through. Listening to his tape made him self-introspect and he started to hate himself wondering what he could have done to stop her from meeting her awful fate.

Clay was so deeply traumatized that he started losing his consciousness and began doing unusual things which he didn't recall later on.

Things to learn from 13 reasons why

1. Everything...affects everything.

Be empathetic. Be kind. You don't know what is happening on in other people's lives . The world is full of people who will humiliate you, mock you for your weaknesses, and bring you down. So we should be very careful of what we say, to and about other people. Sometimes we

might say something mean to someone just to have fun, our intention might not be to hurt them but the impact it could have on them is not something we can anticipate in advance.

2. Overcoming a trauma

Time heals everything. Psychological trauma can leave you overwhelming emotions, memories, and anxiety that won't go away unless you work to overcome it. For some people talking about it helps them to move on, be it a trusted family member, a friend, or a counselor. For others participating in social activities, making new friends diverts their minds and helps in the healing process.

3. Choose your friends wisely / Trust carefully

Not everyone sweet to you has your best interests at heart. You need to be careful while choosing who you trust. Learn to recognize who is your real friend.

4. Seek guidance

There will be times when you are confused and are stuck in a problem that you cannot handle alone. Don't hesitate to consult someone. Consulting a therapist or a psychologist has been a social stigma since a long time. We must normalize this because there's nothing wrong with seeking guidance from experts.

5. Admit your mistakes

When you've made a mistake and you can't undo it, it's always better to come clean and confess your mistake rather than hiding it with a bunch of lies. Yes, you may fear the outcome at the moment. But in the long run, it is the optimal solution.

This article has not dug deep into the plot so that the viewer can see the series for themselves and form an unbiased opinion

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