

13 Reasons Why Not

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When the Netflix original *13 Reasons Why* premiered last year, parents did not hesitate to question the material the show centered on. Controversial conversations were started by concerned parents about the sensitive subjects portrayed by the show; this included teen suicide, rape, and substance abuse.

Even though a few episodes included a disclaimer for graphic content, critics still called it out for glorifying suicide. According to NBC, Medical director, Victor Schwartz explains that the imagery and action are considered harmful to young adults and teens with suicidal thoughts. The teen drama has been called to attention for focusing on what others have done to cause the suicide, making it a revenge fantasy. The show makes it hard for teens to distinguish what is a scripted plot and what is reality.

"I know things like this do happen, but I don't think

glorifying them on the TV screen is the correct way to raise awareness," said senior Nicole Wichhart about the show itself.

The series has definitely taken this critique into consideration as season two approaches. A new viewer discretion video will be added to both seasons. This video

MYTH:
TALKING ABOUT SUICIDE WILL
ENCOURAGE SUICIDE ATTEMPTS

MYTH:
A PROMISE TO KEEP A NOTE UNREAD OR
UNOPENED SHOULD ALWAYS BE KEPT

courtesy of <http://suicideprevention.nv.gov/>

includes the main cast talking about the seriousness of the show, and that it might not be the show for everyone. The actors warn the audience about the topics covered in the show. The cast gives contacts and resources for those who may be struggling with suicidal thoughts, and encourages them to tell a trusted adult. Some students

thought the show was something everyone should see even before the discretion video.

"Even though people were appalled by what was shown, I think it is a good thing to broadcast. It happens every day and if people refuse to talk about it, nothing is going to change," said another senior Alyssa Woodward.

The new video obviously does not change the view of critics completely, but may alter the thoughts and discussion about the show. The show has taken into account the controversy and made a bigger disclaimer before each season. It is now the viewer's decision on whether or not the show is right for them. The show has given what critics wanted, more resources, and will hopefully invoke deeper conversations about depression and suicide.

Unfortunately, we cannot control some of the binge-watching teens do for fun, but hopefully this disclaimer video will bring to light the seriousness of the topic and be a guide for those struggling with mental illness.

If you are struggling with any of these issues, don't hesitate to call for help.

A potential recourse is the National Suicide Prevention Lifeline: 1-800-273-8255

Dear Polly: College, relationships, & self-worth

Is it good to start looking into college as an underclassmen or is that only adding to the stress I already have with school?

As an underclassmen, it is a good idea to begin to think about your future. Whether this be college, trade school, the workforce or the military, the choice is yours. However, if you dive too deep into this thought process, you will become more stressed out because as a freshman and sophomore, you probably don't know exactly what you want to do. My advice would be to focus on the now as much as possible. Your current course load and activities should be number one on your priority list. Just try to keep an open mind while doing this and pursue classes and subjects you enjoy. If you find something you really love, remember it, and then when the time comes to start looking at colleges later on down the line, keep that in mind.

I'm dating someone but I'm still in love with my ex.

Ooh these are my favorites! There isn't really one strong answer I can give you. I can't tell you to break up with your current s/o and I can't tell you to stay. I will, however, ask you a couple of questions. How long ago did you and your ex break up? If it was still pretty recently, it is common for

you to compare your current relationship to your old one. Your mind is going to do this automatically and you might mistake that as feelings for the other person. You also have to think about your true feelings. Who are you looking for when you pick up your phone after it vibrates? These feelings may also be caused by a current struggling relationship. If you and your current s/o are having a lot of problems right now, it is common for you to have the old, "Grass is always greener on the other side," mindset. You and your ex broke up for a reason, maybe going back wouldn't be so much better. It's also possible that you are seeking freedom. If you feel locked into your current relationship, going back to your ex won't necessarily fix that. Don't be afraid to take some time for yourself and focus on you.

I feel really insecure about myself and who I am (physically, mentally, and realistically) and the only way I feel like I can have control and be happy is if guys are "physically attracted" to me. Otherwise I feel worthless. I know it's not true, but it sucks and I wish I had another way to be happy. Any tips?

I could answer this question in three words: FOCUS ON YOU. But I understand that it's not that easy. This is a prob-

lem that I think a lot of high schoolers deal with. We live in an age where everything is about how hot you looked in that Snapchat selfie or how big your butt looks in that Instagram photo. It sucks, but just know you're not alone. Back to my first point though, try to find things that you love to do, whether that be a sport, club or other hobby. If you find this one thing, do the hell out of whatever it is. You want to do this because your best self comes out in the moments where you're doing something that you love. So, the more and more you do things you love, the more and more you will be spending time with the best YOU. In these moments you will probably learn some things you might not have known about yourself, and you will find things that you just love about you. These things that you found may fill the void that was currently held by other people's attention and desire. My last piece of advice is to remember that nobody controls you but you. You have the ability to decide your own fate, and you have the ability to make your own path. Choose to be positive whenever you can, and choose to get the most out of every day. If you do this, you might find some new found love for yourself along the way. :)

Hope this helps,
Polly

Stick 'N' Nope

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"Stick and pokes" are growing in popularity among teenagers. Stick and pokes are a style of tattoo given by hand with a needle and ink. This type of tattoo is given by pressing an eighth of an inch deep into the skin and then allowing ink to bleed into the pin pricks created. When executed by a professional, they're just as safe as any other tattoo.

Unfortunately, people do not always take the cautious route. It's common for stick and pokes to be given spontaneously at parties in unsafe conditions. There are many risks associated with this method if not done carefully. Kids often share needles and use toxic ink and unsterilized needles. In combination with a lack of experience giving tattoos, this increases the risk of infection significantly.



CCA students experiment with ink

When sharing needles there is a risk of contracting blood-borne illnesses. Toxic ink can have many negative effects, one of the most concerning being that some types are known to be carcinogenic. If not sterilized properly, needles may be contaminated with bacteria that can lead to skin infections.

A tattoo is a serious decision and potential risk. They should only be performed by certified professionals in licensed parlors.



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