

behind her eyes parents guide

Behind Her Eyes Parents Guide is an essential resource for parents who are considering allowing their children to watch the Netflix psychological thriller series based on the novel by Sarah Pinborough. This captivating show, which has garnered a significant amount of attention since its release, delves into themes of love, betrayal, and the complexities of the human psyche. However, it also contains several elements that may not be suitable for younger viewers. This article aims to provide a comprehensive parents guide to the series, highlighting its content, themes, and age-appropriate considerations.

Overview of "Behind Her Eyes"

"Behind Her Eyes" follows the story of Louise, a single mother who becomes embroiled in a twisted love affair with her boss, David. After a chance encounter, she also befriends his wife, Adele, leading to a web of deceit and shocking revelations. The series explores the intricacies of relationships and the lengths people go to for love and control.

Plot Summary

The narrative unfolds through the eyes of Louise, who finds herself caught between her burgeoning relationship with David and the enigmatic friendship with Adele. As the story progresses, viewers are introduced to:

1. **The Complexity of Relationships:** The show examines not only romantic relationships but also friendships and the dynamics that can shift unexpectedly.
2. **Secrets and Lies:** Central to the plot is the theme of hidden truths that can alter perceptions and lead to dramatic consequences.
3. **Psychological Manipulation:** The characters exhibit various forms of manipulation, leading to a tense atmosphere that keeps viewers on edge.

Key Themes

Understanding the themes present in "Behind Her Eyes" is vital for parents evaluating its appropriateness for their children. Some of the prominent themes include:

- **Infidelity and Betrayal:** The series portrays extramarital affairs and the emotional turmoil that accompanies them, which may not be suitable for younger viewers.
- **Mental Health:** Characters in the show deal with complex psychological issues, including trauma and

manipulation, which can be triggering for some audiences.

- Supernatural Elements: As the plot unfolds, there are supernatural twists that can be unsettling, particularly for younger viewers.

Content Considerations

When evaluating "Behind Her Eyes," parents should consider the following content aspects:

Language

The series contains strong language that may not be appropriate for younger audiences. Parents should be mindful of the following:

- Frequent use of profanity.
- Occasional slurs or derogatory terms.

Violence

While "Behind Her Eyes" is not overly graphic, it does contain scenes of violence that could be disturbing. Key points include:

- Depictions of physical confrontations.
- Psychological manipulation that can create a sense of dread or fear.

Sexual Content

The series features several sexual situations that may not be suitable for all viewers. Parents should be aware of:

- Explicit scenes of sexual activity.
- Themes of infidelity and emotional betrayal.

Age Rating and Recommendations

The series is rated TV-MA, indicating it is intended for mature audiences. Here are some recommendations for parents:

1. Age Appropriateness: Suitable for viewers aged 17 and older, based on the content.
2. Viewer Discretion: Parents should consider watching the series first or reviewing critical scenes to determine if it aligns with their family's values.
3. Open Discussion: Encourage discussions about the themes and events in the series to help younger viewers process what they watch.

Viewer Feedback and Critique

Audience reactions to "Behind Her Eyes" have been varied, with some praising its complexity and others critiquing its pacing or plot twists. Highlights from viewer feedback include:

- Positive Aspects:
 - Engaging storytelling that keeps viewers guessing.
 - Strong performances, particularly from the lead actresses.
- Criticisms:
 - Some viewers found the ending controversial or unsatisfactory.
 - A few felt the character development was lacking.

Discussion Points for Parents

To better prepare for discussions about the show, parents can consider the following points:

- Understanding Relationships: Discuss the portrayal of relationships in the series, focusing on healthy versus unhealthy dynamics.
- Consequences of Actions: Explore the consequences that arise from the characters' choices, emphasizing the importance of accountability.
- Mental Health Awareness: Use the series as a springboard to talk about mental health issues and the importance of seeking help.

Alternatives for Younger Audiences

If parents decide that "Behind Her Eyes" is not suitable for their children, there are several alternatives that offer suspense and intrigue without the mature content. Some suggestions include:

- "Stranger Things": A mix of supernatural elements and coming-of-age themes, suitable for older teens.

- "The Haunting of Hill House": While still spooky, it focuses more on family dynamics and emotional struggles.
- "Locke & Key": A fantasy series that combines adventure with mystery, suitable for a younger audience.

Conclusion

In summary, the Behind Her Eyes Parents Guide is an invaluable tool for families considering this psychological thriller. The series offers rich storytelling and complex characters but also contains elements of mature content that may not be suitable for younger viewers. By understanding the themes, content considerations, and discussing the show openly, parents can provide a supportive environment for their children to engage with the narratives presented in "Behind Her Eyes." Ultimately, the aim is to foster critical thinking and healthy discussions around relationships, mental health, and the consequences of one's actions.

Frequently Asked Questions

What age group is 'Behind Her Eyes' suitable for?

The series is rated TV-MA, which means it is intended for mature audiences and may not be suitable for viewers under 17.

Does 'Behind Her Eyes' contain any graphic content?

Yes, the series includes scenes with strong language, sexual content, and emotional distress that may be intense for some viewers.

Are there any trigger warnings for 'Behind Her Eyes'?

Viewers should be aware of themes related to mental health, addiction, and emotional manipulation, which could be triggering for some.

Is there violence in 'Behind Her Eyes'?

While the series is not primarily focused on violence, there are some disturbing scenes that involve psychological tension and mild violence.

How can parents discuss the themes of 'Behind Her Eyes' with their

children?

Parents can encourage open discussions about the show's themes of trust, relationships, and mental health, emphasizing the importance of healthy communication.

What is the main premise of 'Behind Her Eyes'?

The series follows a single mother who begins an affair with her boss while becoming friends with his wife, unraveling dark secrets and psychological twists.

Is 'Behind Her Eyes' based on a book?

Yes, the series is based on the novel of the same name by Sarah Pinborough, which explores similar themes of suspense and relationships.

What should parents consider before letting their teens watch 'Behind Her Eyes'?

Parents should consider their teen's maturity level, the potential impact of the show's themes, and whether they are comfortable discussing its content.

Are there any positive messages in 'Behind Her Eyes'?

While the series has dark themes, it also touches on issues of empowerment, self-discovery, and the consequences of choices in relationships.

Where can I find more detailed content warnings for 'Behind Her Eyes'?

Detailed content warnings can often be found on streaming platforms, review sites, or parent-focused entertainment guides.

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