

ADVISORY ON “MOMO CHALLENGE GAME”

Dear parents,

The media reports, that teenagers are falling prey to the “Mono Challenge Game” which often ultimately leads to fatal end, needs our joint attention and actions for its total prevention. “Momo” is a social media account on what’s app, Facebook and YouTube. As per the reports, sometimes the account challenges users to communicate with an unknown number, and challenges to complete a series of violent acts that ultimately end in death of the victim (the player). If one refuses to follow the game’s orders, he/she is sent threatening and disturbing images, audios, or videos, which are extremely scary and frightening.

Hence, we all, the parents, teachers, neighbours and all responsible citizens of the society should be vigilant so that our teenagers do not fall prey to this fatal game.

Therefore, look out for the following signs and symptoms amongst the teenagers.

1. Becoming withdrawn from friends and family.
2. Persistent low mood and unhappiness.
3. Looking worried, that stops him/her from carrying out day to day tasks.
4. Sudden outbursts of anger directed at themselves or at others.
5. Loss of interest in activities that they used to enjoy before.
6. Visible marks, like deep cuts or wounds on any part of the body of the child.

How to protect your child from this game? what can parents do?

1. Check in with your child/children, ask how things are going. Ask if there have been things stressing them, or anything that has them worried. If your child is talking about any level of distress, do not hesitate to ask him/her about changes in mental health.
 2. Unless there is reason to believe that your child already knows of or has played the game, don’t discuss about the Blue Whale game. By doing so, you increase the chance that your child will search for it on their own.
 3. Monitor your children’s online & social media activity to ensure, they are not engaging with this game.
 4. Keep yourself vigilant for:
 - a) Unusually secretive behaviour, mostly related to their online activity.
 - b) A sudden increase in the time they spend online, especially social media
 - c) They seem to change screens on their device when approached
 - d) They become withdrawn or angry, after using the internet or sending text messages.
 - e) Their device suddenly has many new phone numbers and email contacts.
 5. Install a good cyber mobile parenting software which helps you in monitoring your children.
 6. Parents should take reports from child counsellor present in the school at regular intervals.
 7. If you fear that child may be at risk, get professional help right away.
 8. Remind your child that you are there and will support them as they face life challenges.
- Contact police immediately once your son/daughter informs you of receiving such an invite. Usually, posts about death or suicide on social media attract the invitation.
 - Have regular and informal conversations so that kids talk without fear of being reprimanded. Encourage questions, address their curiosity and guide them in a friendly way.
 - Warn about talking to strangers, not only outdoors, but even on social media.
 - Keep parental control features on. This makes it easy to help keep your children safe online.
 - Read up and stay informed on new dangers in the internet world.

Since the game is played on mobile, therefore we request the parent community to be very vigilant, since bringing of mobile and its use in school by students is totally prohibited so chances of studentst engaging themselves in any such activity in zero.