

Dear Parent

As per instructions from DOE, vide letter No. F. DE 23(540)/Sch. Br./ 2018/508 dated 18/10/2018 we would like to caution you and your ward in order to curb the menace of "Momo Challenge", the online suicide game.

We are sharing some important tips with you sent by Delhi Commission for Protection of Child Rights(DCPCR) vide letter No. F9(03)/DCPCR/18-19/Harmful Publication/5257 dated 04/09/2018.

1. Parents must monitor their wards on Social Media Activities.
2. Parent must check the mobiles of their wards to see if any suspected or unknown contact is approaching the child.
3. Anti Virus Software should be installed in systems blocking any suspicious or vulnerable links and spywares/malwares.
4. Children should be advised not to accept any invitation to play the game from any unknown number and not to click on any unidentified link.
5. Password of email accounts and other social networking sites must be frequently changed.
6. On receipt of an invitation from any particular number on their WhatsApp for any game, the WhatsApp must be straight away blocked.
7. Local police authorities must be immediately informed once an invitation to play the killer game is received.
8. Children should be stopped from playing any sort of game which has a possibility to lead them to the Momo Game challenge.
9. Frequent visit of the child to the Cyber Café must be observed/monitored. Awareness of counselling regarding the menace and proper precautionary measures will go a long way in dissipation of this nuisance.

On finding a child in distress the parents should resort to counselling them and guide them in bringing a positive attitude and environment.

Please also find an Advisory on Online dangerous game (Momo Challenge) – Child Online Safety from the Ministry of Electronics & IT (MeitY). More information on this is available on the website of Ministry of Electronics and Information Technology.

Let us work together in protecting our children.

Principal

Dated : 27 Aug 2018

**Subject : ADVISORY ON "MOMO CHALLENGE GAME"**

It is reported in the media that there is new online challenge game called "the Momo Challenge" which started on Facebook where members are "challenged" to Communicate with unknown numbers . It went viral on social media platforms, especially WhatsApp.

The Momo Challenge consists of a variety of self harming dares which becomes increasingly risky as the game progresses and it finally ends with suicide challenge. The game involves challenges that encourage teenagers/ children / any other user to engage in series of violent acts as challenges of the game.

The game inspires teenagers/ children / any other user (the player), to add unknown contacts on WhatsApp by the name of 'Momo'. Once the contact is added, the image of the terrifying Japanese 'Momo' doll with hulging eyes appears in contact. The game controller than entices player to perform a series of challenges and playing the game are threatened with violent images, audios or videos, if player do not follow instructions.

**Look out for following Signs and Symptoms :**

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 others
5. Loss of interest in activities that they used to enjoy
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:**

1. Check in with your child, 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 them about changes in mental health.
2. Unless there is reason to believe 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 your eyes open 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 them in monitoring your children.
6. Parents should take reports from child counsellor present in the school at regular intervals.
7. If you fear your 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.

**References :**

- (1) <http://infosecawareness.in/family/>
- (2) <https://indianexpress.com/article/what-is/what-is-momo-challenge-5302916/>
- (3) <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/>
- (4) <https://support.google.com/googleplay/answer/1075738?hl=en-GB>
- (5) <https://support.apple.com/en-gb/HT201304>
- (6) <https://timesofindia.indiatimes.com/lifestyle/health/fitness/health-news/after-blue-whale-it-is-momo-whatsapp-suicide-game-that-risking-your-teens/articleshow/45335782.cms?from=rrr-news-com.au/technology/online/social/where-the-prov-v-image-for-the-momo-game-came-from/news-story/535560eb72e095556115d32603191d2>