



Dear Parent/Carer,

It has been brought to my attention there is an online game called the 'MoMo' Challenge, played on WhatsApp, Facebook, YouTube and other online Platforms. It encourages children to self-harm and NOT tell parents and adults.

The challenge encourages children to take steps, progressively hurting and isolating themselves from the world, where they are eventually told to kill themselves by an anonymous controller who plots their demise.

The Police said the danger lay with children feeling pressured to either follow the orders on any app by carrying out 'challenges' or because of peer pressure in chat rooms. Police are appealing to parents to not simply focus on Momo, but urging them to:

- Ensure they know what their children can access online
- Ensure children understand the importance of not giving personal information to anyone they do not know
- Tell their children no-one has the right to make them do anything they do not want to do
- Use parental controls to keep children safe

Please remember to supervise your child(ren) online activity. The constantly evolving digital world means a steady influx of new apps and games can be hard for us parents to keep track of. That's why it's important for us to talk to our children regularly about these apps and games and the potential risks they can be exposed to.

The NSPCC publishes advice and guidance for parents on discussing online safety and guidance for parents on discussing online safety with their children as well as Net Aware – the UK's only parental guide to social media and gaming apps.

Among the most common signs to watch out for include children who:

- Become very secretive, especially about what they are doing online
- Are spending a lot of time on the internet and social media
- Are switching screens on their device when approached
- Are withdrawn or angry after using the internet or sending text messages
- Have lots of new phone numbers or email addresses on their devices

If you are concerned or have any questions on how to approach the subject with your child(ren), you can contact the NSPCC Helpline on 0808 800 5000 or visit the NSPCC website

Children who are worried about their activity on apps or online games can contact Childline 24 hours a day, online and over the phone on 0800 1111.

Kind Regards
Mrs A Tudor
SENDCo