

Momo Challenge: What Parents/Carers Need to Know.

There is a new dangerous challenge spreading across social media, it is called the Momo Challenge and it encourages children to hurt others, themselves and eventually to take their own lives.

Momo can be found on Facebook, YouTube and Whatsapp. If your child becomes a user, they will begin to receive pictures of the Momo challenger. (See photo)



Momo starts with simple challenges, but very quickly the challenges take on a very bad turn. She sets them very risky challenges. If your child refuses to accept any of the challenges, Momo sends more threatening images and texts.

What can you do?

- **Talk to your child about the Momo challenge:** do they know what it is? Have they heard of it? Share the dangers associated with the challenge. Do they know of any other similar challenges? Discuss a plan that includes what they can do if they receive a message with the Momo Challenge.
- **Ensure you know what your child can access online:** remember you have every right to know what apps your child is using and you have every right to check their devices.
- **Ensure children understand the importance of not giving personal information to anyone they do not know:** discuss what is appropriate to share/post/comment and what isn't.
- **Take social media seriously:** it can be a means of connecting with others BUT it is also where lots of children are bullied and exposed to unhealthy media.
- **Tell your child no-one has the right to make them do anything they do not want to.**
- **Use parental controls to keep children safe.**

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- Are withdrawn or angry after using the internet or sending text messages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 their children, 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.