



Advisory on Blue Whale Challenge

The Blue Whale Challenge is making headlines all over the world. 130 children committed suicide in Russia alone (where the game is originated). In India 5 suicide cases are attributed to this game.

How it Works

The game is not available at Play Store. The links are available only on social media sites like Fb, Instagram or Twitter. One has to post certain words with hashtag (which I am not going to disclose here), after this the 'whale' (curator) contacts the interested person and here starts the game - 50 challenges to be performed by the player and assigned by the 'whale'.

What are the 50 tasks? Knowing what the challenges are can help parents, teachers and friends watch for signs that their children may be participating.

Carve a specific phrase on the person's own hand or arm.

Wake up at 4:20 a.m. and watch a scary video (sent by the curator.)

Make lengthwise cuts on the person's own arm.

Draw a whale on a piece of paper Write "yes" on the person's own leg if ready to be a whale.

Otherwise, they should cut themselves multiple times.

Secret task (written in code.)

Scratch (a message) on the person's own arm.

Write a status online about being a whale.

Overcome a fear. Get up at 4:20 and go to the roof.

Carve a whale on the person's own hand.

Watch scary videos all day.

Listen to music the "curator" sends.

Cut your lip.

Poke the person's own arm/hand with a needle.

Make yourself hurt or sick.

Go to a roof and stand on the edge.

Stand on a bridge.

Climb a crane.

Talk with a "whale" on Skype.

Sit down on a roof with legs dangling over the edge.

Another job that is in code.

A secret mission - Meet with a "whale."

The "curator" assigns a date that the person will die.

Visit a railroad.

Do not talk with anyone all day.

Give an oath/vow about being a whale.





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Alert for Parent/Elders

Keep a Watch

Parents and teachers are suggested to keep watch on children and counsel them if they see any of above signs/marks/activities by children.

Psychological Aspect

The real challenge for parents and teachers is to effectively handle the mental health problems. The probable victims may be the children who are depressed, ill-motivated and already have suicidal tendencies.

Victims also can be those children who feel that they are not appreciated and may accept these challenges to 'prove' themselves.

The curator builds an emotional bond with the player. Then why not we build the same bond with our children??

Message for teens and children

Teens and young adults need to understand — you're at the very beginning of your life. No matter how bad you feel right now, it will get better.

You may not believe me, but why take the words of a stranger in the first place — whether it's to play a dumb game or something else?

Reach out to your friends (or an adult, if you can) and see if you can find a different way to cope with these feelings.

There is a lot of concern about the Blue Whale game & the danger it poses to our kids.

My views are:

The game is a sadistic creation of an evil mind that preys on vulnerable kids & inspires them to do 50 things (some simple, some terrible), culminating in jumping off a balcony or building. Having said this:

- THIS IS NOT about 'tech'. I keep getting journos saying 'parents are not tech savvy so how do they manage this menace'. This game is like drugs or alcohol or rash driving. Parents need NOT be experts in cocaine or meow meow to understand that these are BAD things.

- The game IS MEANT FOR IGNORED, NEGLECTED, vulnerable kids. If you are a parent NOT spending quality time with your kids, then you should be worried.

- "Tell-tale" signs of children playing this game (or doing anything bad) show up fast! Kids become withdrawn, introverted, sleepless, fidgety etc. If YOU OBSERVE your kids, you will spot trouble WAY before it goes bad. Like cigarette smoke, you WILL know your kid is on something bad.

- Banning the game is NOT the end of trouble. It's the beginning. There WILL be a "red tiger" and "Yellow monkey". It's just up to parents to manage how they safeguard their kids.

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