

## **ADVISORY FOR THE PARENTS**

Dear Parents

Adolescence is a turbulent time for most of the children. Growth of hormones, Peer pressure, low self-esteem, anxiety diverts the young children towards more social media activities. This constant internal turmoil pushes them to indulge in unconventional risk behaviors and they spend more time on playing games like **Blue whale** and other internet challenges like **Mannequin, Ice bucket, A Silent house, A sea of Whales, Wake me up at 4:20 am, Ice and Salt and choking challenge**. These games create sensational vibes and the anonymity of the digital world seems to give youngsters a sense of control over their world as they choose not to reveal their identity.

Parents are advised to **monitor** the **Social Media Activities** for these games as the **Blue Whale Challenge** Game pressurizes the participants to harm themselves. This game involves a group of administrators or curators who give a participant a task to complete – for a period of 50 days involving listening to music of certain genres, waking up at odd hours, watching a horror movie alone, and slowly escalates to carving out shapes on one's skin, self-mutilation, ending with pressurizing the participant to claim their life. While playing the game the participants are expected to share the photos of challenges/tasks complete by them. Any participant if decides to opt out, encounters threats by the curator. It has also been discovered that participants are encouraged to tag their friends on social media to take the challenge of the game.

We request our Parents to look out for the following symptoms like low self-esteem, detachment from friends, family members, reluctance to leave their electronic gadgets, avoiding school and work, sadness, crying, anger, fresh marks on the skin and also be alert about the **# BlueWhaleChallenge** or photos of a Blue whale on their social media account.

Parents are urged that the usage of internet by the ward should be monitored by Parents/Guardian. Smart Phones should not be accessible to children. Kindly note that mobile phones/electronic gadgets are banned on campus. Parents to note and ensure that their wards adhere to the rule, failing which the mobile will be confiscated.

Pooja Prakash  
Principal