



Due to uncertainty and lack of awareness about the **Blue Whale Challenge**, there is a need to take certain measures to **inform children** and **interact with them regularly** to avoid any mishaps. At the school level we have already spoken to some of the grades (Grade 6 up). However, a combined effort from you at home will ensure that our children will remain safe. Here are some tips :

- 1) Make sure that your child has access to age appropriate online sites which do not promote unethical behaviour or violence.
- 2) Always ensure that your child accesses internet from a computer placed in the family space.
- 3) Talk to your child more often. Explore the online world together and engage in interesting activities demonstrating ethical and safe online behaviour.
- 4) Use parental controls on all the devices used by your child. Monitor the screen time and keep an eye on his/her online activities.
- 5) Be a role model to your child. Be conscious of your own online activities..
- 6) Talk to other parents, share concerns if any and discuss best ways to help your children.
- 7) Keep yourself updated with recent internet phenomena.
- 8) Observe your child's behaviour closely. Be alert to any unusual changes like moodiness, less or no communication, depression, lack of interest in studies and falling grades. If you notice any such changes, closely monitor his/her online activities, talk to school authorities or consult a child psychologist.
- 9) If you find out that your child is already playing the Blue Whale Challenge, immediately stop him/her from using the internet from any devices.
- 10) Inform your local police authority about what has happened and seek their advice on the next safety measures.