



**POLICE COMMISSIONERATE
BHUBANESWAR-CUTTACK
BHUBANESWAR.**

ADVISORY

BLUE WHALE GAME/ BLUE WHALE CHALLENGE

The Blue Whale Game also “Blue Whale Challenge” is an Internet game that is claimed to exist in several countries. The game allegedly consists of series of tasks assigned to players by administrators during a 50 days period with the final challenge requiring players to commit suicide.

The game is directly targeting children and encouraging them to harm themselves.

HOW TO PROTECT YOUR CHILD:

Use Parental Control Software's: Know. Prevent. Protect.

- It allows to see all keyboard strokes made on your kid's device. So, if a kid gets a challenge to do something harmful, they will google how to do that so you can catch it right away.
- Monitor your kid's search history and get useful insights. They will help you see the state of mind of your kid.
- View your child's: text messages, call logs, search history, communication via Facebook, Snapchat, WhatsApp, etc. Moreover, try to limit apps' usage and block sites promoting dangerous activities.


Children, who have entered the game, might have depression or even have had suicidal thoughts. Recognize any changes in your kid's behaviour that may point out depression or any other mental problem.

Look out for following signs and symptoms:

- Becoming withdrawn from friends and family
- Persistent low mood and unhappiness
- Tearfulness and irritability
- Worries that stop them from carrying out day to day tasks
- Sudden outbursts of anger directed at themselves or others
- Loss of interest in activities that they used to enjoy
- Problems eating or sleeping

Talk to your kid about the game

Ask if they have heard about this at school. If you hear this Game is being spread at your child's school, ring alarm bells and raise awareness among teachers and parents.


(Y.B. Khurania) 25/08/2017

**Commissioner of Police,
Bhubaneswar-Cuttack.**