

“Alert to Parents - Blue Whale Challenge”

Dear Parent/Carer,

We have been advised by Angus Council to send the following information to parents regarding a dangerous online game called the Blue Whale Challenge.

The Blue Whale Challenge is an internet based game that has resulted in many deaths in several countries; Russia has attributed over 130 deaths to this. The challenge is believed to be spreading across Europe; Belgian and French police officially warned parents and teenagers after three cases were reported in Belgium this week.

The administrator / curator of the challenge picks on vulnerable children and adults and gives them 50 challenges over a period of weeks, which culminates in suicide (challenge number 50).

Thames Valley Police have had three suicides recently that are believed linked to this and some London boroughs have identified youths who were within the 50 challenges.

The majority of the challenges involve self-harm followed by sending a picture to the curator as proof.

A tell-tale sign is challenge number 11: carve a whale on your hand with a razor and send a photo to the curator.

If a child is identified within these challenges please get advice immediately, contact the school, the police or social work.

Examples of challenges teenagers are urged to do:

- Use a knife or razor to make the shape of a whale on their wrist or leg
- Get up [at 4.20am](#) and watch scary videos
- “Sacrifice your hand, cut your lips”
- Day 26: You get your date of death
- Day 28: Don't talk to anyone
- Day 50: Jump from the roof or hang yourself

<http://www.express.co.uk/news/uk/777933/blue-whale-challenge-british-police-vulnerable-teenage-suicides-russia-britain>”