



Government of Goa  
**DIRECTORATE OF EDUCATION**  
Alto - Porvorim, Bardez - Goa

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**CIRCULAR**

Kindly find enclosed herewith copy of Advisory on Blue Whale Challenge Game provided by Superintendent of Police (North), as per the recommendation of Goa state Commission for Protection of Child Rights.

You are hereby informed to create awareness among the students of your school as well as their parents by calling for PTA meeting.

The action in time may be of great help in saving some lives.

  
(G.P. Bhat)  
Director of Education

Encl. As above

To,

The Heads of all Govt./Govt. Aided /Unaided Primary, Middle, Secondary, Higher Secondary & Special Schools in the Goa State.

Copy to:-

1. The Superintendent of Police (North), Office of the Superintendent of Police, North District, Porvorim-Goa.
2. The Chairperson, Goa State Commission for Protection of Child Rights, Dr. Dada Vaidya Road, Panaji-Goa.
3. The Dy. Director of Education, North/South/Central Educational Zone, Mapusa/Margao/Panaji-Goa.
4. The ADEI of all Talukas.
- ✓ 5. The Nodal Officer. I.T. for uploading on the website of this Directorate.



## ADVISORY

### **BLUE WHALE GAME-THE SUICIDE GAME**

The game, created by Philipp Budeikin, is directly targeting children and encouraging them to harm themselves. The game is linked to the deaths of more than 100 young people around the world.

In this game, kids are encouraged to take on 50 different challenges. Each challenge becomes more dangerous than the last. In order to win this Game, the final challenge is to commit suicide. When kids accept the game, the administrator gets some personal information from them. In case children want to leave or terminate the challenge earlier, the administrator threatens with exposure or harm to their family. When the 50th day comes, a curator instructs the participants on how to commit a suicide.

### **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 a 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.