

## Momo Challenge - Messaging

### **SOCIAL MEDIA**

We encourage families to talk regularly with their children about apps, games, social media, internet usage and the potential risks they may be exposed to. Visit our website to access resources that will help you start conversations with your children about online safety. #MHPsDfamily #thisisus #allinforkids #medhat

What can families do?

1. Remind children and youth that anytime they are worried, or have questions about online content, they should talk to a trusted adult.
2. Discuss the importance of not engaging with or following the advice of strangers online, whether a real person, virtual "person", or cartoon character.
3. Regularly review children's online activity and use parental controls on devices as necessary.
4. Change online passwords on a regular basis to secure personal information.

### **WEBSITE**

A recent social media challenge targeting children and young adults called the "Momo Challenge," has created concern throughout our schools due to its disturbing nature. We want to create awareness and provide families with resources that will help them start conversations with their children about online safety.

We encourage families to talk regularly with their children about apps, games, social media, internet usage and the potential risks they may be exposed to. Sharing news stories will increase the viral nature of the 'Momo Challenge' and may spark curiosity in children and youth.

What can families do?

1. Remind children and youth that **anytime they are worried, or have questions about online content, they should talk to a trusted adult.**
2. **Discuss the importance of not engaging with or following the advice of strangers online**, whether a real person, virtual "person", or cartoon character.
3. **Regularly review children's online activity and use parental controls on devices as necessary.**
4. **Change online passwords** on a regular basis.

Resources ([National Online Safety](#))

- [What parents need to know about Momo](#) (PDF)
- [7 questions for families to have with their children about online safety](#) (PDF)
- [What families need to know about YouTube](#) (PDF)
- [What families need to know about YouTube Kids](#) (PDF)

Our intention is not to amplify the impact that this "Challenge" may have on students and families. However, we feel that this offers us an opportunity to share valuable information and help build

awareness to keep our students safe online. If you require further information or wish to speak with someone about your child, please contact the school directly.