

## 7. Other sources of help/support

- If you have any concerns about the welfare of a child, make a referral to the Surrey Children's Single Point of Access (CSPA)
- TEL: 0300 470 9100
- Email: [csmash@surreycc.gov.uk](mailto:csmash@surreycc.gov.uk)
- Or contact Police on Tel 101. In the event of an emergency please dial 999
- Look at [UK Safer Internet Centre](http://www.uk-saferinternetcentre.org) website for further information and advice

## 6. How to keep children safe

- Make online safety an ongoing conversation and let children know who they can come to if something they don't like happens online –whatever this is
- Talk to children & young people about the dangers of challenges of this kind.
- Advise them not to open any messages or challenges of this kind

## 1. Background

The challenge, which is named after the blue whale, first appeared online in 2016 and encourages children and young people to undergo a series of 50 challenges that culminate in them taking their own lives.

## 2. How are the challenges given?

Challenges/Tasks are given online or through *text messages, instant messages or posts on Instagram, Snapchat, Twitter & Tik Tok*

## 3. What happens if they refuse the challenges?

Refusal to comply with the tasks can be met with threats by the administrators to harm the individual and their family. The administrator states he can hack IP addresses so knows where the family home is.



## 5. How to keep children safe

- As part of your work/engagement with children, talk about how they use technology and find out what their digital life is like including what their favourite sites/services are and how being online makes them feel.

## 4. What warning signs to look out for?

- Children receiving messages or posts relating to Jonathan Galindo, a man that may also be seen with his face painted like Mickey Mouse or a dog.
- Receiving or making references to #f57, #f40, #IMaWhale or 6inner challenge
- Extreme changes to their eating or sleeping habits.
- Wearing long-sleeved loose clothing to disguise any self-harm marks.
- Taking photographs of activities and sending them to accounts that parents do not recognise
- There are also other challenges/hashtags that are related to self-harm/suicidal thoughts. Expressions used which refer to self-harm/suicidal thoughts are "Running out of Shampoo and Conditioner at the same time", another one is "Have my favourite Pasta/Had pasta tonight"