

## WHAT IS BLUE WHALE GAME CHALLENGE?

1. Blue Whale is a 50 days and 50 task suicide game challenge built to psychologically manipulate young impressionable children
2. By appreciating them for their bravery to complete tasks throughout the game challenge the administrator of the game traps the child into committing suicide as the final task
3. If a child wants to quit the game, the game administrator threatens of harm to the child's family or defamation through the internet
4. Developed by a student of Psychology, the game is well designed against any effort on the part of the government, internet service providers or social media companies to bring it down
5. The format of the game is such that it utilizes the simple medium of group communication, which cannot be moderated, to trap children into becoming a part of the players' team and gradually lose the fear of dying. This is done by making children gain the comfort of cutting themselves, watching horror films which otherwise would scare them and visiting dangerous places such as train tracks or high risers
6. In the mind of the designer of this game, he is cleansing the society of 'biological waste' which is emotionally weak to contribute positively to the human society
7. The game designer has consciously included the concept of empathy, respect and appreciation to design the interaction with young players because this is what they seek from their family and friends and do not get. This makes it easier for them to get involved with the game challenge

## WHAT IS THE TARGET AGE GROUP?

1. The target group, as per the reported cases, is between 10 and 22
2. The objective of selecting the young age bracket is that from pre-teens to late teens and a few continuing years, children are willing to take risks and indulge in gratifying experiences

## HOW HAS THIS GAME BECOME SUCH A BIG THREAT?

The concept of gaming psychology is largely at play here. Gaming provides an opportunity to the player to emerge as a victor. The path to victory is loaded with smaller achievements and rewards for those achievements.

The ability to take risks and succeed in overcoming them is another aspect at play. Teenagers tend to experiment with risk taking and this very change in their behaviour makes them vulnerable to have unsafe experiences. Blue whale is built on manipulating this Teenage attraction to risk.

## WHAT IS THE POTENTIAL OF THIS GAME BECOMING AN EPIDEMIC

The game is already known by many other names such as, A Silent House, A Sea of Whales and Wake Me Up at 4:20 AM. The game's design is such that it can be replicated with a completely different set of tasks. Where the children are being manipulated to commit suicide, they can also be manipulated to kill someone!

## WHAT ARE THE TASKS OF THE BLUE WHALE GAME CHALLENGE?

The sequence and activity in each task can change depending upon the administrator. There have been cases of suicide by jumping, drowning, sitting on the train tracks, plastic bag suffocation and hanging.

1. Carve with a razor "f57" on your hand, and send a photo as a proof to the manager.
2. You need to wake up at 4:20 AM and watch psychedelic and scary videos which he sends you.
3. Cut your arm along the veins with a razor but not in deep. Only 3 cuts should be made, then send a photo to the curator.
4. Draw a Picture of Whale on a paper and send the photo to Curator.
5. If you are ready to "become a whale" carve "YES" on your leg. If not punish yourself by cutting yourself many times.
6. A task with A cipher.
7. Carve "f40" on your hand and send the proof to the manager.
8. In your App status type "#i\_am whale".
9. Must overcome your fear.
10. Wake up at mid night 4:20 AM and go to the roof top. As much as high it is.
11. Draw a whale on your hand with a razor and send a photo.
12. All day must watch horror and psychedelic videos.
13. They will send you the music and you must listen to that.
14. Cut your lip.
15. With a needle poke your hands many times.
16. Make yourself sick by doing something painful to yourself.
17. Go to the highest roof wherever you find and stand at the edge the edge for some time.
18. Go to a bridge, stand on the edge.
19. Climb up a crane or at least try to do it
20. The curator checks if you are trustworthy
21. On Skype talk with a whale (with another player like you or with a curator).
22. Go to a roof and sit on the edge with your legs dangling
23. Another task with a cipher.
24. Secret task
25. Have a meeting with a "whale"
26. The curator tells you the date of your death and you have to accept it
27. Wake up at 4:20 a.m. and go to rails (visit any railroad that you can find)
28. Don't talk to anyone all day
29. Make a vow that "you're a whale"
30. 30. – 49. Every day you wake up at 4:20 a.m., watch horror videos, listen to music that "they" send you, make 1 cut on your body per day, and talk "to a whale."
50. Jump off a high building. And kill yourself.



## HOW CAN PARENTS PREVENT THEIR CHILD FROM PLAYING THE GAME?

Preventive action requires a 360 degree shift in the relationship with the child.

Parents can focus on trying these one by one:

1. Avoid judging them negatively for emotional discomfort they go through
2. Show support by way of helping them resolve the situation without trying to control the situation
3. Respect them when they offer new information and learn with them
4. Let them win conversations and avoid power based control
5. Have intelligent and enriching conversations with them
6. Respect their choices by SHOWING respect and appreciation
7. Make them a part of your plans, keep them informed and involved
8. Ask about their plans and offer support
9. Talk to your children about their thoughts and anxieties without judgement
10. Do not restrict the use of technology as this is unavoidable in the current times and can become a reason for rebellion
11. Learn more about the internet and social media
12. Do not fear their failure but help them learn from failure
13. Use humour with them frequently, intelligently and wisely
14. Appreciate them and show acceptance for their attempt at maturity
15. Let them know that you respect their privacy and choices but would not want to see them harmed in any way
16. Remember that the Blue Whale game is built to offer acceptance and appreciates bravery which, as per most children and the game designers, children do not receive from their immediate environment

## WHAT ARE THE BEHAVIOURAL SIGNS PARENTS MUST WATCH OUT FOR IF THEY SUSPECT THEIR CHILD HAS BEEN VICTIMIZED

It is important to become more and more aware of the behavioural aspects of teenage in general to not confuse other traits of teenage with suspicion of playing blue whale. Parents should also avoid directly confronting the child as this will make the child feel threatened or guilty and only encourage the child to break away from familiar people, places and situations.

1. Parents (also teachers and friends) can benefit from the above 50 task list and track if the child/friend seems involved in performing any of these tasks
  2. The child's discomfort due to cuts and pricks on the body can be monitored. This must be done on a regular basis through compassionate touch and cuddling
  3. Watch for sudden changes in facial expression from pleasant to resentful and secretive
  4. If the child has suddenly become aloof, continuously checks social media, seems depressed, disturbed or self-inflictive
  5. If across 30 days the child has unusual sleeping, eating and communication patterns
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## WHAT CAN TEACHERS DO?

Remember that teachers across generations unknowingly cast lifelong positive or negative impressions.

1. Teachers must utilize their observational skills to non-threateningly notice abrupt changes in behaviour and discuss with the school counsellor and the parents
  2. Any sudden downward trend in the child's behaviour and performance should be reported to the parents and the school authorities
  3. Since every teenage child battles with inequities within, uphold each child's integrity and dignity to help the child have trust in the teachers
  4. Refresh your awareness through modern day articles and research papers about teenage behaviours and how to identify them correctly
  5. Inspire your students to look up to you as a role model. Give them enough reason to have trust in life's positivity
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