



**Iroquois West Elementary School**  
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Dear GES Elementary Parents and Guardians,

It has been reported in the media that there is a new online challenge game called the “The Momo Challenge” which started on Facebook where members are “challenged” to communicate with unknown numbers. It went viral on social media platforms, especially WhatsApp, FortNite, and Youtube.

The Momo challenge **consists of a variety of self-harming dares, which becomes increasingly risky as the game progresses and it finally ends with a suicide challenge.** The game involves challenges that encourage children/teenagers/adults to engage in a series of violent acts.

The game inspires children/teenagers/adults, to add unknown contacts on WhatsApp by the name of ‘Momo’. Once the contact is added, the image of the terrifying Japanese ‘Momo’ doll with bulging eyes appears in contact. The game controller then entices a player to perform a series of challenges and by playing the game they could be threatened with violent images, audios, or videos if a player does not follow instructions.

**Please look out for the following Signs and Symptoms:**

1. Becoming withdrawn from friends and family
2. Persistent low mood and unhappiness
3. Looking worried that stops him/her from carrying out day to day tasks
4. Sudden outbursts of anger directed at themselves or others
5. Loss of interest in activities that they used to enjoy
6. Visible marks like deep cuts or wounds on any part of the body of the child.

**How to Protect your child from this game:**

1. Check in with your child, ask how things are going. Ask if they are, feeling stressed out, or if anything has them worried. If your child is talking about any level of distress, do not hesitate to ask them about changes in mental health.
2. Monitor your children’s online and social media activity to ensure they are not engaging with this game.
3. Keep your eyes open for:
  - a. Unusually secretive behavior, mostly related to their online activity
  - b. A sudden increase in the time they spend online, especially social media
  - c. They seem to change screens on their device when approached.
  - d. They become withdrawn or angry, after using the internet or sending text message
  - e. Their device suddenly has many new phone numbers and email contacts.
4. Install a good cyber/mobile parenting software, which helps you in monitoring your children. (mSpy, My Mobile Watchdog, etc)
5. If you fear your child may be at risk, get professional help right away.
6. Remind your child that you are there and will support them as they face life challenge

Sincerely,

James Harkins  
Principal

Sarah Barnett  
Social Worker