



# HACKENSACK PUBLIC SCHOOLS

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## **The Momo Challenge and Monitoring Your Child's Time on Technology**

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We recommend that you only discuss the Momo challenge and/or others that may be similar, if the challenge or questions about the challenge are brought to your attention first. Chances are your children may not have heard about Momo. However, as soon as you sit down to discuss the challenge and ask them if they are aware of it, they will Google it and instantly find a wide variety of scary images, as well as related information and misinformation.

We recommend instead that you talk to your child about general online safety. Let them know that you are there for them and that you will not be upset with them if they have seen something scary or inappropriate online. Children tend to avoid having an open and honest discussion with their parents for fear of the consequences. Let them know that you are here for them and they can come and talk to you if they are concerned about anything. But do not give them ideas about what to search for or where to find it.

### **Tips for speaking to your child without mentioning “Momo:”**

- What is your favorite thing to do on ipad, tablet, cell phone, computer etc.?
- Do you have a social media account?
- Do you have a lot of friends on...? (social media, gaming site, or whatever site you can think of or they mention) How many?
- Where are these friends from? (school, community, etc.)
- What do you do on this site? Why do you like it better than other sites?
- What would you do if something online was strange or inappropriate?
- Who can you talk to when you feel...?

It is never too early to start a discussion about social media and online safety and the dangers of having an online profile. You can continue the conversation on a daily basis as well. For example, you can create a 'worry time opportunity' for them daily.

Help young kids write a worry down and pop it in a worry box that you create together. You can then chat about that worry the next day. Communication is key, so creating a daily space for this means you are on top of any issues. This also fosters a mutual respect about others' feelings and empowers children to identify their feelings and worries. You can then process their feelings in a caring environment which will then help keep the lines of communication open.