

# What is the Blue Whale Challenge?

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## **Russian Blue whale challenge administrator pleads guilty to inciting suicide.**

Philipp Budeikin recently appeared in a Russian Court and pleaded guilty to an incitement charge, what was different about this incitement charge was that it was 'Inciting Teenagers to Suicide'.

Budeikin, 21, is now being held at Kresty Prison in St Petersburg for charges of inciting at least 16 teenage girls to kill themselves by taking part in his "game".

Not only is it believed that Budeikin is not the only organiser but also his comments concerning the victims were unbelievable.

*Budeikin insisted he was innocent, he had no evil plan and was just having fun and had previously told the press his victims "represented no value to society" and his were "biological waste" and he was "cleansing society".*

## **The Blue Whale Challenge**

The Blue Whale Challenge is a social media challenge that encourages children, teenagers & other users to perform specific tasks, over the course of 50 days that are assigned to them by an anonymous "group administrator." The tasks escalate throughout the 50 days and on the last day of the challenge the only way to "win" is to die by suicide. Police are issuing grave warnings over the "Blue Whale" suicide game that began targeting teens in Russia and may now be finding its way around the globe.

- Some people say that the Blue Whale Challenge might be an urban legend but many parents and educators are concerned about this social media challenge that is gaining attention online
- Many of the tasks include acts of self-harm, like urging players to cut themselves in the shape of a whale
- Players join the Blue Whale Challenge by posting certain hashtags or joining specific groups on social media, in the hopes of getting selected by a "group administrator"
- Targeted at 10-14 year olds, players are required to send photo evidence to their "group administrator" to prove that they have completed each specific task
  
- The challenge as a whole is meant to harm students and slowly gets them to trust the game
- The Blue Whale Challenge creates new opportunities for predators to target victims on social media
- Players of the challenge can't stop playing once they've started; they are blackmailed and cyber bullied into completing the "game"
- "Group administrators" are typically adults and older teens

## What can parents do?

Get involved, have a healthy dialogue with your child/students about their day and social media.

- Pay attention to any changes in your child's behaviour, especially if they become reserved, withdrawn, or fearful of social media
- Consider contacting your child's school. If your child has engaged with anything like the Blue Whale Challenge, other students might be engaging with it too
- Urge your child to report any misbehaviour they encounter online and on social media
- Teach your child to keep private things private, especially on the internet. If they are struggling, encourage your child to confide in you, a family member, or a trusted adult
- Remember that "loving" your child means taking actions that may make your child not "like" you at times
- It's okay to take your child's phone, search through it and make sure they are interacting with people you know (and in a way that's healthy)

## Why should parents care?

The Blue Whale Challenge creates an area where vulnerable, isolated or depressed children and teenagers may visit and can be exploited and controlled. Furthermore it creates new opportunities for predators to target victims on social media.



## The disturbing complete list of Blue Whale Challenges

A completed list of tasks which were supposedly posted in a comment on a story about the game on a Russian news website. The list of 50 challenges has been translated from Russian.

1. Carve with a razor “f57” on your hand, send a photo to the curator.
2. Wake up at 4.20 a.m. and watch psychedelic and scary videos that curator sends you.
3. Cut your arm with a razor along your veins, but not too deep, only 3 cuts, send a photo to the curator.
4. Draw a whale on a sheet of paper, send a photo to curator.
5. If you are ready to “become a whale”, carve “YES” on your leg. If not, cut yourself many times (punish yourself).
6. Task with a cipher.
7. Carve “f40” on your hand, send a photo to curator.
8. Type “#i\_am\_whale” in your VKontakte status.
9. You have to overcome your fear.
10. Wake up at 4:20 a.m. and go to a roof (the higher the better)
11. Carve a whale on your hand with a razor, send a photo to curator.
12. Watch psychedelic and horror videos all day.
13. Listen to music that “they” (curators) send you.
14. Cut your lip.
15. Poke your hand with a needle many times
16. Do something painful to yourself, make yourself sick.
17. Go to the highest roof you can find, stand on 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. Have a talk “with a whale” (with another player like you or with a curator) in Skype.
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.”
- 30-49. Every day you wake up at 4:20am, watch horror videos, listen to music that “they” send you, make 1 cut on your body per day, talk “to a whale.”
50. Jump off a high building. Take your life.

VK (V Kontakte) is the Russian version of Facebook