Dear Parents and Guardians,

Hoaxes, Reality or Potential Lessons...

Likely you have seen or heard some stories over the last week on the news or through Social Media regarding the Momo Challenge. We believe that it is our district responsibility to share when concerns are raised that impact our students. These concerns about potential issues were shared with us from credible sources like the Illinois Principal Association and from the Lake County Sheriff’s Office. In each of our district schools, we had students sharing their worries or fears regarding the Momo Challenge with staff members.

We believe it is our role to help educate parents/guardians and students when issues/topics like this come up. We hope that by sharing information, parents/guardians can determine the level of conversation and guidance they choose to give a situation like this. Obviously, the main goal is to keep our students safe in school and when working on-line.

While the general current understanding is that there is no verified evidence that this ‘challenge’ has caused harm to children, it is clear that it has caused distress among parents/guardians and children.

As a district, we will continue to investigate issues like this that cause a disruption to the learning environment or stress for students. We encourage students to talk with adults at school if they have any questions, need help or guidance. We will emphasize safe internet usage in and out of school.

As parents/guardians, we encourage you to have regular conversations with your children regarding internet safety. Here are some helpful tips:

- Bringing up the Momo Challenge specifically may lead children to investigate it themselves. Instead, consider asking them whether they have encountered anything online that may have caused them to be worried or upset.
- If your child is aware of this trend, remind them that Momo is not a real person, cannot directly harm, see them, or make them do anything.
- Encourage your children to talk to you or a trusted adult if they encounter anything that causes them to worry or to become upset including pressures or dares from peers.
- Remind children never to contact strangers online, and to never give out personal information.
- Tighten device settings and parental controls.
- Report and block any content that is harmful or disturbing.
- Supervise your child’s on-line activity, limit internet use to shared family spaces and keep an eye out for unknown phone numbers or email addresses.

Please do not hesitate to reach out to any of our schools for more support. We value this important partnership between home and school.