



## Division of Building Safety

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# Self-Harm Safety Alert

Date: May 15, 2017

To: Idaho School Superintendents

From: Brian Armes, Idaho Office of School Safety and Security Manager

Re: Self-harming Challenges

(Meridian) – It has come to our attention that there are several different self-harming challenges circulating among our school-aged children. These challenge activities begin with low level self-harm, and may escalate to suicide. Some of these challenges even include a downloadable phone app. There are a number of variations, the blue whale and no balls challenges, which are currently working around Idaho schools. These challenges pose a real risk and have already claimed the lives of Idaho students. Please make your mental health counselors aware of these challenges. The Idaho Office of School Safety and Security is issuing a Health and Safety Alert. You can subscribe here for future alert emails:

<https://schoolsafety.dbs.idaho.gov/alerts/>

If you have questions or would like further information, please feel free to contact this office directly.

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