

## Online Game Briefing Note 2: 3am Challenge

### What is the 3am Challenge?

The 3am Challenge is a recent social media dare that is run through YouTube. It is an online challenge where participants attempt to perform a specific task at 3 in the morning.



### What are the challenges?

Challenges that participants are given can include:

- Calling strangers on the telephone;
- Calling God to speak to them; and
- Playing with fidget spinners to see if a ghost or spirit from the 'other side' respond on camera.

According to some of the videos posted, if you spin a fidget spinner three times in a row, you will get a phone call from a stranger, or other creepy things may happen in the room.

It is played at 3am, as it is known as 'the witching' or 'devil's hour'.

### What do we need to know about this?

The challenge was created by Jason Ethier, where he uploaded creepy 3am videos seeking paranormal activity.

These videos, whilst entertaining for some, can be disturbing for younger children. It is recommended that you talk to your child about how these videos are not real and should not be taken seriously.

### Advice for parents

It's important to be involved in the child's online life, and a simple yet effective way to do this is by talking to them about their life online.

The NSPCC suggest the TEAM method for online safety:

- T**alk about staying safe online
- E**xplore their online world together
- A**gree rules about what's ok and what's not
- M**anage your family's settings and controls

These [5 steps to making YouTube safer for children](#) can offer further information.

### How to set up parental controls

Parental controls are software and tools which you can install on phones or tablets, games consoles or laptops – even your home broadband.

They can be used to help you to block or filter the content that your child sees when searching online. When out and out, family friendly public WiFi can help.

Parental controls are also available to help you to:

- Plan what time of day your child can go online, and how long for;
- Stop them from downloading apps they're too young for; and
- Manage the content that different members of the family can see

Whatever your child is doing online, there's a way that you can help to keep them safe.

Further information can be found on the [NSPCC website](#).

For further information contact the Partnership Management Team on 01952 380131 or via email [partnerships@telford.gov.uk](mailto:partnerships@telford.gov.uk)