



## MOMO

As you will be aware, last week saw an explosion in the viral nature of the internet in sharing scary stuff. These scares are reminiscent of the chain letters from the analogue days of our childhood, and the frightening rhymes that children used to tell each other to say in front of the mirror to call up the baddies.

**MOMO is a hoax.** There is no evidence to say that any of the claims are true.

They say there's nothing spreads quicker than bad news and the media response to these stories particularly fanned the flames, which led to a worsening of the situation.

## Let children know you're listening (NSPCC)

Researchers have identified the appropriate interpersonal skills that adults need to show in the moment of disclosure, to make it clear they are listening to children and are taking them seriously.

The NSPCC has launched a campaign to share these key skills:

### **Show you care, help them open up**

Give your full attention to the child or young person and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases such as 'you've shown such courage today' help.

### **Take your time, slow down**

Respect pauses and don't interrupt the child – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them.

### **Show you understand, reflect back**

Make it clear you're interested in what the child is telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.

**Let children know you're listening**

A safeguarding resource to help you show children and young people that, whatever they want to share, you're ready to listen. There are three simple directions to remember...

**Show you care, help them OPEN UP**  
Give them your full attention and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases like 'you've shown such courage today' help.

**Take your time, SLOW DOWN**  
Respect pauses and don't interrupt them – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them.

**Show you understand, REFLECT BACK**  
Make it clear you're interested in what they're telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.

**NSPCC Learning** For more training and resources to help protect children visit [learning.nspcc.org.uk](https://learning.nspcc.org.uk)