

Dangerous viral challenges

Hello, today we will be talking to you about dangerous viral challenges. There are many dangerous viral challenges on social platforms such as Instagram, YouTube and Tik Tok. Although some of these might not seem harmful they can be harmful both to yourself and your self-esteem.

Some of these include:

the tide pod challenge, passing out challenge, salt and ice challenge, blue whale challenge, cinnamon challenge, Kylie Jenner challenge, fire challenge, eraser challenge, banana sprite challenge, car surfing, planking, sunburn art, rubber band face challenge, game of 72, boiling water challenge, don't judge challenge, dead pose, cutting for Bieber, belly button challenge, duct tape challenge.

The first one we will be discussing is the 'don't judge me' challenge. This is where teenagers will draw acne, a uni-brow, black out their teeth and put on fake glasses to make themselves look, quote, unquote, less attractive.

Although this one isn't physically dangerous it can damage your mental health and self-worth.

Another dangerous challenge is the Kylie Jenner challenge. This is where a person creates a vacuum seal between their lips and a small glass to achieve fuller lips like Kylie. The dangers of attempting this are bruising around mouth, sore lips, torn skin, and popped blood vessels. This could cause permanent damage.

The third challenge was first popular in the US but has now quickly spread to the UK. The salt and ice challenge consists of people putting ice on their arm and then pouring table salt on it. This then drops to temperature of the ice to -17°C . This causes frostbite; third degree burns or loss of limbs.

The fourth challenge is the tide pod challenge. This challenge was mostly popular in the USA but has quickly spread over to the UK. This trend consists of people ingesting tide pods for entertainment. The dangers of this are chemical burns, seizures, trouble breathing and death.

Last but not least the blue whale challenge. This one is the most dangerous so if you get a link inviting you to play **DO NOT OPEN IT**. As soon as you click on this you are entered into a game. This so called game consists of 50 tasks starting with watching a horror movie at 3am and ends with suicide. The dangers of this are obvious, such as death. However, if stopped the minimum is nightmares or injury, both veer between being minimal and severe and may have a lasting effect on young people.

Let's change this.

Thank you for reading our BBC young report.

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