



**KIDS LIKE ERIK ARE DYING EVERY WEEK**  
**STOP DEADLY ONLINE CHALLENGES**  
**SEE SOMETHING - SAY SOMETHING - SAVE SOMEONE'S LIFE**  
JUDY ROGG, Director - (301) 467-6113 - [erikscause@gmail.com](mailto:erikscause@gmail.com)  
[www.erikscause.org](http://www.erikscause.org)

## **DANGEROUS, DEADLY AND RISKY VIRAL SOCIAL MEDIA CHALLENGES**

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The below challenges are listed in no particular order. This list is by no means exhaustive. Reference/source material for this compilation is at the end of this document. This list does not include “hoax” challenges (e.g., the Momo Challenge), nor does it include challenges that most people deem as “safe” to try. **It also does not include phenomena such as the “curated” social media suicide scheme, the Blue Whale. If you suspect Blue Whale, contact the police immediately and get help for your child.** (<https://parade.com/living/what-is-the-blue-whale-challenge>).

Erik's Cause does not endorse any of these challenges or the reference sources. Erik's Cause also does not encourage anyone at any age to try any of the below. This list is merely for informational purposes to help understand some of what is proliferating across social media platforms and the internet as well as the serious dangers that can occur as a result of unchecked social media companies pushing these challenges to our youth thru their algorithms.

### **Blackout Challenge**

**(aka The Choking Game, Pass Out, Tap Out, Choking Challenge, Fainting Game, Space Monkey, Flatliner and many, many more names)**

Arguably the deadliest challenge of them all, the “blackout challenge” entails cutting off one's air supply either by (i) compression to chest after hyperventilation, (ii) mimicking mixed martial arts (aka choke hold) or (iii) using a ligature to temporarily cut flow of blood/oxygen to the brain. This dangerous trend has been around for generations, anecdotally dating back as far as the 1930s, but it started making the rounds on TikTok again in 2021. Accurate number of deaths from this challenge are difficult to quantify because these deaths are frequently misclassified as suicide (as discussed in detail in other Erik's Cause white papers).

Most injuries related to this challenge happen when participants — most of whom are underage — faint and hit themselves against objects in the room. A bad enough fall can cause a concussion or trauma serious enough to warrant going to the hospital. Cutting off oxygen to the brain can be harmful and deadly. If sustained for too long, it can even lead to a coma. Most deaths occur when a child tries this by him/herself with a ligature and there is no one around to help them come out of it.

Recently parents have begun to sue TikTok for its irresponsible algorithm pushing this challenge to kids without regard for the outcome.

### **Benadryl challenge**

Used mainly as allergy medication, Benadryl's key side effects include drowsiness. Taken in large enough quantities, though, it can cause a “high” that teens erroneously think is safe because it's a substance they're familiar with. It should go without saying that taking large amounts of *any* medication can cause adverse side effects. Pushing boundaries for views or likes, some teenagers have taken this challenge to the extreme. The “Benadryl challenge” on TikTok encourages people to film themselves taking large

doses of the antihistamine containing diphenhydramine, which will induce hallucinations. At least one death, of a 15-year-old girl in Oklahoma, has been blamed on the challenge, as well numerous hospitalizations.

### **Tide Pod challenge**

Maybe the most famous of social media challenges, the Tide pod challenge gained notoriety because of its utter ridiculousness. In late 2017, teenagers once again lowered the bar of common sense by daring each other to eat Tide pods, small laundry detergent sachets. Laundry detergent is toxic and should never be consumed. Also, eating a large plastic satchel can cause you to choke. People, especially small children, die from eating Tide pods. But usually, these cases are accidents, not something done on purpose for likes. Though the number of teens participating in this challenge was small, the trend was scary enough to cause a frenzy.

### **NyQuil Chicken Challenge**

This challenge involves dumping NyQuil cold and flu medication over chicken and cooking it, purportedly as a protein-infused cold remedy. The Food and Drug Administration warned against it in January 2023. "The challenge sounds silly and unappetizing — and it is," the FDA said. "But it could also be very unsafe. Boiling a medication can make it much more concentrated and change its properties in other ways."

### **Tranquilizer Challenge**

Recently reported in 2023 and primarily seeming to proliferate in Mexico among 5<sup>th</sup> and 6<sup>th</sup> graders at the moment, this potentially deadly challenge involves kids taking large amounts of Clonazepam or Klonopin (seizure and/or anxiety medication) with the mantra "the last one to fall asleep wins." The main side effect of these drugs include drowsiness and they are also highly addictive.

### **Milk Crate challenge**

2021 has brought with it some interesting social media fads, but the one that's injured the most people so far is the milk crate challenge. For it, people stack a pyramid of milk crates on top of each other and try to walk from one side to the other without falling. We also get that the challenge looks pretty cool when people are able to do it and that it's hard not to laugh when people inevitably fall and bust their behinds. The issue is that the falls can actually be pretty serious. Serious enough for TikTok to ban the hashtag.

### **Fire Challenge**

We really wish we didn't have to tell you about this challenge. It started in 2014 and consisted of people pouring a flammable liquid on themselves and setting themselves on fire and jumping into a shower to stop the fire. Blame "Jackass" for this one. Thankfully, the trend seems to have mostly quieted down. Fire can literally consume your entire body, so purposefully setting yourself on fire is just not smart. That hasn't stopped people from trying it, way before social media was a thing. You won't be surprised to know this challenge hurt many people. One of the most notorious cases was that of a 12-year-old from Detroit who sustained third-degree burns in 2018. A year later, a Michigan boy of the same age was hospitalized with second-degree burns. Even when burns aren't extreme, the chemicals and smoke that participants inhale can cause long-lasting damage to their lungs.

### **Cha-Cha Slide Driving Challenge**

You know the "Cha-Cha Slide." It's the fun, innocent song that plays at weddings and school dances and tells you exactly what steps to take. Except the internet breaks everything good. So people have started using the dance directions as instructions while driving. Participants swerve to the left and the right, then "criss-cross" by swerving fast in both directions. They are usually in the car with others who are filming them. Reckless driving is simply dangerous. Roads are unpredictable, and accidents are much

too common for people to be clowning around. Besides resulting in your own death, this could potentially injure or kill someone else.

### **Hot Water Challenge**

Another prank challenge that is extremely dangerous is the hot water challenge. It usually consists of throwing boiling water on an unsuspecting or sleeping friend. Sometimes, the people are awake and willingly participate in the challenge. Other times, they pour it on themselves. You would expect kids over the age of 4 to understand the dangers of boiling water. Though participants probably don't actually want to harm their friends, they usually end up burning them badly, especially when the water is poured on their face. Sadly, there have been cases of severe burns, like an 11-year-old who had to be rushed to the hospital after her friend threw boiling water on her. There is also a case of an 8-year-old from Florida who died from wounds sustained after drinking boiling water, another version of the challenge. The challenge appeared sometime around 2017 and was popular until 2018. It is now replaced by a challenge that involves throwing hot water in the air during winter to create pretty images.

### **Skull Breaker Challenge**

Just as its name suggests, this prank challenge is meant to cause the victim to fall on the floor. The prank consists of two people who get the prankee to stand in the middle and jump, purportedly for a cute video. But instead of jumping, the prankers kick their feet out, causing them to fall backward in the air. We're sure no one who has participated in this challenge has actually wanted to hurt anyone. But given its name, everyone should've known better. There have been numerous reported injuries across the world because of this challenge. Two teenagers in Daytona Beach, Florida were even charged with a misdemeanor for the injuries they caused their friend while doing this challenge.

### **Outlet Challenge**

People like things that spark, and teenagers love science as long as it's not in the classroom. This is how young, impressionable teens started partially plugging a charger head into a wall outlet and then dropping a coin into the gap. The whole point is to get an electrical reaction. This extremely dangerous trend can cause the outlet to fry in the best-case scenario. In the worst scenarios, it can cause a fire or electrocution. No recorded cases of death have occurred, thankfully. We hope people stop doing this so it can stay that way.

### **Kiki Challenge**

If you were on social media in 2018, you had to have seen some iteration of the Kiki challenge. Started by American comedian Shiggy, the original video showed him dancing to Drake's "In My Feelings" in a street. That then morphed into people getting out of a moving car and dancing in the middle of roads. Though the Kiki challenge was definitely fun, it also caused several people to get injured. Most of them got injured as they left the car, since it's very easy to trip when you exit a moving car — even one moving slowly. But some people also weren't too careful to do the challenge on the side of the road where no cars would come, with one man getting hit by his friend's car as he tripped when he was supposed to jump on its hood. But perhaps the most reckless part of the challenge was the one you didn't see, since drivers were usually the ones taking videos of their friends.

### **Coronavirus Challenge**

Gaining momentum at the beginning of the COVID-19 pandemic, this challenge involves kids and teens licking various items or surfaces in public places. This can range from handrails to public toilet seats. While there isn't substantial evidence that this challenge actually results in being infected with COVID, it's certainly unhygienic. There is no proof that you'll get COVID-19 by licking a toilet seat, but you definitely don't want the things that are accumulated on an airplane toilet seat in your mouth.

Particularly human feces particles, which can contain the life-threatening *Vibrio cholerae* bacteria. The trend quickly spiraled into people licking other bacteria-ridden surfaces like subway poles. One participant did test positive for COVID a few days after doing the challenge, though there's no way to prove he got it from the toilet seat. Thankfully, it seems like only a handful of people were gross enough to try this.

### **Car Surfing Challenge**

We've seen some amazingly dumb and dangerous challenges on here, but few things compare to car surfing. For it, people ride the hood of a moving car, "surfing" it. Car surfing has been around since the mid-1980s. Still, social media has helped the idea reach many more impressionable teens and young adults, who are notoriously bad at risk assessment. In 2016, car surfing killed at least seven people, many of whom were 21 and under. Most people die when curves, bumps or stops throw them off the car, causing them to hit the pavement or other things around them. Many people have also sustained serious injuries, including severe head trauma.

### **Back Cracking Challenge**

There is a reason that chiropractors are required to have a license. You don't want an amateur doing it. It's absurdly easy to throw your back out, especially if you're letting someone align it based on a TikTok video. Back problems can be painful and may take long to heal. Plus, treatments aren't cheap. Don't let social media ruin your health and bank account.

### **Sunburnt Art Challenge**

Admittedly, some of the "art" people have done actually looks pretty cool. The problem is that sunburns are really bad for you. For this to work, you'd have to put sunscreen only on the "drawing" and leave the rest of your skin unprotected. A sunburn or tan literally causes your DNA to burn. This makes it more likely for it to mutate as it regenerates itself, which can lead to skin cancer. Given that one out of five Americans develops a form of skin cancer in their lifetime, taking this risk for Instagram is really not worth it. Also, sunburns cause you to age faster.

### **Planking Challenge**

Planking isn't dangerous in itself. Plenty of people planked in places like office desks, pool chairs and grills. But people are people, so you can expect someone to take something silly and fun to a dangerous extreme. Several people were injured as they planked in dangerous places like the top of light posts. In 2011, an Australian man fell to his death as he was attempting to plank from a balcony. The trend isn't really around anymore, with "planking" now being a term more closely associated with fitness.

### **'Bird Box' Challenge**

Sandra Bullock's post-apocalyptic movie, "Bird Box" showed the actress completing stunts like rowing a boat through rapids while blindfolded. Naturally, this inspired people to attempt everyday tasks with something over their eyes. Like planking, the "Bird Box" challenge isn't inherently dangerous. There are plenty of things you can try to do blindfolded that would not put you at risk of injury. But once again, people don't fully understand common-sense lines. The worst form of the challenge had people driving while blindfolded. Participants included controversial YouTuber (and now boxing star) Jake Paul. Given that cars are small flammable tanks, responsible for the death of 1.35 million people each year, this is irresponsible beyond words.

### **Duct Tape Challenge**

Started in 2016, the Duct Tape Challenge had people taping themselves to a wall with duct tape and trying to get free. Even though it's a few years old, the trend still appears on social media from time to time. What could possibly go wrong with someone frantically frees themselves from duct tape as they

hang from a wall? People have hit their heads against furniture, frames and the floor as they come crashing down. In 2016, a 14-year-old from Renton, Washington, crushed his eye socket and suffered an aneurysm after hitting his head against a window frame doing the challenge. Sadly, this didn't stop others from trying it, with the trend resurfacing in popularity multiple times until 2018.

### **Full Face Wax Challenge**

Although strips of paper are used to protect the eyes and eyebrows, it would be easy for a mistake to happen. And wax is the last thing you want in your eye. Aestheticians have also expressed concern about the potential for obstructing airways, especially since the challenge usually involves putting q-tips with wax going into people's nostrils. The challenge was started by a professional barber. And while his idea wasn't great to start, it then spiraled into several non-professionals trying it at home. There were even some disturbing videos of children trying it. Besides skin irritation, mild burns can also happen.

### **Gallon Challenge**

This is certainly a riskier food challenge. Often executed with milk, the task is to consume a gallon of liquid within one hour. Because your internal organs simply cannot handle this amount of liquid, chances are you will upset your body in various ways.

### **Salt and Ice Challenge**

This painful challenge is pretty simple: You put salt on your skin, then place a cube of ice on top of it. The salt causes the temperature of the ice to drop even further, burning the skin. The point is to see how long you can take the pain for. The salt lowers the temperature of the ice to the extent that it can create second and third-degree burns as well as cause permanent scarring.

### **Eat It Or Wear It Challenge**

The level of risk varies with this challenge. It mainly creates a mess. As the name suggests, kids choose whether they want to eat or wear certain foods. If you don't want to eat something, you have to dump it over your head. The challenge can be done with anything from flour to baked beans. More extreme versions include chewing gum and raw fish. It's not the most dangerous game in the world, but with general hygiene in mind, we still don't recommend it for kids.

### **Slime Challenge**

This challenge is especially popular with younger kids. On YouTube, there are countless tutorials for do-it-yourself slime. However, not all ingredients in these recipes are safe. One such ingredient is borax, or Sodium Tetraborate, which is found in laundry and cleaning supplies. In small doses, it should not be harmful. But kids have ended up with serious injuries, including second and third-degree burns, from overexposure, due to the slime craze.

### **Condom Challenge**

The condom challenges are two viral Internet challenges. The first is a challenge involving snorting a latex condom through one's nasal cavity and into the back of the throat; the second is a challenge where a water-filled condom is dropped onto a person's head, typically enveloping the head of the person taking part. Both variations carry a risk of choking.

### **Kylie Jenner Lip Challenge**

To imitate Kylie Jenner's full-lips look, kids and teenagers will put a shot glass, bottle, or jar over their lips and suck out the air. The vacuum that's created makes their lips swell. It can cause pain, bruising, blisters, infections, and scarring. Additionally, it's an indicator of body insecurity and the desire for a "perfect" appearance. This visibility and viral nature of the challenge can lower kids' self-esteem.

### **Backpack Challenge**

This challenge involves a lot of physical risks. Children line themselves up in two rows. One child, then, runs between the rows, while the others repeatedly attempt to hit them with their backpacks. The goal is to get to the other side without falling, though this is nearly impossible. The game can cause significant bruising and possible concussions.

### **Cinnamon Challenge**

The cinnamon challenge is a viral internet food challenge. Participants film themselves eating a spoonful of ground cinnamon in under 60 seconds without drinking anything, with the video being uploaded to the Internet as evidence. The challenge is difficult and carries substantial health risks because the cinnamon coats and dries the mouth and throat, resulting in coughing, gagging, vomiting, and inhalation of cinnamon, which can in turn lead to throat irritation, breathing difficulties, and risk of pneumonia or a collapsed lung. The challenge has been described online since 2001, and increased in popularity in 2007, peaking abruptly in January 2012 and falling off almost as sharply through the first half of that year, then tapering off almost to its previous level by 2014.

### **Nutmeg Challenge**

A play-off on the once-popular Cinnamon Challenge, the Nutmeg Challenge involves kids mixing large quantities of nutmeg into water or milk and drinking it. This is done in an attempt to get high, but can have very serious consequences, including hypothermia, hallucination and falling comatose

### **Deodorant Challenge**

This challenge was previously called “frosting,” and involves kids and teens burning themselves with deodorant spray. The task is to hold an aerosol deodorant as close to the skin as possible and spray it for as long as they can withstand the pain. First and second-degree burns are the result.

### **48-Hour Challenge**

In this challenge, the goal is to make yourself disappear for at least 48 hours, while severing all contact with friends and family. In a twisted play on emotions, kids will get extra credit for for each social media post friends and relatives publish about their disappearance.

### **Shell On Challenge**

In 2017 and 2018, it was the Tide Pod challenge that had parents and professionals horrified. Now, instead of eating laundry detergent capsules, kids are consuming food items with packaging and all. This includes anything from fruit peels to cardboard to plastic “shell ons.” Plastic consumption, especially, can have very serious physical consequences, due to the high level of chemicals they contain. These chemicals can influence hormones and have been linked to cancers.

### **Penny Challenge**

The task of this challenge is simple: slide a penny into a partially plugged phone charger. This, however, can have very serious consequences. The penny can crash into the metal prongs of the plug, creating sparks and causing damage to the entire electrical system. In some cases, this can result in fires.

### **#standupchallenge**

The final challenge in the list involves teens and tweens standing on one another’s back while they are lying on the floor. The goal for the person on the ground is to get up, while the other simultaneously has to balance on their shoulders. It can cause serious spinal injury.

### **Gorilla Glue Girl**

This might not be a challenge per se. However, Louisiana's Tessica Brown undoubtedly cemented her place on TikTok stupidity's Mount Rushmore after slathering her hair with Gorilla Glue and having to get it surgically repaired during a four-hour procedure. Unfortunately, this cautionary tale might not stick as Brown's adhesive mishap landed her \$20,000 dollars in donations, hundreds of free hair products and even a full-time agent — not to mention an unfortunate imitator.

### **DIY Vampire Fangs**

Speaking of Super Glue fiascos, holiday revelers went viral this past Halloween after supergluing costume vampire fangs to their teeth. The cringe-worthy clips — which, using the hashtag #VampireFangs, amassed over 9 million views — depicted various bozos struggling to remove the faux chompers after fastening them to their incisors using Super Glue, nail glue and other adhesives. Go figure: Dentists advised against this practice, citing the fact that nail glue "is poisonous and won't come off."

### **Tooth Filing Challenge**

In the realm of toothless TikTok challenges, DIY vampire fangs pale in comparison to these amateur cosmeticians remodeling their chompers with nail files. For the uninitiated, the challenge involved various knuckleheads attempting to fix their uneven smiles by using a nail file to sand their snack-slicers down to size. It was basically the bargain-bin equivalent of an enameloplasty — a reshaping procedure involving enamel removal that one would receive from a cosmetic dentist. However, unlike the latter, these freelance molar makeovers sparked an outcry from the dental community. "You're doing irreparable damage and destruction to your teeth," Dr. Chad Evans, co-founder of Texas-based Smile Magic Family Dental, said.

### **Erection Cream Pout Plumper**

TikTok cosmeticians redefined maintaining a stiff upper lip after trying to plump their pouts with erection cream on camera. While one influencer did succeed in fluffing his flappers to life raft proportions, he had to stop the stunt early due to the burning sensation. Meanwhile doctors said that the hack is "utterly ridiculous and can be extremely dangerous," adding that the "temporary" procedure could lead to adverse reactions including soreness, swelling and blisters, as well as blood pressure fluctuations and "possible heart problems."

### **Corn Cob Challenge**

As part of a series of viral lifehacks, enterprising TikTokkers tried to accelerate their corn consumption by eating a cob affixed to a spinning drill bit. This Loony Toons-evoking feat gained international attention after rapper Jason Derulo chipped a tooth while performing the stunt. However, Anaconda's cracked kernel didn't deter him from trying to inhale 22 hamburgers a month later to commemorate reaching 22 million TikTok followers.

### **Cereal Challenge**

This one just seems nasty from the outset, but it also could have a potentially dangerous end result. In this test of wills, a person pours milk and cereal into the open mouth of a person lying down and then eats breakfast from the human "bowl." Needless to say, things can get super, super messy, not to mention become a choking hazard for the volunteer vessel. TikTok provides an extensive list of "community guidelines" that state the company does not allow "content that is excessively gruesome or shocking, especially that promotes or glorifies abject violence or suffering." It also outlines "risky activities or other dangerous behavior" that are not allowed, including activity that "encourages, promotes, or glorifies such behavior, including amateur stunts or dangerous challenges."

### **Pee Your Pants Challenge**

Nothing to ward off the coronavirus doldrums like a viral video leak, right? At least that's what one bored livestreamer thought when he heeded nature's call on camera, inspiring scores of other lonely TikTokkers to follow suit like a Pied Pee-per. The #peeyourpantschallenge hashtag currently quickly racked up 3.9 million views on TikTok, as well as a flurry of criticism from horrified commenters. "People seriously need to get back to work soon. . . everybody has gone insane," sputtered one.

### **The Poop Challenge**

In an even sicker stunt, these parents in lockdown smeared excrement on their progeny and filmed their aghast reactions. "WTF" seemed to be the overwhelming response.

### **Verbal Abuse Challenge**

These moms and dads crapped on their kids figuratively by calling them a "mistake" and in some instances mentioning the word "abort."

### **"Dipping" Challenge**

Sauciness takes a turn for the worst courtesy of this salty social media swag. After months of being bored in the house owing to the pandemic, in June, men voluntarily slam-dunked their junk into small containers of soy sauce in hopes of tasting the savory Asian condiment — typically used to boost the taste of sushi — on their tongues. And it wok'd! The tasty testes trend stemmed from a resurfaced 2013 study which found that mice can determine taste through their testicles. Once the challenge hit digital timelines, guys everywhere were unzipping their flies and using their goodies as saucy napkins in the name of science.

### **Dry Scoop Challenge**

The death-defying trend prompts participants to ingest a mound of undiluted supplemental energy powder. But it caused 20-year-old stripper and OnlyFans star Briatney Portillo to suffer a heart attack. "I never thought something like this would ever happen to me. Especially because I'm so young," Portillo told The Post. And while she was in the middle of having the heart attack in April, first responders didn't think she was in cardiac arrest either. "The cops and EMTs were like, 'Maybe it's just anxiety because you're about to dance,'" recalled Portillo, who's worked as a stripper for more than a year. Because of her age and profession, emergency medical techs initially assumed she was merely experiencing an anxiety attack sparked by the pressures of having to undress in front of strangers for money. "But I don't have anxiety about dancing," she added. "At the time, I wasn't sure what my body was going through but I knew something was way off."

### **Eating Frozen Honey Challenge**

TikTok's latest food fad challenge is extra crappy. Users who have been joining in on the #FrozenHoneyChallenge, which has some 90 million views, have found a not-so-sweet side effect: massive diarrhea. The viral trend, which began with simply #FrozenHoney and now has 673 million views, involves filling a water bottle with honey and freezing it before consuming the golden concoction. But despite millions of views on the different trending hashtags, some TikTok users have been experiencing negative side effects related to the extra-sweet snack, NBC reported. Several have claimed that the honey water has caused them to run to the bathroom with diarrhea or an overall uneasiness. User @thenostalgiaqueen, who tried out the viral challenge, posted a video of her experiment and noted she felt sick immediately after. "I'm gonna try like a lot of it," she said in the video before downing a huge glop and declaring it "not bad." But moments later, things took a turn: "I do feel a little bit sick now," she said, noting she would not eat it again. User, @averycyrus, reported similar results, captioning her video, "Brb gotta go get my stomach pumped." The origin of the viral trend is unknown but has since ballooned to yet another hashtag, #FrozenHoneyTrend, which has reached 170 million views.



### **TikTok Bathroom Challenge**

The destructive stunt — dubbed both the “bathroom challenge” and the “devious lick challenge” as slang for the stealthy actions — has seen kids steal water fountains, hand sanitizer and soap dispensers, fire alarms, bathroom stall doors, hot air dryers and many other major utilities, seemingly just for the thrill of it. Nationwide, some are taking the exploits to ruinous extremes, with the principal of Kansas’ Olathe North High School having to tell parents that several of the restrooms there were shut down because of stolen toilet seats and ripped-off stall doors, the Kansas City Star reported.

### **Orbeez Challenge**

Participants in the viral Orbeez challenge use toys known as water pellet guns, gel blasters or splatterball guns, to shoot water beads at others. The pellets are sold under various brand names, the most common being Orbeez. The challenge has drawn widespread criticism from law enforcement and city officials. Those voicing concern about the challenge say it can lead to a dangerous situation if the toy guns are mistaken for real weapons. There have also been many cases of people firing the Orbeez guns at strangers. Serious injury can result.

### **Throw it in the Air Challenge**

The “Throw It in the Air” challenge is one of the most popular trends on TikTok. The challenge is simple: film yourself throwing something in the air and catching it. While this may seem like a harmless challenge, it can be quite dangerous. Numerous reports have been of people injuring themselves while attempting the “Throw It in the Air” challenge. In some cases, people have even died while attempting the challenge.

### **Fire Mirror Challenge**

The Fire Mirror Challenge involves filming yourself after covering a mirror in Vaseline and setting it on fire. They then film themselves as they attempt to put out the fire with their hands or other body parts. The challenge is difficult, as it puts people at risk of severe burns. Many people have been severely injured while doing this challenge, and some have even died. The challenge is hazardous and should not be attempted under any circumstances. If you see someone doing this challenge, please immediately report it to the authorities.

### **Burning Pile Challenge**

In this trend, people take a video of themselves pretending to be lying in a pile of rubble, as if they’ve just been in a major accident. The idea is to make it look as realistic as possible so that anyone watching will think that something terrible has happened. This trend is hazardous because it could easily lead to people being injured or killed if they’re not careful. The best way to prevent this trend from becoming dangerous is to ensure that you’re not pretending to be in a pile of rubble. If you’re participating in this trend, be safe and use props that won’t hurt you if you fall on them. Also, make sure that the area around you is clear so you don’t injure yourself if you fall.

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