



ONLINE CHALLENGES



An online challenge is a dare or activity you follow, record, and upload (usually inspired by online influencers) so your online friends can view and like your post. Risks range from getting in trouble at school or at home to bodily injury or death to yourself or someone else. Some challenges can also take a toll on your mental health, since they can involve humiliation, bullying, or self-harm. Someone might try a challenge out of curiosity, peer pressure, competition, boredom, or to get clicks and likes.



SIGNS TO WATCH FOR

FEELING LIKE you “should take your turn” on a challenge.

NOT FULLY UNDERSTANDING the risks of a challenge before trying it.

FEELING LIKE you can’t talk about it with your most trusted adult.

NOT FEELING COMFORTABLE saying “not for me!”

FEELING FOMO, or the fear of missing out, from not taking part in a viral challenge.



WHAT YOU CAN DO...

Self-check: Ask yourself how you feel about the activity and whether you’re being asked or pressured into it.

Peer-check: Share what you’re considering with people who truly care about you, not just people who want to see the video.

Have a safety plan: Know who can help you if you need it and how they can help.

Take 30 seconds: Pause and consider the possible consequences before you act.

Investigate: Before you take the same risk, find out what happened to other people who tried the activity.





IF IT'S ALREADY HAPPENING

Self-check again.

Ask yourself how you're really feeling about what you're doing.

Talk to a trusted adult and listen to their advice. They may see risks you don't.

Take a break from screens. Step away and see if you feel better without them.

Don't use screens behind closed doors, like bedrooms, bathrooms, etc.

Report dangerous challenges in the app when you see them. It helps protect others too.



REMEMBER

You are smart and strong, and remember that there are people who care about your safety and are always there to listen, like a trusted adult, parent, caregiver, older sibling, school counselor, friend's parent, or youth leader.



YouthLine Call 1-877-968-8491 or text "teen2teen" to 839863 (free, confidential peer-to-peer support from trained teen volunteers)

Learn more about the risks at erikscause.org



Online Harms
Prevention Work Group
fairplayforkids.org

