

Social media trends **risk assessment**

internet
matters.org



Check whether a trend is likely to cause harm

Safe (*No pain, risk or pressure*)

- Dancing
- Singing
- Drawing and art
- Positive lifestyle changes
- Some charitable challenges

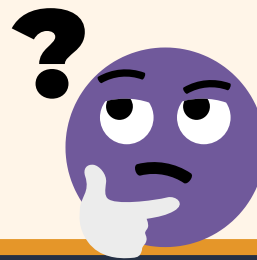


Remember to review trends which seem safe to confirm there aren't any hidden harms!



Watch out (*Some risk; guidance needed*)

- Cooking or baking hacks
- Eating challenges
- Pranks
- School or vandalism dares



Danger (*Serious harm; avoid*)

- Choking / asphyxiation / fainting dares
- Ingesting non-food items
- Physical stunts, parkour, climbing high off the ground
- Fire or chemical reaction dares
- Extreme eating challenges (such as consuming raw chemical spices)

