Social Media Challenges:
Adolescent (& Stupid Adult) Trauma Risk

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The Choking Game

Planking

Ghost Riding

Car Surfing
Condom Challenge

• Challenge for 12, 24, 48, or 72 hours
• Disappear from family and friends
• Go off the Grid

Blue Whale Challenge

• Online game
• Series of tasks over 50 days
• Final challenge suicide
• Self cutting photos with #bluewhale

Game of 72

• Challenge for 12, 24, 48, or 72 hours
• Disappear from family and friends
• Go off the Grid

The Eraser Challenge

Kylie Jenner Lip Challenge

Taser Gun Challenge
Salt and Ice Challenge

Ice Bucket / Boiling Water Challenge

Fire Challenge

Food Challenges
- The Warhead Challenge
- Hot Pepper Challenge
- Cinnamon Challenge
- Milk Challenge
- Banana and Sprite Challenge
- Cactus Eating Challenge

Chubby Bunny

Butt Chugging

Vodka Tampons
Neknominate

- Online drinking game
- Film self drinking in one gulp
- Nominate someone do drink
- Evolution of the game led to deaths

Vodka Eyeball

Skittle Party

Drunken Gummies

Jenkem