

Taking Part in Online Challenges and Trends

Think



Before jumping into a challenge, take a moment to think. Consider the risks, both obvious and hidden, that may affect you and others.



IS THIS RISKY?

Resist the pressure



Saying 'no' is always an option, even if it seems tough. Your safety and wellbeing matter more than fitting in.



Encourage kindness



Some challenges promote good causes, while others involve danger or negativity. Before joining in or commenting, ask yourself if you are encouraging a positive online environment.



Being kind costs nothing.



Notify



If you see a cruel comment or a challenge that could cause someone harm, report it to the platform and block it from your page. Protect yourself and others by speaking up.



Discuss



If you have questions, concerns, or regrets about taking part in a challenge, talk them through with an adult you trust. Organisations like Childline are also available 24/7 online to support you. Don't hesitate to reach out whenever you need help.

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