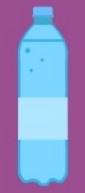# Assessing risk from online 'challenges'

Many young people enjoy participating in 'online challenges'

Some of these challenges can be fun; like the 'bottle flip challenge

But some 'online challenges' may encourage young people to place themselves or others at risk of harm

DANGER

Talk to young people about safe & unsafe challgenges and encourage them to...

STOP

Stop, Think and Question!
Is it really worth it?

What are the consequences?
Does it place myself or anyone else at risk of harm?

Is everyone else really doing it?
Or am i giving into 'peer pressure' or FOMO (Fear of missing out)?

Reassure them that it is never too late to change their mind and that you are always there to talk to!