

Risky

Behaviors

Activities for Students

Some teenagers in this day and age are taking stupid to a whole new level and endangering their lives in the process.

20 Insanely Dangerous Teen Party Fads That Are Happening Right Now

<http://1079ishot.com/20-insanely-dangerous-teen-fads-that-are-happening-right-now/?trackback=tsmclip>

Drinking Hand Sanitizer

- **62% ethyl alcohol**



- **A few drinks - hand cleaner**
 - May be intoxicated to a point where medical attention is needed



- **Suggestions:**

- Use foam version over the gel
 - Harder to extract the alcohol.

- **Wipes**



Vodka Eyeballing



- Taking shot of Vodka in one's eyes
- Started in the UK
- Picked up by college students
- More prevalent with teens
- Think get drunk quicker → Which is NOT the case
- Impaired judgment

The Risks



- Pain, Burns, & Ulceration of Cornea
- Temporary Blindness
- **BLINDNESS**

Smoking alcohol

- **Inhaling vaporized alcohol**
 - Pour alcohol over dry ice & inhale it directly or with a straw
 - Use bike pump to vaporize it
- **Fumes are then inhaled into the lungs which travels directly to the brain for instant intoxication.**

- **‘Instant High’**
 - Binge drinking in an instant . . .
 - Don’t get calories (myth)
- **Extremely dangerous**
 - Lung & brain damage
 - Alcohol poisoning quicker
- **Can get DUI**
- **Illegal**



Anal Bong

- Alcohol is poured into a bong tube inserted into the anus
- Males & Females as young as 12
- The alcohol gets into the blood stream faster
- No upset stomach from drinking
- Less detection by others



Butt Chugging

- Local and long-term damage to the sphincter
- Infection
- Risk toxicity



Risks

- **Unknown amount of alcohol intake → Alcohol Poisoning**
- **Burning (short term)**
- **Drying Effect (long term)**
- **Bleeding during normal functioning**

Pharm Parties

- “Trail mix”
- **New version Russian Roulette**



- **Party with prescription drugs**
- **Potentially deadly mixtures**
- **Served in large bowl or baggies handed out to guests**
- **Powerful pain killers like Vicodin and Oxycotin - often included in the concoction**
- **Organ damage, death**



Purple Drank

- **SIZZURP**- recreational drug

- **Ingredients:**

- Prescription strength cough syrup with codeine & promethazine

- Sprite

- Broken pieces of Jolly Ranchers

- **Also known as: PURPLE DRANK, Syrup, Drank, Purple Jelly**



Started:

- Hip Hop Community in the South → Teens
- Made popular by celebrities, rap artists, and professional athletes

“Poppin bottles in the ice,
like a blizzard
When we drink we do it right
gettin slizzard
Sippin sizzurp in my ride, in my
ride, like Three 6
Now I'm feelin so fly like a G6
Like a G6, Like a G6”



Purple Drank

The Nutritional Supplement of Champions

THE RISKS

- Can lead to:

- Death

- Hemorrhaging

- Physiological & Psychological dependence

- Liver damage

- Kidney failure

- Dulling affect; to both responses and coordination



Synthetic Marijuana



K-2

- Designer drug
- Sold as incense or potpourri
 - Herbs, spices
 - Synthetic THC



Playing Russian Roulette

- **Never tested on humans**
- **Affects the central nervous system**
 - **Hallucinations, seizures**
 - **Fast heart beat, dangerously elevated blood pressure, pale skin and vomiting**

'Smoking' Smarties



- YouTube tutorials of kids “smoking” the candies
- Crush them, inhale and exhale the dust

Huffing/Inhalant Abuse

- Adolescents inhale chemical vapors from a variety of substances
- Many are common household products
- Goal is to obtain euphoric effect – altered mental or physical state
- Primary population - 12 to 17 age group followed by 18 to 25.

Methods of inhalant abuse

- **HUFFING:** Rag soaked in inhalant & pressed to mouth
- **SNIFFING:** Sniff or snort fumes from aerosol container
 - Spray aerosol into nose or mouth.
- **BAGGING:** Sprayed or poured into a plastic or paper bag & inhaled



THE RISKS

- Suffocation, when inhalants displace oxygen in the lungs
- Seizures, Heart failure
- Loss of consciousness
- Liver Damage
- Kidney Damage
- DEATH

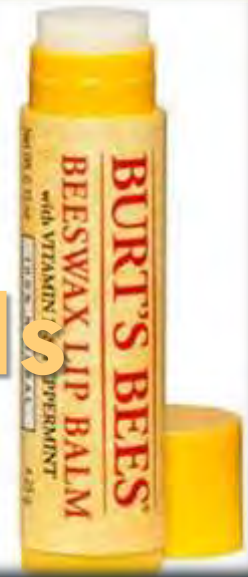


Signs of Inhalant Abuse

- **Drunk or disoriented appearance**
- **Paint/stains on face, hands, or clothing**
- **Hidden empty spray paint or solvent containers**
- **Slurred speech**
- **Strong chemical odors on breath or clothing**
- **Red or runny nose**
- **Sores or rash around the nose or mouth**

“Beezin”

- Smearing the balm on eyelids
- Peppermint simulates the feeling of being drunk or high
- Can cause pinkeye → blindness
 - Might transmit the herpes virus if lip balm has been used by someone infected



Skywalking

- **Scale high buildings and structures**
- **No safety equipment**
- **High winds can blow one off**





Planking

- **Planking (lying face-down) on lawns, tree branches and other random places**
- **Planking on dangerous places such as mall escalators and rooftops.**
- **Can fall to one's death**



Photo credit: Ilcar | Hobbit Photography | 2009-2011



Google Earth Pool Crashing Parties

- Use Google Earth to locate homes with swimming pools
- Invite and stage a flash mob style pool party
- Wake up to beer cans and other party paraphernalia littered throughout their yards



Cinnamon Challenge

- Swallow 1 tbls cinnamon in 60 seconds without water
 - Upload to internet
- Everyone can join the challenge



THE RISKS

Inhaling the cinnamon

- Burns!
- Coughing
- Choking –clump & clog the airway
- Inflammation of lungs leading to infection (pneumonia)
 - **Collapsed lung**
- Exhaling through nostrils – irritation
- Death



Posting Racy Cell Phone Pics Online

- Facebook
- Myspace
- MOCOspace
- Youtube
- New sites all the time!
- **Males & Females, M.S. & up**



- Achieve celebrity “status”
- Feel popular/Attention



THE RISKS

- Bad Reputation
 - Once a picture is on the web it can never be taken back
- Cyberbullying
- Sexual Predators
- Colleges/Universities & Future Employers can see what pictures and information have been posted online

Condom Snorting

- Inhale condom up the nose and pull it out of the mouth without choking
- Upload the video on Youtube



Risks

- **Choking**

- End up in your windpipe, or in your lungs
- Potentially fatal results



Twilight-Inspired Biting





Twilight-Inspired Biting

- **The bites involve breaking the skin**
- **Passing blood from one teen to the other**
- **Increasing the chance of infection, disease or worse**

- Pain is a rush
- “Marking their territory”
- Status symbol
- Risks
 - Hepatitis, Syphilis
 - HIV/AIDS
 - 10-15% of bites become infected



RAINBOW Parties

- Girls wearing different colored lipsticks perform oral sex on different guys
- Results in rainbow on the penis
- Started among MIDDLE SCHOOL STUDENTS unwilling to “do the deed”



- An “alternative” to having sex
- Group Activity



THE RISKS

- Would you share a lollipop?
- Besides Germs you could contract Sexually Transmitted Diseases/Infections
 - Mouth and Genitals

Salt and Ice Challenge

- **Creates true frostbite**
- **Blistering, possible scarring or infection**



Car Surfing

- Fall off and get run over
- Head injuries



Choking on Blowgun Darts

- Learning how to easily construct their own blowguns



- Accidentally swallowing darts from the blowgun

Chubby Bunny Marshmallow Game

- Shove marshmallows into mouth
- Say “chubby bunny”
- Risks
 - Choking
 - Death



Duct Tape Challenge

- Tape friend up for them to escape
- Risks
 - Falls with injuries





Trunking

- Illegal for young drivers to have passengers in car
- Extra kids ride in trunk



Paper Thin

- **Newest Fat-Shaming challenge**
- **Set standard for waist size**



Unhealthy body image



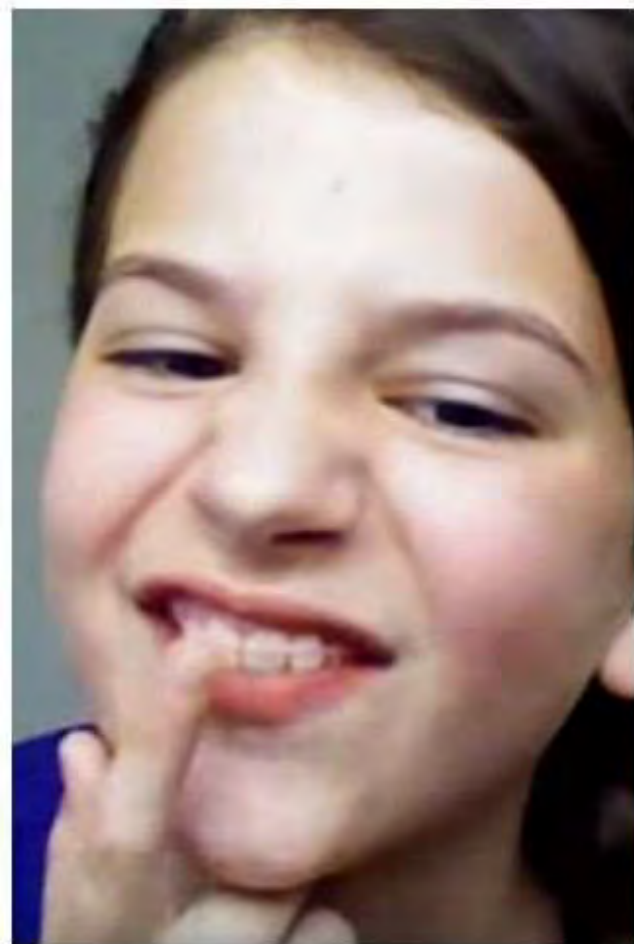
iPhone 6 Knee Challenge



Do-It-Yourself Braces

- **Videos posted on YouTube**
- **Use homemade materials**
 - Hair bands, paper clips, super glue
- **Risks**
 - Infections, disfigurement, permanent tooth loss

Do-It-Yourself Braces



Thirty Seconds Game

- Kids fight an opponent with all their strength for half a minute
- Onlookers declare winner based on injuries sustained & strikes landed



Mumblety Peg

- Spread fingers on a table
- Stab the spaces between them as quickly as possible with a pocket knife



The Choking Game

- Choking others or self
- Object of the "game"
 - Cut off blood flow to the brain (oxygen deprivation)
- Hands or other objects (ropes, belts)
- Ages 7-16 is the typical range
- Most often Middle School students
- Mostly Males, but females as well



Overdosing on supplements

- **Can interfere with a growing adolescent's natural production of creatine**
 - Making the body reliant on supplements
 - Overuse can cause blood acidity
 - Draws calcium from the bones
 - Leading to declining bone strength & kidney stones from excess calcium

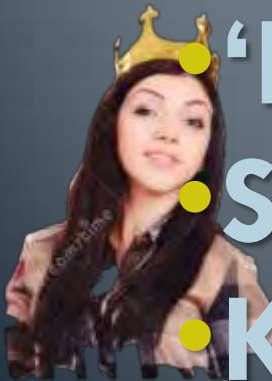


Bullying

- **5% are victims**
- **10% are bullies**
- **85% are bystanders**
- **Bullies generally are battling their own issues**
 - **Self-esteem, family, victim**

Activities for Bullying

- **Focus on Bystanders**
 - Organize & rally students
 - ‘Be a Buddy’
 - ‘Stand Up! Step In!’
 - ‘Raise Your Crown’
 - Safe room or space
 - Kids speak to kids



Activities To Open Conversations

- **Marble Box**
- **Living For Today (Stick)**
- **Black and White**

Choices Available

- **The Big Question**
- **Timeline**
- **Circle Breaker**
- **Short Fuse**
- **The Line**

Alcohol Activities

- **Tennis Balls**
- **Thinking Straight**

Attitude Adjustment

- **Bad Attitude Spreads**
- **Hurtful Words**
- **Reducing The Risks**

Protective Skills

- **Let's Have a Ball**
- **I'm Protected (Umbrella)**
- **Dealing with Anger**
 - **Coping Strategies**
 - **Clay, drawing, activity, etc.**

Sex IS A Big Deal

- **Dice**
- **Colored Milk**
- **Pass That Cookie**
- **Black Light**
- **Sharing Needles(Biting, Oral Sex)**
- **Relationships**
- **Getting Out of Bad Relationships**

Activities

- **All of Grechus activity handouts:**

[http://www.livebinders.com
/play/play?id=2111570](http://www.livebinders.com/play/play?id=2111570)

- **Access Key: Health Activities**

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