

The Challenges of Challenges

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Have you ever done a challenge? Have you ever been pressured to do a challenge? Challenges are some of the most popular trending things that go around every few months or so. Some challenges aren't as harmful as others, although some challenges can send you to the emergency room. Yes, these challenges can be fun and exciting but you have to remember to be careful with what you are doing. We are going to talk about four challenges that can hurt you and one challenge that is peaceful.

The first challenge is the Salt and Ice Challenge. This is the mixture of salt and ice. First you put salt onto your arm or hand, then you place ice onto the salt and in a few seconds you'll start to feel it burn. This challenge is problematic because you are burning your skin on purpose for fun just to post on social media where people can see it, including kids. It's very easy to influence kids so if they saw a video like that they might want to do it too. This challenge is something i would never do and for one simple reason: you're burning your skin on purpose, who would want to burn their skin for fun?!

The second challenge is the Fire Challenge. The fire challenge is when you put something flammable on your body then set yourself on fire. This challenge can seriously harm yourself by getting burned. The fire challenge sent a 12 year old girl to the hospital. My opinion is that this challenge is super harmful to people. I would never do this challenge and you should not do this challenge.

The third challenge is the Tide Pod Challenge. This is when individuals dare others to ingest laundry detergent. This is problematic because it can damage organs in the digestive system. It may even burn through the esophagus or stomach which will ruin your life.

The fourth challenge is the Cinnamon Challenge. This challenge can kill you or hurt you very badly. People feel pressured into the challenges. One way people feel pressured is that you'll see someone famous or cool do it then you want to do it. Just Poison Control alone says there were 139 calls for cinnamon abuse, 122 calls for related challenges, and 30 calls for people who needed medical attention right away in 2012 .

The fifth challenge is the Saltine Cracker Challenge. This challenge is actually not harmful. This is when a person has to eat 6 crackers in 60 seconds without drinking anything. Even though most challenges are harmful the saltine challenge has not yet harmed someone.

In Conclusion, we only picked a few challenges and even if we didn't pick others, that doesn't mean those challenges aren't just as bad. The peaceful challenge is still a little harmful so really if you think about it what's the point of challenges? Is it so you can get hurt, just be like everybody else, or is it to just get a thumbs up when really it's just worth a thumbs down?