



RISKS ASSOCIATED WITH TIK TOK TREND



Since November 2024 there have been a number of children who have attended accident and emergency departments with loss of consciousness following a social media trend on TikTok called “Tap Out”. This trend involves two people in which one child would place another child in a chokehold (forearm is placed around the other child’s neck and throat) the child performing the chokehold would then apply pressure/squeeze the neck until the child in the chokehold taps them out on their arm in which at this point the chokehold should be released. Whilst there can be no physical signs of injury following this trend it is important to be aware that this type of strangulation can lead to serious health implications in the future, including fatalities.

Injuries can include the following:

- Head injuries (as can fall when losing consciousness)
- Possible loss of memory
- Scratches or small red spots (petechiae) to neck/eyelids/cheeks and behind ears.
- Blood shot eyes (conjunctival haemorrhage).
- Raspy or hoarse voice

Children and young people are not aware of how easily these actions can cause serious harm. Please talk to children, young people about the dangers of such games and

please report any incidents to school/health professionals and report to any social media platforms where you have witnessed this trend being promoted.

Trends such as this can change names quickly so please be alert, talk to children and young people about it and report anything you see.

Thank you.