

Top 10 Dangerous Behaviors Promoted by Teens Online

Remember when you were a teen? That feeling of invulnerability, the excitement of trying new things, the desire to impress your friends and stand out as the coolest in the crowd? Well, guess what, that is exactly how it is to be a teen today.

As parents we often forget what it's like to be a teenager. Once we realize how crazy some of the choices we made actually were we expect, for some reason, that our kids will be able to make better choices. The truth is kids will be kids and all that crazy stuff that you did as a kid, well; your kids are likely to do that and more.

I know. It's scary to think about isn't it? Especially, today when our kids have so many influences affecting them. Things like the internet, which are valuable tools that all kids should be exposed to, can also be the source of some very dangerous ideas that kids may think will make them stand out in the crowd.

There is a disturbing trend these days for kids to film themselves during all types of dangerous activities and upload the videos to the internet. There are also cultures of misguided teens on the internet who are promoting anti-social behaviors that can be extremely dangerous.

Here are ten dangerous activities presently being promoted on the internet that you should watch out for. Talk to your teen about all of these activities and make sure they understand the dangers involved with participating in these dangerous teenage trends.

1. Anorexia – There are many sites on the internet that actually promote anorexia. These sites do things like entice young girls to be as thin as possible and create an atmosphere of competition where people post emaciated pictures of themselves and brag about their double digit weights.

2. The Choking Game – This is a game that has been around for quite some time but has seen a resurgence lately due to being promoted by teens on the internet. The 'game' is actually not a game. It is simply kids depriving themselves of oxygen through strangulation or other means until they pass out. Kids often claim this produces a state of euphoria or intoxication or use it as a means to impress friends.

3. Sexting – Sexting is the practice of sending nude photos via cell phones. With the ownership of camera phones amongst teens today the pressure to send their significant other private photos is one many young girls give in to. When trust is violated and the photo then later becomes public the effects can be devastating.

4. Beatdowns – Uploading videos of fights or groups of teens beating down another teen to sites like YouTube has become a common practice. Some of the beatings and fights are committed for no other reason than to produce a video they can then share with their peers online.

5. Drinking – Though drinking is a problem that has been part of teen life for ages the internet is now often used as a tool to promote this activity. It is common for teens to make videos of themselves or their friends getting drunk to entertain their peers or to upload photos of themselves drinking to services like MySpace and Facebook to impress groups of online friends.

6. Drug Abuse – As with drinking, videos and photos of drug abuse are commonly uploaded to profile pages and video sites. There is also a culture of misinformation and promotion of drug use on the internet that attempts to convince teens that there is no harm in the abuse of certain dangerous substances.

7. Racing – Another dangerous activity many teens are videoing and uploading is street racing. Though this activity has been around for quite some time the ability to show off to such a wide audience creates a whole new level of appeal for racers.

8. Self mutilation – Like anorexia, self mutilation is also a disturbing behavior that is promoted online. These behaviors usually are promoted by teens with psychological issues and appeal to these type of teens as well. Teens with terribly low self esteem or who feel isolated or depressed may see self harm as a way to feel like a part of a group promoting this behavior.

9. Daredevil videos – Kids will do almost anything to impress other kids. And when they have the added appeal of being able to video tape their stunts and show them to the world the danger involved can escalate dramatically. Add to these competitions where teens start trying to outdo one another and you end up with kids attempting feats that even trained professionals would do.

10. Sniffing – The promotion of sniffing or huffing online comes in the form of kids reading accounts posted by other teens of the effects of inhaling different substances. Kids also post suggestions of chemicals that can be inhaled for others to try.

It's always a good idea to keep apprised of what your kids are viewing online. If you suspect your teen of engaging in any of these activities, make sure to discuss it with them and make sure they understand the dangers and consequences involved in these types of behaviors. You can't always keep them safe, but you can always keep them informed.

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