LAKE HAVASU UNIFIED SCHOOL DISTRICT #1

BENADRYL CHALLENGE

UNDERSTANDING, PREVENTING, AND RESPONDING TO A DANGEROUS VIRAL TREND

A Quick Reference for Parents

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THE DANGEROUS *BENADRYL CHALLENGE* IS BACK

WHAT IS THE "BENADRYL CHALLENGE"?

A viral social media "challenge" that involves taking dangerously high doses of Benadryl or similar medications, in an attempt to hallucinate.

- **Circulating on many social media platforms like TikTok, Youtube, Facebook, Instagram, and others**
- **Claims to be a harmless prank but it is not.**
- **Has resulted in numerous medical emergencies and deaths for some who have tried it.**

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WHAT IS THE "BENADRYL CHALLENGE"?



The "Benadryl Challenge" is a dangerous social media trend where people take high doses of Benadryl or similar medications in order to hallucinate.

The trend has been circulating for years - it often fades and resurfaces. It was serious enough in 2020 for the FDA to issue a warning.

The "challengers" often film themselves and share the effects of the drug on social media sites such as TikTok, Youtube, Facebook, and more.

IMPORTANT REMINDER:

Be transparent about social media usage & secure all medications.

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WHAT ARE THE DANGERS OF TAKING HIGH DOSES OF THESE DRUGS?

The active ingredient in Benadryl is diphenhydramine hydrochloride. This drug can be dangerous when taken in high doses.

Effects of the Drug in High Doses

- Confusion, delirium, and hallucinations
- Rapid heart rate
- Seizures
- Heart problems
- Nausea and vomiting
- Dry mouth
- In some cases, coma or death

IMPORTANT REMINDER:

Even over-the-counter medicine can be dangerous when misused.

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WHAT PARENTS CAN *DO RIGHT NOW*

- *Talk with your child about dangerous social media trends and medicine misuse.*
- *Ask about what they are seeing online without judgment.*
- *Store medications securiely in a controlled location and monitor quantities.*
- *Limit unsupervised access to internet-connected devices at night.*
- *Remind teens to follow medication labels exactly as directed.*
- *Talk with teens about safe medicine use and dangers of social media trends.*

IMPORTANT REMINDER:

Transparent, non-judgmental conversation is key.

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THANK YOU!

In case of a medical emergency
CALL 911 Immediately

For poison-related information
Call the Poison Control Center at:
1-800-222-1222

A short conversation today, can prevent a tragedy tomorrow.

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