

9. What you need to know about “NekNomination”

The information below is produced by [Balance](#), The North East Alcohol Office. It's audience is young people and it is intended to provide information to help warn them about both the potential health dangers, and possible legal and criminal consequences to them of getting involved in NekNomination. We hope it is a helpful document from which you can start a dialogue with your son or daughter.

What is NekNomination?

- Neknomination is an internet drinking game craze, spread by social media, thought to have originated in Australia. It involves someone completing a drinking dare - then nominating someone else to go next. Videos of the dares are often posted online.

What you need to know and consider! – This is not just a harmless social drinking game - it could potentially cost you your life, or ruin your chances of a career!

Facts:

- ☑ At least 5 deaths have been linked to the craze in the UK and many more on an international level.
- ☑ You could find yourself in contact with the criminal justice system. Many of these drinking dares have been unlawful – resulting in cases of arrest, prosecution and penalties for criminal damages and breaching of the law.
- ☑ Taunting and threatening an individual for their refusal to carry out a dare – could have legal ramifications for you.
- ☑ Drug and alcohol related incidents involving students at University or College will probably be recorded within the Incident Report Processes of Colleges and Universities - Disciplinary action will usually be considered in light of any Police action and/or prosecution.

Note: A criminal conviction could have disastrous consequences and limit your career choices. Having a criminal record can exclude people from some jobs and, for some offences, prevent them from travelling abroad!

Alcohol information:

- Current Government Guidelines state:
 - Women should not exceed 2 - 3 units of alcohol a day and
 - Men should not exceed 3 - 4 units of alcohol a dayA pint of vodka – often featuring as part of these online dares - could contain over 22 units of alcohol!

- Alcohol is a poison and drinking it in excess of the Government guidelines can have some very damaging effects on a person's health in both the short and long term
- Binge drinking usually refers to drinking lots of alcohol in a short space of time or drinking to get drunk i.e. 8 or more units in a single session for men and 6 or more for women
- Drinking too much alcohol could make you vulnerable to engaging in risky sexual behavior or becoming a victim of sexual assault.
- Alcohol decreases a person's capacity for reasoning and judgment and, therefore, it can be your worst enemy, particularly if you are trying to attract someone to have a relationship with - drinking too much may result in you doing all sort of things that you would probably regret the next day, like: making unwanted physical advances; talking drunken gibberish i.e. declaring someone is your forever love despite you just having met them. It could result in you losing good friends because you decided it was time to tell them what you thought of them, or escalating an argument into a physical assault over some trivial thing. You could also end up embarrassing yourself – face down in your own vomit or urine at the end of the night. **Remember:** when you are under the influence of alcohol - in your mind you may be “too hot to handle”, but the **reality check** is that others will probably try and avoid you, or view you as a pathetic drunk!

Short-term effects of alcohol

Depending on how much is taken and the physical condition of the individual, alcohol can cause:

- Breathing difficulties; Unconsciousness; Coma; Blackouts (memory lapses, where the drinker cannot remember events that occurred while under the influence); Toxic poisoning

Long-term effects of alcohol

Binge drinking and continued alcohol use in large amounts is extremely risky behavior and is associated with many health problems, including:

- Alcohol poisoning ; High blood pressure, stroke, and other heart-related diseases ; Liver disease ; Sexual problems; Permanent damage to the brain; Cancers

Dangers of mixing drugs

Mixing drugs and alcohol is never a good idea because the effects are always unpredictable. Different drugs have different effects, depending on many factors, including what is actually in the drugs - which you may never know! Generally if you mix alcohol and drugs then the effects of the drugs are exaggerated. This can be dangerous. For example, if a depressant drug is taken with the sedative effect of alcohol the body could be at risk of shutting down completely.

Legal information:

- **Criminal damage Act 1971** - The modern law of criminal damage is mostly contained in the Criminal Damage Act 1971, which redefines or creates several offences protecting property rights. The Act provides a comprehensive structure covering merely preparatory acts to the most serious offences of arson and causing damage with intent to endanger life. As such, punishments vary from a fixed penalty to life imprisonment, and the court may order payment of compensation to a victim
- **Misuse of Drugs Act 1971** – This act is intended to prevent the non-medical use of certain drugs. The laws controlling drug use are complicated. The Misuse of Drugs Act (MDA) regulates what are termed controlled drugs. It divides drugs into three classes as follows - **Class A; Class B; and Class C.** **The Law** treats Class **A** drugs as the most dangerous - Maximum penalties under the Misuse of Drugs Act are as follows:

Drug class	Possession	Supply
Class A	7 years + fine	Life + fine
Class B	5 years + fine	14 years + fine
Class C	2 years + fine	14 years + fine

Final thoughts:

This is a dangerous and unsafe drinking craze and we would encourage students to consider the facts before considering participating in these ‘NekNomination challenges’

If you are contacted to take part in this craze - we would urge you to use this challenge, as many others are doing, as a platform to create something positive – many stories are coming through about how people are using the money they would have spent on alcohol to help others and filming themselves giving a donation to charity.

Young people seeking help regarding alcohol or drug misuse are advised to contact Mrs Spink or our school nurse.

If in rejecting these challenges you are being subjected to online bullying and would like to talk to someone about any online threats please contact Mrs Spink or email the school reportbullying@bostonspa.leeds.sch.uk to safely report the situation.



Keeping your child safer online