



## Salt and ice challenge risks to children and young people

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There has been an increase in reports where children put salt on their skin and press ice on top.

This creates a chemical reaction, rapidly lowering the temperature and causing cryogenic (cold) burns, similar to frostbite.

Children and young people may underestimate the harm as the cold numbs the skin, masking pain until significant damage has occurred.

- This causes serious cold burns (like frostbite)
- Injuries can need hospital treatment and even skin grafts
- Young people may not realise the damage until it's too late.

Second or third-degree burns, potential need for skin grafts, lasting scarring, nerve damage, and impact on wellbeing. Peer and online pressure amplify the likelihood of wider uptake.

### Recommended actions for schools, parents and carers include:

- Awareness: Alert staff, parents, and carers to the risks of the salt and ice challenge
- Education: Reinforce with children and young people that this is not a harmless game" but can cause serious and lasting harm
- Safeguarding: Be alert to children presenting with unexplained burn injuries and consider safeguarding risks.

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