

TikTok Self-Care Safety Rubric

Before you try any viral TikTok self-care trend, run it through this quick safety rubric. Answer YES or NO to each item. At the end, check your score to decide if the trend is safe, risky, or should be skipped.

✓ Safety Check	Ask Yourself...
Medical Risk	Could this trend harm breathing, heart, skin, or overall health?
Evidence	Are there clinical studies, or is it backed by trusted medical sources?
Source Credibility	Is the creator qualified, or citing experts?
Audience Risk	Is it risky for teens, kids, pregnant people, or chronic conditions?
Cultural Respect	Is this a sacred/cultural practice being misused or appropriated?
Reversibility	If it goes wrong, can the damage be quickly fixed?

How to Score:

- Mostly YES → Probably safe (still double-check).
- Mixed YES/NO → Risky, do more research first.
- Mostly NO → Skip this trend, it may be harmful.

Note: This rubric is for educational purposes. Always consult a licensed professional before trying any health-related trend.