

## What Can You Do?

Should you decide to speak to your child about the danger of any type of choking behavior:

- Ask your child what they have heard about the choking game.
- Teach your child that this is not a game and that it's extremely dangerous.
- Treat discussion of this like that of any other high-risk behavior, like smoking, alcohol and drugs.
- Watch for signs that your child may be participating in these games
- Talk to your friends and neighbors about what they have heard about such activity
- Educate yourself about this potentially serious problem

Brochure Information Courtesy of:

Collier County Sheriff's Office, Naples, FL

Stop the Choking Game Association, Inc.

Appleton, VI

It's Time To

# STOP

## The Choking Game

### How You Can Learn More:

[www.stop-the-choking-game.com](http://www.stop-the-choking-game.com)

[www.deadlygameschildrenplay.com](http://www.deadlygameschildrenplay.com)

For further information contact your:

- school counselor
- school nurse
- family health care provider

**In an emergency, call 9-1-1.**

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HEY PARENTS.....

HAVE  
YOU  
HEARD OF  
THE  
CHOKING  
GAME?

*Bet your kids have.*

Talk to them

**NOW!**

Be informed

Keep them safe

# IT'S TIME TO STOP THE CHOKING GAME

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## What is the Choking Game?

The choking game is a life threatening activity that is circulating primarily through children ages 9-15. Children as young as 6 or 7 may experiment if they have older siblings playing the "game." They use their hands, arms, ropes, leashes, chains, ties or belts to cut off their oxygen. Kids feel light-headed due to reduced blood flow and lack of oxygen to the brain. Once the pressure to the chest or neck has been lifted the surge of blood back into the brain creates a perceived "rush."

Playing the game can cause:

- Seizures
- Eye damage
- Brain injury
- Even death

The game is played in groups or at parties and the sensations can become habit-forming. Sometimes children choke each other until the person being choked passes out. **Most children have no idea how dangerous this activity is.** Children believe this game to be a "safe" way to seek a "high" as it does not involve taking drugs.

The danger becomes even greater when played alone, a ligature is used and there is no one there to **IMMEDIATELY** release the pressure. The child is unable to help himself/herself, and will suffer brain damage and certain death after three minutes.

## What Are the Signs My Child is Playing?

Parents are encouraged to watch for warning signs that indicate possible participation in this activity...

- Unexplained marks or bruises on neck
- Short ropes, cord, belts, leashes, or neck ties in odd knots or found in unusual locations
- Blood shot eyes
- Frequent severe headaches
- Tiny red dots on face or cheeks
- Disorientation after spending time alone
- Unusual demands for privacy or locked doors
- Chat room conversations about game or web-sites visited

## What Other Names Does the Choking Game Have?

Other names include, but are not limited to:

- Space Cowboy
- Space Monkey
- Airplaning
- Knockout Game
- Rising Sun
- American Dream Game

## Why Do Children & Teens Participate

- Curiosity/Peer Pressure
- Considered "Cool" & "Risky"
- Unaware of dangerous consequences
- To achieve "high" without drugs or alcohol