

“The Choking Game”

What YOU should know.

What is “The Choking Game”?

It's a risky behavior that involves stopping the flow of blood to the brain, depriving it of oxygen and giving a brief “high”. Then, when the blood is allowed to reach the brain, the victim gets a “rush” as consciousness returns. The victim is not always able to release the pressure when they pass out and therefore may die of asphyxiation.

Who is “playing”?

Boys-- Girls--Honor Students--Teens--“Good” kids
City kids--Suburban kids--Rural kids
Kids as young as seven years old

There is no demographic for this activity. Kids think it's okay because it isn't drinking, drugs or even illegal. Sadly, they are sometimes “DEAD” wrong!

Other Names for “The Choking Game”

Blackout	Fainting Game	Space Monkey
Dream Game	Suffocation Roulette	Pass-out
Flatliner	California Choke	Space Cowboy
Airplaning	Tingling	Funky Chicken
American Dream	Rising Sun	Purple Dragon
Breath Play	Cloud Nine	Knockout Game
Natural High	Gasp	

Is it safe if you play it in a group?

NO!! Any time you deprive your brain of oxygen, you cause permanent death to large numbers of brain cells. Seizures can occur. The variation in blood pressure can also cause damage to the eyes and cause strokes.

T
A
L
K

T
O

Y
O
U
R

K
I
D
S!

Warning Signs

Do you see -

- Suspicious mark(s) on the side of the neck? sometimes hidden by clothing?
- Headaches, especially bad ones?
- Loss of concentration?
- Flushed face?
- Red or bloodshot eyes?

Do you see -

- Changes in personality, such as becoming overly aggressive or agitated?
- Disorientation or confusion after spending time alone?
- Secretive behavior?
- Questions about the effects, sensations, or dangers of strangulation?

Do you see -

- A strap, belt, rope, leash, Ace bandage, or other object that can be used to hang oneself, lying near the child for no apparent reason?
- Locked bedroom doors?
- Wear marks on bed posts, closet rods, doorknobs, etc.?

Do you hear -

- A thud in the bedroom or against the wall that could mean a fall?

Helping YOU Survive as we turn 35!



American Trauma Society, PA Division

2 Flowers Drive, Mechanicsburg, PA 17050, 717-766-1616, www.atspa.org