**The Choking Game**

The Choking Game is a dangerous trend among adolescents and young adults. It involves intentionally creating a state of near-choking, often by taking deep breaths while holding the neck or mouth. This behavior can lead to serious health issues or even death. Parents and educators should be aware of this trend and take steps to prevent it.

**More Info**

1-877-805-4277 (toll-free)
www.kysafeschools.org

**Above Website:**

http://www.chokinggame.net/

**Kentucky Center for School Safety**

1-877-805-4277 (toll-free)
www.kysafeschools.org

**Related Website**

http://www.gaspinfoc.com/choking.html

**Reference Resource**

http://www.cdc.gov/od/oc/Media/pressrel/2008/r080214.htm

http://www.chokinggame.net/
The Choking Game is played in both groups and by a single child. The object of the 'game' is asphyxiation, as in, to apply pressure to restrict oxygen and/or blood flow to the brain of the victim therefore creating a desired 'floaty', 'tingling', 'high' sensation. The 'high' is the cells of the brain seizing and beginning the process of permanent cell death. When the victim becomes unconscious, the pressure is released and the secondary 'high' of the oxygen/blood rushing to the brain is achieved.

If the victim is alone - upon unconsciousness there is no one to release the pressure and the victims own body weight continues to tighten the ligature usually resulting in death.

Why do they do it?

- A brief sense of euphoria
- An altered state of consciousness
- Peer pressure of a dare or game of chicken
- Enhanced erotic feelings
- Entertainment peers lose consciousness/behave erratically
- And IT IS ADDICTIVE...

What are the consequences?

- Bruises/concussions
- Broken bones
- Seizures
- Brain Damage
- Retinal hemorrhaging
- Stroke
- DEATH

What can I do if my Youth is involved?

- Increase supervision- be aware of your child’s activities and whereabouts
- Remove any paraphernalia that could be used as a ligature.
- Alert school personnel. If one student is involved, there are probably others.
- Alert the parents of your children’s friends.
- Consult with a physician to address any health needs that have resulted.
- If an older teen is involved, younger children in the same family may be at risk for participating in this activity

What does it feel like?

- Hanging upside down
- Holding your breath
- Hang gliding
- Parachuting
- The rush of doing something on the edge