

# The Choking Game

is also referred to as...

- Blackout
- Flatliner
- Airplaning
- Fainting Game
- Space Monkey
- Pass-Out Game
- Dream Game
- Suffocation Roulette
- The American Dream
- California Choke
- Purple Dragon
- Cloud Nine

## Is the Choking Game a new activity?

**No.** This game has been going on for generations. It was never a safe activity, but it is more dangerous now, as people are using ligatures, such as belts and ropes, and are playing the game alone.

## What are some statistics on this activity?

*Statistics taken from a CDC's Injury Center study. The study found that from 1995 to 2007:*

- Boys were 87 percent more likely to die from the Choking Game than girls.
- Eighty-nine percent of the children that died were between the ages of 11 and 16.
- Nearly all of the children who died played alone.
- Deaths have occurred all over the United States. The Choking Game is not limited to one region.

### Resources used in creating this brochure:

Games Adolescents Shouldn't Play (G.A.S.P.)  
[www.gaspinfo.com](http://www.gaspinfo.com)

Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov](http://www.cdc.gov)



*For information about the Choking Game or other materials, contact:*

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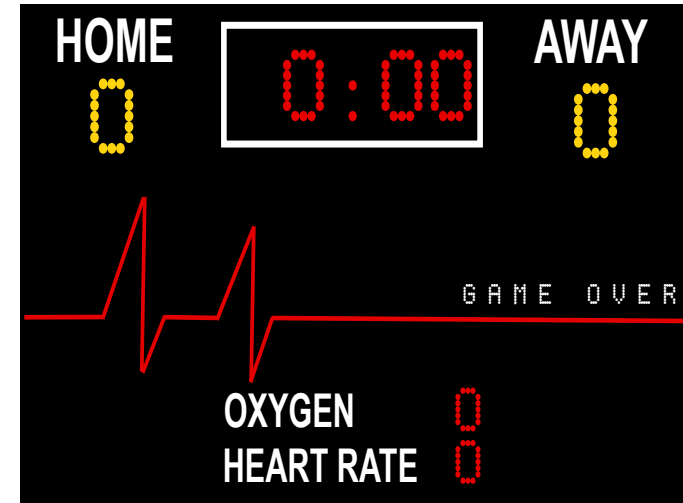
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# The Choking Game



**THE GAME NOBODY WINS.**

**What *YOU* need to know about this dangerous activity so you can keep loved ones safe.**

## What is the Choking Game?

The Choking Game is *not* a game.

It is a dangerous activity that older children and early adolescents sometimes play to get a brief high. Blood flow is cut off from the brain, depriving it of oxygen – all for just a few seconds of feeling high.

Adolescents choke in several ways. Some use belts, ropes or other props. Others use their bare hands, hyperventilate or have others push on their chest. It can be done alone or in a group.

### Who is “playing” the game?

Mostly boys and girls 9 to 16 years old. These adolescents are generally *high-achieving* in academics and sports and do not want to risk getting caught with drugs or alcohol.

Many people that partake in it think, *“It is not illegal, so it must be okay.”* Sadly, they are sometimes **DEAD** wrong.

### Why is the Choking Game so dangerous?

- Someone playing the game can become unconscious in a matter of *seconds*.
- In as little as *three minutes* of continued strangulation (choking), basic functions such as memory, balance and the central nervous system start to fail.
- In *four or five minutes*, death occurs.
- The rush from playing can become addictive.
- Choking is even more dangerous when done alone because no one is there to release the pressure if the adolescent passes out with a ligature around his/her neck.

*A game that kills?*

**As many as 1,000 people die each year while “playing” the Choking Game.**

### What are the best Choking Game prevention tips?

#### 1 INFORM yourself.

Learn the facts about this activity and make sure you are aware of the dangers of the Choking Game. Remember that statistics for the Choking Game are hard to find, as many of the deaths are misclassified as suicides.

#### 2 TALK to your children.

Simply ask, “*What do you know about the Choking Game?*” The best weapon against this activity is information. Make sure you explain the dangers because many have no idea how deadly it can be. Explain that the risk is not only *death*, but also *seizures* and permanent *brain damage*.

#### 3 WATCH for warning signs.

Even after you have talked to your children, continue to watch for any signs that they might be involved in this activity.

*The list on the right will help you.*

## Warning Signs!

### What are signs in the adolescent?

- Demands for privacy
- Frequent and severe headaches
- Flushed face and red or bloodshot eyes
- Disorientation after being alone
- Loss of concentration
- Increased and uncharacteristic irritability
- Suspicious mark(s) on neck, sometimes hidden by clothing
- Questions about the effects, sensations or dangers of asphyxiation. *Asphyxiation involves applying pressure to restrict oxygen and/or blood flow to the brain.*



### What are signs in the home?

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

