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Dear Parents,

You may have seen recent headlines about an 11-year-old who accidentally strangled himself while playing the “choking game”. Like any community, Council Rock is not immune to our young people engaging in a variety of risk-taking behaviors. We would like to offer resources to parents in order that they might be better educated regarding behavior that could have tragic consequences.

- Self-asphyxiation-choking, causing hypoxia (a shortage of oxygen) can produce a kind of high.
- It can also result in irreversible brain damage and death.
- Watch for signs of self-asphyxiation such as red eyes, bruises on a child’s neck, headaches, and disorientation. Also look for belts, ropes or shoelaces that are tied in strange knots.
- Our elementary school principals will be sharing information regarding the “choking game” with all appropriate staff as well as with their PTOs.
- At the secondary level, the district student assistance program (CARES) will be alerting teachers to signs of self-asphyxiation. Our health classes will be addressing this concern as well.
- While we teach our children to use good decision-making skills, in order to apply their decision-making skills, they must have knowledge and facts about the risks involved. It’s important that parents communicate with children in this regard. Parents make the most powerful impact when engaging their children in frank and thoughtful discussion about dangerous risk taking behavior.

Please view these sites for further information on the “choking game”.

<http://www.guidancechannel.com/default.aspx?index=1878&cat=13>

<http://stop-the-choking-game.com/>

http://abclocal.go.com/wpvi/story?section=special_coverage&id=3669126

<http://abcnews.go.com/2020/Health/story?id=989844>

http://kyw.com/topstories/local_story_269220210.html

<http://lungdiseases.about.com/b/a/192765.htm>

<http://www.teenchokinggame.com>

