

Rising Sun , Rush, Sleeping Game, Something dreaming, Space cowboy, Speed Dreaming, Suffocation (Game), Tingling game, Twitching Game, 5 Second High, Elevator

~ Flatline game, Funky Chicken, Gasp (ing) (Game), Hang (ing) (Man) Game, Harvey Wall banger, High riser (Game) Huff (ing) (Game), Hyperventilating Knock-Out (Game)

2008 Oregon Healthy Teens survey indicated that **nearly one third of 8th-grade students were aware** of someone who participated in the choking game, and nearly 6% acknowledged trying it.

**Warning Signs & Symptoms**  
(ARE NOT ALWAYS PRESENT)

**Signs in the Youth:**

- Frequent often severe headaches
- Inexplicable bruising or red linear marks around the neck
- Bloodshot eyes and/or Petechiae (tiny red dots) on face.
- Changes in attitude (overly aggressive )
- Disorientation and/or grogginess after being alone
- Unusual demands for privacy
- Curiosity about asphyxiation ("how's it feel", "what happens if") and/or knots

**In the Home:**

- Ligatures (bed sheets, belts, tee-shirts, ties, ropes) tied in strange knots and/or found in unusual places
- Internet history of websites or chat rooms mentioning Choking Game / asphyxiation
- Wear marks on furniture (ex: bunk beds, closet rods) or broken wall hooks.

# A 'Game' Killing and Injuring Teens & Preteens



**WHAT IS THE 'CHOKING GAME'?**

It's a generations old oxygen deprivation activity passed on by youth on play-grounds, the internet, at school, slumber parties, at camp, and from friends. The goal is a desired 'floaty', 'tingling', 'high' sensation accomplished through depriving the brain of oxygen. Not all participants are seeking a high, some play as a pass time, out of curiosity, or as a result of peer pressure.

**WHO IS 'PLAYING'?**

Unlike other risk-taking behaviors, oxygen deprivation activity (Choking Game) occurs across the spectrum of adolescents; Black, White, Hispanic, Asian, wealthy, low income and those in between. Some participants do not typically engage in risk taking behavior, while others are looking for an alternative 'high'. Age 9 -16 is the common age. Both boy and girls participate. Males are more likely to participate alone and therefore have a higher fatality rate. It often begins among a group of teens and is then taken home by a solo player.

**CONSEQUENCES**

Falling upon unconsciousness can result in brain injury and broken bones. Brain cells die when deprived of oxygen and do not regenerate. The lack of oxygen also causes short term memory loss, seizures, strokes, heart attack and retinal damage. If the pressure is not released, death will occur.

**PREVENTION**

**Education** is the single most effective key in prevention. Studies show adolescents do not perceive this as a risk.

**Monitor** school bathrooms, playgrounds, children's bedrooms and bathrooms. Anywhere youth congregate unsupervised.