

## The Mission of The DB Foundation:

To promote awareness and educational programs regarding dangerous adolescent behaviors (specifically but not limited to the Choking Game) parents, schools, law enforcement, Health Care Professionals and children for the purpose of injury prevention and risk reduction. This will be achieved through changing legislation, providing seminars, school assemblies, community presentations, a website presence, an availability to the media and a quarterly newsletter and providing, free of charge, educational materials such as brochures to those seeking this information.

If you wish to join us in this mission, please contact us!

## Has this information helped you?

Please pay-it-forward. Copy this brochure\* and distribute it to those you feel will find it informational. If you wish to make a monetary pay-it-forward contribution, we sincerely appreciate your kindness! Please mail your check or money order to address on the back of this brochure.



THE DB  
FOUNDATION  
*Dangerous Adolescent Behavior Education*

### We Provide:

Awareness Campaign  
Educational Speakers available Nationwide  
Accurate, current statistics  
Community Outreach  
Victim Family Grief Support

.....and more

### THE DB FOUNDATION

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a Non Profit Organization

100% of all donations are applied to promoting education and awareness of dangerous adolescent behaviors.

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# Know The Real Deal About The Choking Game

You might know it as....

Passout Game  
Flatliner  
something  
Dreaming  
Rush  
Airplaning  
GASP  
Twitching  
Game  
ELEVATOR

# The Choking Game is never safe. It's not fun. No one ever wins.

## What is the Choking Game?

There are many variations, essentially, it is cutting off or restricting blood to the brain to get a thrill or 'high'.

## Who is doing this?

9-16 is the most common age. But kids older and younger have been hurt or killed from 'playing'. Kids from all walks of life—kids just like you and your friends! Homeschooled, Public & Private schools, risk takers, kids who aren't considered 'at-risk', some kids do it out of curiosity, some try it because of peer pressure.

## Isn't it like Fainting?

No. In this case, unconsciousness is unnaturally caused by the brain being starved of oxygen.

It is more like DROWNING ... on purpose.

## What's The Big Deal?

**The Big Deal is this:  
40% of teens think this is safe.  
They are wrong.**

## Here Are The Facts

**Consequences of participating in the Choking Game can include, but are not limited to:**

Memory loss, bruises and concussions, broken bones, seizures, retinal hemorrhaging, stroke and brain damage (from minor to permanent vegetative state) and sudden death.

### THINK ABOUT THIS:

**Kids have died the first time.**

Some were alone and some were 'playing' with their friends.

Anytime the brain is deprived of oxygen it results in brain damage.

There is no 'right' or 'safe' way to do this.

## I Heard it's Safer Than Drugs or Drinking.

False! It can be just as deadly. There is no way to know when you have taken it too far.

## What Should I Do?

- ➔ **If YOU are playing** - Realize how lucky you are that nothing horrible has happened and STOP. Right now, today. If you find you simply can't stop, please an adult you
- ➔ **If someone you know is playing** - Tell them how dangerous it is and to stop. And then find the nearest adult you trust and tell
- ➔ **Strength in numbers**- Hang out with kids who don't do this.
- ➔ **Walk Away**- If people ask you to do it, leave.
- ➔ **Avoid the situation**- If you know kids are doing it, don't go with them
- ➔ **Give a reason**- "No, I know it's deadly."
- ➔ **SHARE** - Now you know how dangerous this is. Share this info with your friends and family.