

Why is THIS Game Different?

Parents and other adults may remember engaging in this activity or experimenting with hyperventilation as children...kids today are in more danger because:

**Children are using ligature devices
AND
They are playing the game alone**



How Can I Talk To My Child?

Treat discussion of this like that of any other high-risk behavior, like smoking, alcohol and drugs. For example, when talking about drugs, you could say, "Some kids think they can 'get high' without using drugs or alcohol by hyperventilating or putting pressure on their chest or neck. This can be just as dangerous and some kids have actually died doing it."

If you suspect your child of participating in this activity, engage them in an immediate discussion regarding the life-threatening dangers and consequences.

A Message from
Your Commonwealth's Attorney,
C. Phillips "Phil" Ferguson



The Choking Game...Deadly Consequences:

"The activity has been responsible for a large number of juvenile deaths and permanent neurological disabilities. There are estimates that as many as 250 to 1,000 young people die in the United States each year playing some variant of the choking game. Tracking the exact number is difficult because many of the cases are reported as suicides. *While the risk of a self-suffocation death in any particular family may be very small, the time it takes to reduce that risk as much as possible through education about the risk is even smaller.*"



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The Choking Game... Deadly Child's Play



**Important Safety
Information provided by
C. Phillips "Phil" Ferguson
Commonwealth's Attorney**

What is The Choking Game?

The Choking Game is a life threatening activity that is circulating through teen and pre-teen culture. They use their hands, arms, ropes, leashes, chains, ties or belts to cut off their oxygen. Kids get a "high" when the pressure is released and blood rushes back to the brain. The sensations received can become very addictive!

Cutting off the oxygen to the body is also known as...

- ◆ Asphyxiation,
- ◆ Self-Asphyxiation or
- ◆ Hypoxia.



How Do Children Play This Game?

By compressing the chest or squeezing the neck with hands or ligature devices such as ropes, cords or belts, children playing this "game" temporarily starve the brain of oxygen so as to induce a short lived artificial high. Most dangerous when done alone, the game is also played in groups and the sensations can become habit-forming. Children are reporting that they believe this game to be a "safe" way to seek a "high" as it does not involve taking drugs. This logic indicates that kids have no idea how dangerous this activity is and that they are unaware of the potentially deadly consequences.

What Other Names Does It Have?

- ❖ Airplaning
- ❖ American Dream Game
- ❖ Blackout Game
- ❖ Breath Play
- ❖ Harvey Wallbanger
- ❖ Choking Game
- ❖ Dream Game or Dreaming Game
- ❖ Fainting Game
- ❖ Flatline Game or Flatliner Game
- ❖ Funky Chicken
- ❖ Hyperventilation Game
- ❖ Knockout Game
- ❖ Passout Game
- ❖ Rising Sun Game
- ❖ Space Cowboy or Space Monkey
- ❖ Suffocation Game or Suffocation Roulette
- ❖ Teen Choking Game
- ❖ Tingling Game
- ❖ Trip to Heaven
- ❖ Rocket Ride
- ❖ Speed Dreaming

(Source: Teen Association, Inc. Newsletter and Wilkepedia)

Who Plays The Game?

- ❖ Primarily kids in age range 9-15
- ❖ Middle School - although not exclusively
- ❖ Kids as young as 6 or 7 especially if they have older siblings playing this "game"
- ❖ High achievers not using drugs or alcohol
- ❖ Kids looking for a Thrill Seeking Activity
- ❖ Kids looking for a "Secret" Activity

Why Do Children Participate?

- ❖ To achieve "high" without drugs or alcohol
- ❖ There is no intent to harm selves or others
- ❖ Unaware of dangerous consequences
- ❖ Curiosity/peer pressure
- ❖ Experimenting with bodies and feelings
- ❖ Considered "cool" and "risky"

What Are Signs My Child Is Playing?

Parents are encouraged to watch for warning signs that indicate possible participation in this activity...

- ❖ Unexplained marks or bruises on neck
- ❖ Short ropes, cords, belts, leashes, or neck ties in odd knots or found in unusual locations
- ❖ Blood shot eyes
- ❖ Complaints of headaches
- ❖ Petechiae (tiny red dots) on face or cheeks
- ❖ Disorientation after spending time alone
- ❖ Unusual demands for privacy or locked doors
- ❖ Chat room conversations about game or websites visited

