

The Choking Game

Player: Average Age of Game player is 9 to 15 years old

Why: To create a rush or high without using drugs

How: They attempt to temporarily cut off the oxygen supply to the brain until they pass out.

Outcomes:

- It can be mislabeled as suicide
- Not always deadly
- Particularly deadly when the child is alone
- 500 children a year die from this game

Street names: Space monkey, blackout, funky chicken, something dreaming game, flat under, tingling, suffocation roulette

Signs of Abuse:

- Complaints of frequent headaches
- Marks on neck of pinpoint blood marks
- Blood shot eyes
- Onset of aggressive behavior
- Aggravation
- Finding ropes, belts or other objects with odd knots tied
- Activity behind closed doors (room, closet)

Short Term Effect:

- Light headed feeling (short-lived)
- Depresses heart rate
- Disturbs the heart rhythm
- Saps body of oxygen
- Killing of brain cells each time the game is played
- Nausea
- Loss of appetite
- Coughing fits
- Disorientation
- Loss of coordination (Duration 15 minutes)

Long Term Effects:

- Permanent brain damage
- Death