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.

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 trust.

➔ 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 them.

➔ 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.

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.
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.

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

...and more

THE DB FOUNDATION

PO BOX 351787
Palm Coast, FL. 32135-1787
Phone: (904) 315-2222
www.ChokingGame.net
www.TheDBFoundation.com

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

*Permission is granted for this material to be reproduced for non-profit educational purposes only.

© 2010 The DB Foundation, LLC
Our Mission

The Mission of The DB Foundation:
Our mission is 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 or someone you know?
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, LLC
PO BOX 351787
Palm Coast, FL 32135-1787
Phone: (904) 315-2222

* Permission is granted for this material to be reproduced for non profit educational purposes only.

© 2010 The DB Foundation, LLC
IT IS NOT A GAME!

It's a generations old activity passed on through whispers of youth on playgrounds, the internet, at school, slumber parties, at camp, and from friends.

The goal is a desired 'floaty', 'tingling', 'high' sensation. This is accomplished through depriving the brain of oxygen by choking, chest compression, or the pressure of a ligature.

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, self-choking occurs among the spectrum of adolescents. Those not typically at risk in addition to those looking for an alternate 'high' sensation. Ages 9-16 is the common age. Males are more likely to participate alone and therefore have a higher fatality rate. It often begins with a group of teens and then is taken home by a solo player with a ligature.

**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, certain death will ensue.

**NEW TREND?**

The Choking Game is generations old. Children alone seeking this sensation with ligatures is fairly new.

The First Time could be Fatal.

---

**WARNING SIGNS & SYMPTOMS**

MAY NOT ALWAYS BE 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 gogginess after being alone
- Unusual demands for privacy
- Curiosity about asphyxiation (i.e “how’s it feel”, “what happens if”) and/or knots

**In the Home**

- Locked or blocked bedroom/bathroom doors
- Ligatures (bed sheets, belts, tee-shirts, ties, ropes) tied in strange knots and/or found in unusual places
- Internet history of websites (YouTube.com, MySpace.com) or chat rooms mentioning Choking Game / asphyxiation
- Wear marks on furniture (ex: bunk beds, closet rods) or broken wall hooks.
- A thud from a bedroom may indicate a fall

**THE COLD HARD FACTS**

After 3 minutes without oxygen a child will suffer brain damage

4-5 minutes and a child will suffer severe brain damage and/or death

25% of reported victims were found in under 15 minutes. It was already too late.

---

**PREVENTION**

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


Safe alternative risk-taking activities should be suggested and encouraged.

---

**INTERVENTION**

Have the child examined by their Physician.

Increase supervision while removing any potential ligature paraphernalia.

Alert School Administration, Church Youth Group Officials, and other parents

---

**IF ONE CHILD IS INVOLVED, THERE ARE OTHERS!**

Is This AeA (Auto Erotic Asphyxia)?

Although similar in method, the intent is different. There is not a sexual component for participants of the Choking 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.

<table>
<thead>
<tr>
<th>Warning Signs &amp; Symptoms (ARE NOT ALWAYS PRESENT)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Signs in the Youth:</strong></td>
</tr>
<tr>
<td>□ Frequent often severe headaches</td>
</tr>
<tr>
<td>□ Inexplicable bruising or red linear marks around the neck</td>
</tr>
<tr>
<td>□ Bloodshot eyes and/or Petechiae (tiny red dots) on face.</td>
</tr>
<tr>
<td>□ Changes in attitude (overly aggressive)</td>
</tr>
<tr>
<td>□ Disorientation and/or gogginess after being alone</td>
</tr>
<tr>
<td>□ Unusual demands for privacy</td>
</tr>
<tr>
<td>□ Curiosity about asphyxiation (&quot;how’s it feel&quot;, &quot;what happens if&quot;) and/or knots</td>
</tr>
<tr>
<td><strong>In the Home:</strong></td>
</tr>
<tr>
<td>□ Liguatures (bed sheets, belts, tee-shirts, ties, ropes) tied in strange knots and/or found in unusual places</td>
</tr>
<tr>
<td>□ Internet history of websites or chat rooms mentioning Choking Game / asphyxiation</td>
</tr>
<tr>
<td>□ Wear marks on furniture (ex: bunk beds, closet rods) or broken wall hooks</td>
</tr>
</tbody>
</table>

**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 'floata', '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.