

Teacher Action Plan

The Choking Game



Also known as:

- Air-planing
- Blackout Game
- Breath play
- California High
- Choke out
- Dream game
- Fainting game
- Flat liner
- Funky chicken
- Gasp
- Hawaiian High
- Hyperventilation game
- Knockout games
- Pass-out game
- Natural high
- Rising sun
- Space Cowboy
- Space Monkey
- Tingling game

Who can you contact?

1. School principal
2. School Counselor
3. School nurse
4. Health care officials
5. Local Parent advocates
6. Local religious leaders
7. Search the internet for more information.

What is "The Choking Game?"

The "choking game" is anything but a game. The object is to cut off blood flow to the brain by applying pressure to the carotid artery causing the player to nearly - or completely - pass out, then releasing the pressure allowing the "rush" of blood back into the brain causing a lightheaded feeling resembling a quick "high"

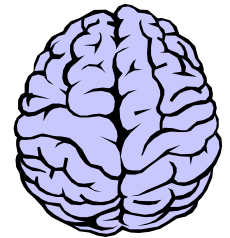
This game has been the cause of many deaths in youths. Statistics show the average age of children playing the choking game is between the ages of nine and fourteen years old. Evidence also shows that children begin playing as young as seven and may continue thru the mid to late twenties.

What's alarming about this game is that most youths play this game alone by making a "noose".

Unfortunately, when they pass out there is no one there to remove it. A child can lose consciousness in as little as one minute and die in as little as two to four minutes.

** For more information visit the websites:

1. www.deadlygameschildrenplay.com
2. www.prairieview.net/Choking Game.htm



The Human Brain

Self-strangulation kills brain cells every time this game is played which will have lasting effects on students.

Slowed cognitive abilities, short-term memory loss, stroke, and seizures are just some of the dangers of participating in this potentially fatal game.

Although there are not firm numbers, many researchers say a high percentage of suicides by suffocation (among kids/teens and young adults) are actually victims of the Choking game.

WARNING SIGNS:

- ** Belts ties in the bed **
- ** Marks on the neck **
- ** Blood shot eyes **
- ** Headaches **
- ** Flushed face **
- ** Need for privacy **
- ** Raspy breath **

Hypoxia of the Brain

Oxygen is the most vital to the human body. When the brain is deprived of oxygen (hypoxia), cells immediately start to die. In addition the following can happen the first time or anytime one plays the choking game:

- * Bruises / concussions (from falling)
- * Stroke
- * Brain Damage
- * Seizures
- * Short term memory loss
- * Cardiac Arrest

Long term consequences include neurocognitive defects, delusions, speech or movement problems and mental handicap. Severe brain damage may result in persistent vegetative state, and coma.

Anoxia, which is the complete lack of oxygen in the tissue causes other neurological disabilities, even brain death.

Who plays this deadly game?

It is important to understand that the majority of kids who participate in this game are not the "at risk" or the stereotypical kid one might envision when they hear of kids participating in dangerous activities, I.e. drinking, drugs, unprotected sex.

Additionally, there seems to be an attraction to white middle class boys. However, educators and parents must be aware that it appeals to all types of kids, girls included.

Research suggests it seems to be more prevalent in youths who don't "do drugs" because they feel it is the safe alternative to getting drunk or high, and there is nothing illegal about participating.

One might think youths that participate in this game are depressed or rebellious. Quite the contrary, these kids are not depressed, angry or rebelling, they are simply acting out

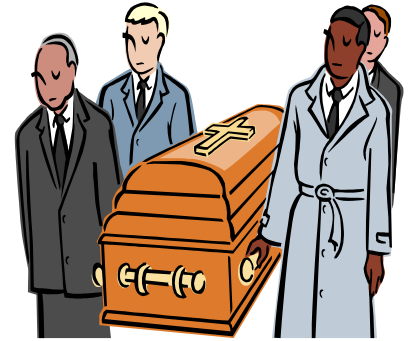
of curiosity.

Most children play alone and their parents are completely unaware that they are playing such a dangerous game.

Because youths participate secretly, most deaths are ruled a suicide. Further research might find a diary, evidence (belts, ties etc.) or a friend's knowledge that the child played this game- therefore changing the ruling to accidental.

It is vital that parents and school staff are knowledgeable of the warning signs and symptoms that youths may exhibit if participating in this game (see warning signs listed on front).

Education is the key to prevention, consider linking this topic to other health issues such as drinking, drugs and unprotected sex.



When youths play this game alone, no one is there to loosen the "noose." Death can occur in as little as 2 minutes.

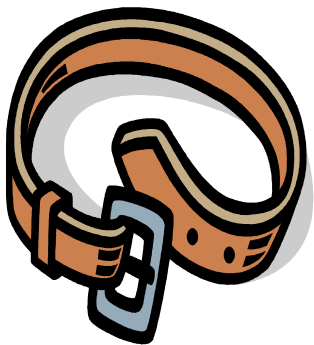
What should you do if you believe a student is playing?

In the event a staff member suspects a child to be playing the choking game, the following protocol should be taken:

- 1. Notify the principal and/or guidance counselor and the child's parents.
- 2. Report the nature and extent of the warning signs and symptoms i.e. red eyes, severe headaches, strange marks on the neck, etc.
- 3. Explain how and why the staff believes their child is participating in this potentially deadly game.
- 4. Educate the family about the dangers of this game.
- 5. If the child continues to display the indicators, staff and designated school officials are to make the decision as to whether or not Child Services should be called.

In 2005, the U.S. reported an alarming 49 deaths with an additional 16 recovering from the choking game.

What should you do in the event of a death from the choking game?



The object is to cut off blood supply to the brain. Many times youths will use a belt, rope or cord.

In the event of a student death at school from the choking game, the following protocol should be followed:

- 1. Notify the police, EMS or 911. Advise location, nearest entry point, and obtain emergency medical form.
- 2. Administer first aid/CPR if necessary.
- 3. Try not to leave the body unattended and secure the scene for investigators.
- 4. Remove others from the area of the victim.
- 5. Notify the parents/guardian, spouse, etc. Do not give specific details over the phone.
- 6. Notify the superintendent's office.
- 7. Prepare necessary counseling to start as soon as possible after the incident.
- 8. If the situation occurs outside of school, use the phone chain to notify staff with information.
- 9. Principal should follow up with staff and parents.
- 10. Establish support groups as necessary.

It is important to realize that most deaths from this game will happen outside of school. In such an event, items seven through ten should be the protocol followed.