

## 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. If you think children are playing this game or have any questions, contact the Egg Harbor Township Police Department's Juvenile Services Unit at 609-926-4040

## How Can I Learn More?

Guidance Channel Online:  
"Choking Game: Information and  
Tips for Parents"  
<http://www.guidancechannel.com>

Connect With Kids:  
"The Choking Game-What Parents  
Need to Know"  
<http://www.connectwithkids.com>

Teen Choking Game Newsletter pre-  
vention tips and advice  
<http://www.teenchokinggame.com>

**The Egg Harbor Township  
Police Department**  
3515 Bargaintown Road  
Egg Harbor Township, NJ  
08234  
609-927-5200

**Egg Harbor Township  
Police Department's  
Juvenile and Community  
Services Unit**  
609-926-4040

**THE CHOKING GAME...  
DEADLY CHILD'S PLAY**



[www.ehtpd.com](http://www.ehtpd.com)

**EMERGENCY**  
9-1-1

## 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 sensation received can become very addictive!

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

- Asphyxiation
- Self-Asphyxiation
- 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 the game to be “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
- Choking Game
- Dream Game
- Fainting Game
- Flatliner Game
- Funky Chicken
- Hyperventilation Game
- Knockout Game
- Passout Game
- Rising Sun Game
- Space Cowboy
- Space Monkey
- Suffocation Game
- Roulette
- Tingling Game

## 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 the 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 conversation about game or websites visited