

Resolutions: Now We Take Action!

Dear Advocates for Children:

Your awareness of the Choking “Game” is vital in our efforts to prevent further injuries and deaths. Here are three simple ways that you can act to prevent the Choking Game now!

1) Here is an article that you can easily copy and paste in your next newsletter:

The Choking Game: What You Need to Know Now!

The Choking Game - it’s deadly: and an estimated 5%-11% of youths are playing this “game”.

What is it? It’s a way to achieve a brief “high” by cutting off the supply of oxygen to the brain. Youths are doing this by choking one another or through self-strangulation.

What are the potential risks? There have been reports of deaths, as well as serious injuries that include seizures, fractures, and brain injury.

What can you do?

- **Watch for Warning Signs!** According to the Center for Disease Control, these include: bloodshot eyes; marks on the neck; wearing high-necked shirts – even in warm weather; frequent, severe headaches; disorientation after spending time alone; increased and uncharacteristic irritability or hostility; ropes, scarves, and belts tied to bedroom furniture, doorknobs, or found knotted on the floor; the unexplained of dog leashes, choke collars, bungee cords, etc.; petechiae or pinpoint bleeding spots under the skin of the face, especially the eyelids, or the conjunctiva (the lining of the eyelids and eyes)
- **Talk to your children!** Discuss this activity with your children – just as would discuss drug abuse or alcohol abuse. *Do not assume that they know better!* Many bright children with promising futures have died from the “Choking ‘Game’”.
- **Talk to your pediatrician!** Be sure to ask that your pediatrician include the “Choking ‘Game’” in their preventative guidance discussions with your child. Do not assume that they will do so: only 1.9% of pediatricians reported that they include this topic in those discussions!

Do you have questions on this issue? Please contact: _____

(Insert name and contact information of your PTA President,
Health Issues Chairperson, or other designated PTA representative)

2) Place this on your agenda for your next PTA meeting as part of your awareness efforts. Ask your school nurse or counselor to attend and speak about this issue. Related research and information may be found in the footnotes/references for the article, [“The Choking Game: It’s No Game; It’s Deadly.”](#)

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Prevent the Choking Game – Now

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- 3) Schedule a conference with your principal to discuss adding this topic to your school's Drug Abuse Resistance Education ("DARE") program, health classes and/or other school-sponsored discussions concerning drugs and risky behavior program.

Questions? Please contact me. I would love to hear from you.

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<http://illinoispta.org/resolutions.html>