

## what is the choking game?

It's not a game at all—just an act of suffocating on purpose.

Adolescents cut off the flow of blood to the brain, in exchange for a few seconds of feeling lightheaded.

Some strangle themselves with a belt, a rope or their bare hands; others push on their chest or hyperventilate.

When they release the pressure, blood that was blocked up floods the brain all at once. This sets off a warm and fuzzy feeling, which is just the brain dying, thousands of cells at a time.

Other names for the Choking Game include:

**ROULETTE**  
**RISING SUN**  
**SPACE MONKEY**  
**CALIFORNIA HIGH**  
**AIRPLANING**  
**SPACE COWBOY**  
**AMERICAN DREAM**  
**FUNKY CHICKEN**  
**TINGLING**  
**GASP**  
**PASSOUT**  
**SUFFOCATION**  
**BLACKOUT**  
**FLATLINER**

## how can i help?

Most people have no idea how dangerous the Choking Game is until someone close to them dies or suffers permanent damage. The only way to stop the suffering is to publicize the danger as we do with the use of drugs and alcohol.

Please help GASP put a stop to this deadly activity in your community. Contact us at [contact@gaspinfo.com](mailto:contact@gaspinfo.com) for ready-made ways to spread the word and raise funds nationwide.

If you would like to make a financial contribution, please send donations to:  
GASP c/o Community First  
P.O. Box 1487  
Appleton, WI 54912

In Canada, send checks payable to:  
Sharron Grant in trust for  
Deadly Games Association  
c/o Toronto Dominion Bank  
2 Points Street, Unit 117  
Penetang, Ontario, Canada  
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For more information, visit  
[gaspinfo.com](http://gaspinfo.com)

# G.A.S.P.

games adolescents  
shouldn't play

The Choking Game is a misunderstood activity causing death and suffering for thousands of families worldwide.

GASP is a nationwide campaign set up to fight this "game" with the most powerful weapon at our disposal: education.

**TOGETHER, WE CAN STAMP OUT THIS DEADLY GAME  
IN YOUR COMMUNITY.**



## who's "playing" the choking game?

Mostly boys and girls between 9-16 years old, nationwide and around the world. These adolescents are generally high-achieving in academics, activities and sports, and don't want to risk getting caught with drugs or alcohol.

By one name or another, the Choking Game has been going on for generations. But the more recent use of bonds (ropes, belts) and the growing practice of playing alone has increased its deadliness dramatically.

It's estimated as many as 250 to 1,000 young people die in the United States each year playing some variant of the Choking Game, but it's difficult to track statistics because many of the cases are reported as suicides.

## why are so many adolescents dying?

The plan is to release pressure at just the right time before passing out. If they pass out first, the weight of their body pulls on the rope and they can die. There's also the chance of seizures, stroke, or injuries from a fall.

Playing the game in any form causes the permanent death of a large number of brain cells. Within 3 minutes without oxygen to the brain, a person will suffer noticeable brain damage. Between 4 and 5 minutes, a person will die. Some of those kids who died were alone for as little as 15 minutes before someone found them, and it was already too late.

Also the rush they're getting can be addictive. Many times the Choking Game starts off as a social activity, but adolescents end up doing it alone, which is even more dangerous—nobody's around to help them if they pass out.

**G.A.S.P.**

## 3 important questions:

**HOW DO I SPOT SOMEONE PLAYING THE CHOKING GAME?**  
There's no "test" for spotting the Choking Game, but common red flags include bloodshot eyes, frequent headaches, locked doors, marks on the neck, knots tied around the bedroom, wear marks on bedposts and closet rods, and disorientation after spending time alone.

**IF I KNOW SOMEONE WHO CHOKES, WHAT SHOULD I DO?**  
Tell them to stop. And don't just take their word for it—be sure to tell an adult about it.

**WHO CAN I TELL?**  
Any adult you trust: your parents, other family members, your friend's parents, your teacher, your guidance counselor, the school nurse, even a DARE officer.

...as many as 1,000 die each year 'playing'...

