

The Sinoville Crisis Centre - Choking Game

The purpose of this page will be to keep the community updated about what's going on in our community, especially concerning our children. This month we would like to inform you about a most dangerous, actually lethal game, our children are experimenting with. It is called the **Choking Game**. I personally find it hard to call this a GAME, but that is what our children call it.

The choking game achieves a brief high or euphoric state by stopping the flow of oxygen containing blood to the brain. One child may choke another until he passes out and when the pressure on the arteries is then released and blood throws back to the brain, it causes a "rush" as consciousness returns. Playing this game causes permanent and cumulative death of a large number of brain cells.

Unfortunately male adolescents have already altered the game, and added an element of sexual satisfaction. This is referred to as Auto-erotic Asphyxia. In lay terms it refers to a male adolescent masturbating while using a ligature to choke himself. This is lethal and he can die within THREE minutes.

Most children are unaware of how dangerous this activity is and most parents have no clue that kids are doing this, until somebody in their lives dies. Schools seem oblivious to it though it has been reported numerous times that this activity often takes place at school. Doctors and police continue to classify these deaths as suicide by hanging WHEN there is no evidence that the child intended to take his life. We have now had 17 reported cases.

What you can do to help stop this?

Talk to your children, talk to your friends and colleagues. Make sure everybody understand why it is so dangerous to participate in this activity. Remember a child choking another child who is injured or dies, may be prosecuted for his part in the death or injury. Parents you must insist that your child's school educate the children and education should start as early as elementary school, as older children seem to pass this activity to younger ones.