

The Choking Game

~AKA- The Passing Out Game, Space Monkey, Blackout

~Acting alone or with friends, the goal of the choking game is to use belts, ties, or bare hands to choke oneself and constrict blood flow enough to nearly pass out and then release. The reduced blood flow and lack of oxygen to the brain causes lightheadedness (“the high”) and the release allows the surge of blood to flow back into the brain, which causes a “rush.”

~Students often feel there is a minimal risk to this behavior, since they are not using drugs or alcohol to get a “high.” BUT, this is a very dangerous practice, and may result in memory loss, seizures, brain damage, and/or death.

~Signs or Symptoms:

- * Severe headaches
- * Red or bloodshot eyes
- * Marks on the neck
- * Raspy breath
- * An unusual need for privacy