



A MINUTE OF HEALTH WITH CDC

The Choking Game Can Be Deadly

"Choking Game" Deaths Among Youth Aged 6–19 Years — United States, 1995–2007

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This program is presented by the Centers for Disease Control and Prevention – safer, healthier people.

It's called the "choking game," but it's no game, and there are no winners. Some kids are choking themselves or each other, by hand or with some form of noose. The intent is to get a high, caused by a temporary lack of oxygen to the brain. Tragically, this so-called 'game' sometimes goes too far and results in death.

Parents should be aware of the warning signs of the choking game. Mention of the choking game or one of the many names it goes by can be a sign, and bloodshot eyes, marks on the neck, and ropes, belts, or scarves tied to bedposts or doorknobs are other clues.

If your child is participating in the choking game, let them know that the game can be deadly.

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