

### 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 excerpted from:  
[www.stop-the-choking-game.com](http://www.stop-the-choking-game.com)  
For more information, visit:  
[www.gaspinfo.com](http://www.gaspinfo.com)

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**G**ames

**A**dolescents

**S**houldn't

**P**lay

Bayonne Board of Education

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# G.A.S.P.

Games adolescents  
shouldn't play!

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

As excerpted from [www.stop-the-choking-game.com](http://www.stop-the-choking-game.com). For more information, visit [www.gaspinfo.com](http://www.gaspinfo.com)



Bayonne Board of Education  
669 Avenue A  
Bayonne, New Jersey 07002

Dear Parent/Guardian,

A happy and healthy 2010 to you and your family!

The Bayonne School District continues to promote health, wellness, and safety everyday for you and your child.

**PREVENTION and EDUCATION** are our main goals.

Enclosed is important information regarding G.A.S.P. (Games Adolescents Shouldn't Play). I am asking you to review its contents.

The Bayonne Board of Education has developed a partnership regarding G.A.S.P. with the City of Bayonne Police Department along with its DARE Program for continuous optimum safety for all students.

If you have any questions or concerns, please contact your child's guidance counselor, or school nurse regarding this issue.

Thank you for taking the time to read all of this information.

Sincerely,

Patricia L. McGeehan, Ed.D.  
Superintendent of Schools

## What is G.A.S.P.?

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.

## 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.