



Much of the information for this brochure was provided by GASP (Games Adolescents Shouldn't Play) of Appleton, Wisconsin. This organization was founded by the cousin of Kyle McCarthy to educate the public about the Choking Game.

### What **IS** the **CHOKING** Game?

The "choking game" is a game adolescents play in which they cut off the flow of oxygen to the brain in order to experience a few moments of feeling lightheaded and free floating. Some strangle themselves with a belt or a rope, some use their bare hands, others push on their chest using hard objects or make themselves hyperventilate. When the pressure is released the blood that was blocked floods the brain all at once creating a "warm fuzzy" feeling.

Getting educated about the Choking Game is the first step in prevention. We cannot afford to ignore this behavior. If you suspect your child is playing this game you do not have to cope with it by yourself. Teaching our adolescent's about the dangers of this game can help them make the right decision about engaging in it.

<http://www.cdc.gov/Features/ChokingGame/>  
(Centers for Disease Control Website)

Manawa C.A.R.E.S. (Community Actions & Resources to Engage Students) is an organization devoted to the health and well being of Manawa area youth. Manawa C.A.R.E.S. meets at 4 p.m. monthly on the 4<sup>th</sup> Tuesday at the Sturm Memorial Library. New members are always welcome.

For information on the program call  
Ellen Connor at 920-596-2252  
Sondra Reynolds at 920-596-2238



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## The Choking Game

(a.k.a.)

- Roulette
- Space Monkey
- Airplaning
- Space Cowboy
- Passout
- Blackout

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Find out about it-  
Keep your child from playing it-  
Make our students aware-  
Teach our youth the risk-  
(it can be fatal!)

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## What can I do to help **STOP** this?

Tammie Marquardt and Sue McCarthy along with school staff from James Madison Middle School in Appleton work hard to get the word out about the practice and dangers of the Choking Game.

Marquardt and McCarthy are united through the shared experience of losing young teenage sons to the Choking Game.

Marquardt's son A.J. and McCarthy's son Kyle were both 13 when they died while engaging in the practice of self asphyxiation to get "high". Both families were left stunned by their lack of knowledge about this game and now have a shared mission to educate others about it. Please check out our website and learn more:

For more information on the Choking Game go  
[www.gaspinfo.com](http://www.gaspinfo.com)  
or email [contact@gaspinfo.com](mailto:contact@gaspinfo.com)  
(Games Adolescents Shouldn't Play)

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Parents school counselors, teachers, coaches, administrators, human services professionals, EMT and firefighter personnel.

## **WHY** are **SO MANY ADOLESCENTS** dying?

The Centers for Disease Control estimates there have been over 80 deaths across 31 states over a 13 year period from adolescents playing the game, passing out before they untie the ropes or belts they're using and accidentally hanging themselves. The CDC thinks these estimates are low as some of these deaths may be attributed to suicide. Young people also risk brain damage and seizures from loss of oxygen while engaging in this game.

## WHAT are the **WARNING** signs?

- Any suspicious marks on a young person's neck
- Changes in personality - being more irritated or aggressive
- Any kind of strap, rope or belt lying near a child for no reason
- Headaches, loss of concentration, a flushed face
- Bloodshot eyes
- A thud heard in the child's bedroom or against the wall indicating a fall
- Questions from a child about the effects, sensations or dangers of strangulation

## Who's **"PLAYING"** the **Choking Game**?

The Choking Game primarily attracts adolescents between the ages 9 to 16. Many of those playing the game are high achievers who won't risk getting caught engaging in drugs or alcohol. The Choking Game, in one form or another has been around for years but deaths are increasing because of increased use of ligatures (ropes, belts, etc) and an increase in the practice of playing the game alone.