



the advocate's Voice

The Quarterly Newsletter for the Child Advocacy Center

The Choking Game

A "Game" Killing and Injuring Teens and Preteens

The activity is not a Game! It's a traditional activity passed on for generations through whispers of typically 9-14 year old children on playgrounds, at school, camp, and from friends. The Choking game is played in both in groups and by a single child. The object of the 'game' is asphyxiation, as in, to apply pressure to restrict oxygen and/or blood flow to the brain of the victim therefore creating a desired 'floaty', 'tingling', 'high' sensation. The 'high' are the cells of the brain seizing and beginning the process of permanent cell death. When the victim becomes unconscious, the pressure is released and the secondary 'high' of the oxygen/blood rushing to the brain is achieved. If the victim is alone upon unconsciousness there is no one to release the pressure and the victim own body weight continues to tighten the ligature usually resulting in death.

'Typical' Profile:

Unlike other risk-taking behaviors, self-choking often occurs among well-adjusted, high achieving students looking to have a sensational experience.

9 - 16 is the most common age and it is predominantly male participants. Although younger and older adolescents along with females are involved.

WHERE DO THEY LEARN?

Friends, Neighbors & Siblings, THE INTERNET

CONSEQUENCES

Bruises/ Concussions after a fall

Seizures

Brain Death

Brain Damage

Retinal Hemorrhaging

Stroke

UNEXPECTED DEATH

SIMILAR EXPERIENCES

Hanging upside down

Pressing arms against immovable barriers

Holding you breath

Breathing forcefully and rapidly

Hang gliding

Parachuting

WARNING SIGNS

⇒ **Frequent often severe headaches**

⇒ **Inexplicable bruising or red marks around the neck**

⇒ **Bloodshot eyes and/or Petechiae (tiny red dots) on face**

⇒ **Disorientation and/or grogginess after being alone**

⇒ **Unusual demands for privacy**

⇒ **Curiosity about asphyxiation (how it feel what happens)**

INTERVENTION

What's the Attraction to Self-Inflicted Asphyxia?

- A brief sense of euphoria
- An altered state of consciousness
- Peer Pressure of a dare or game of chicken
- Entertainment of watching peers lose consciousness/ behave erratically

PREVENTION

Talk about the dangers - Adolescents know about the game!

Adolescents feel it's 'just passing out' because it's not doing drugs or illegal.

Tell them that EVERY time they are risking DEATH - either their brain cells or themselves.

The DBFoundation.com
www.chokinggame.net

CAPstone



Child Advocacy Center

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BULLYING

Definition of Bullying

Bullying is when a person and/or group of people repeatedly and intentionally harm or threaten to harm someone who assume to be weaker or vulnerable.

Bullying can involve a wide variety of behaviors, from direct attacks (such as hitting, threatening, or intimidating, maliciously teasing and taunting, name-calling, sexual remarks, and stealing or damaging belongings) to more subtle, indirect attacks (such as spreading rumors or encouraging others to reject or exclude someone). Bullying may occur through physical abuse, verbal abuse or electronic means, such as cell phones or computers (referred to as cyber bullying).

The Realities of the Cyber World

Instant communication is at a child's or teen's fingertips, with the use of cell phones and computers. Cell phones, text messaging, instant messaging, social networking pages, and "tweets" have become the prevalent modes of communication.

These technologies are very useful and powerful sources of information and communication. However, the

potential for anonymous communication, the rapid transmission of information (including photographic images) and the ability to transform images and data have contributed to an increase in cyber bullying.

As these technologies continue to evolve we must educate ourselves and work together to ensure that our children are using these technologies responsibly and safely, to avoid instances of cyber bullying.

Possible Signs of Bullying

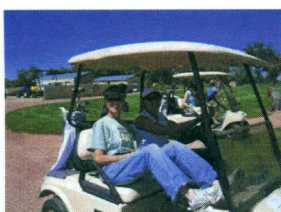
- ◆ Avoiding certain situations people, or places
- ◆ Exhibiting changes in behavior, such as being withdrawn and passive, being overly active and aggressive, or being self-destructive
- ◆ Crying or showing other signs of depression or anxiety
- ◆ Exhibiting low self-esteem
- ◆ Showing signs of fear when around or asked about certain situations or people
- ◆ Having unexplained injuries, torn or missing clothes or damage to personal property such as toys, games, book bag, etc

- ◆ Demonstrating apparent psychosomatic symptoms such as stomach pains, fatigue and sleep disturbance which may be caused by anxiety or depression.

What Parents Can/Should Do

- ◆ Gather more information
- ◆ Monitor your child's activities and relationships with others, especially at times when observation is not expected
- ◆ Supervise and review electronic communication like the Internet, social networking sites, and cell phones
- ◆ Inquire about and know the school's policy regarding bullying and harassment
- ◆ Do not attempt to mediate the situation on your own by bringing victim and bully together and/or contacting the parents of the suspected bully
- ◆ Communicate your concerns and seek out support from school administrators, law enforcement and others to develop a collaborative plan to address the issue, if necessary.

3rd Annual Jason Vesper Memorial Golf Classic



August 21, 2010

What a great tournament!!

CAPstone received over \$4,500

Thanks to all who participated

A big THANKS to the Vesper family
For all their hard work!!

IT WAS A HUGE SUCCESS

