



Detective Division – Area Five



Alert# 650-10-027
August 12, 2010

Community Alert

"The Choking Game"

Chicago Police have become aware of a potentially deadly game children are playing that may result in death or near-death experiences. In the "choking game," participants attempt to experience a euphoric feeling by temporarily depriving the brain of oxygen by applying pressure to the neck until they pass out. Parents may seek information about risks associated with the choking game to help prevent children from playing the game.

- Strange bruising or red marks around the neck
- Bloodshot eyes
- Bed sheets, belts, T-shirts, ties, or ropes tied in strange knots and/or found in unusual places
- Visiting Web sites or chat rooms mentioning asphyxiation or the choking game
- Curiosity about asphyxiation (asking questions like "how does it feel?" or "what happens if?")
- Disorientation and/or grogginess after being alone
- Locked or blocked bedroom or bathroom doors
- Frequent, often severe headaches
- Changes in attitude; becoming more aggressive
- Wear marks on furniture (bunk beds or closet rods)

If parents believe a child is playing the choking game, speak with the young person about the life-threatening dangers associated with the game and seek additional help if necessary.

If you have any questions about the "Choking Game," call Area 5 Detectives at 312-746-8282