



Gateway to Success Parents' Newsletter

Risky Behavior

When teens engage in behavior that is dangerous and life threatening, we, as parents, need to understand it and help prevent that type of behavior. Among the risky behaviors that some teens are engaging in is the choking game. The choking game has become more prominent as news of this "game" has spread amongst children and teens. The choking game is when a person, or other person, cuts off the blood and oxygen to the brain either by choking, hyperventilating, compression of the chest, or hanging. It is important as parents to know about the game to help prevent this type of play as well as any other type of play that can be dangerous to your child.

Here are some warning signs related to the choking game:

- Fabric or rope that is tied into knots in unlikely places like the doorknob and bedpost as well as wear marks on furniture that suggests strain. These knots and wear marks can be the points at which the person is using to create asphyxiation.
- Locked, blocked doors and/or unusual demands for privacy. The choking aspect of the "game" ultimately makes a person black out and if a door is locked or blocked, help from outside cannot reach the person. It's important to talk to your child about why they are blocking their door and why they are demanding privacy.
- Health signs indicating asphyxiation such as frequent, severe headaches, bruises and marks around the neck, and blood shot eyes.

Talk to your teen about the importance of safety and be aware of what your he or she is doing. Educate them on the dangers of certain types of "games" and "play".



Gateway to Success

For more information contact the Director of Pupil Services (626) 943-3410

July 2010