

Erik's Cause – Help Stop the Choking Game



What Every Student Needs To Know About Pass-Out Games

OUR MISSION

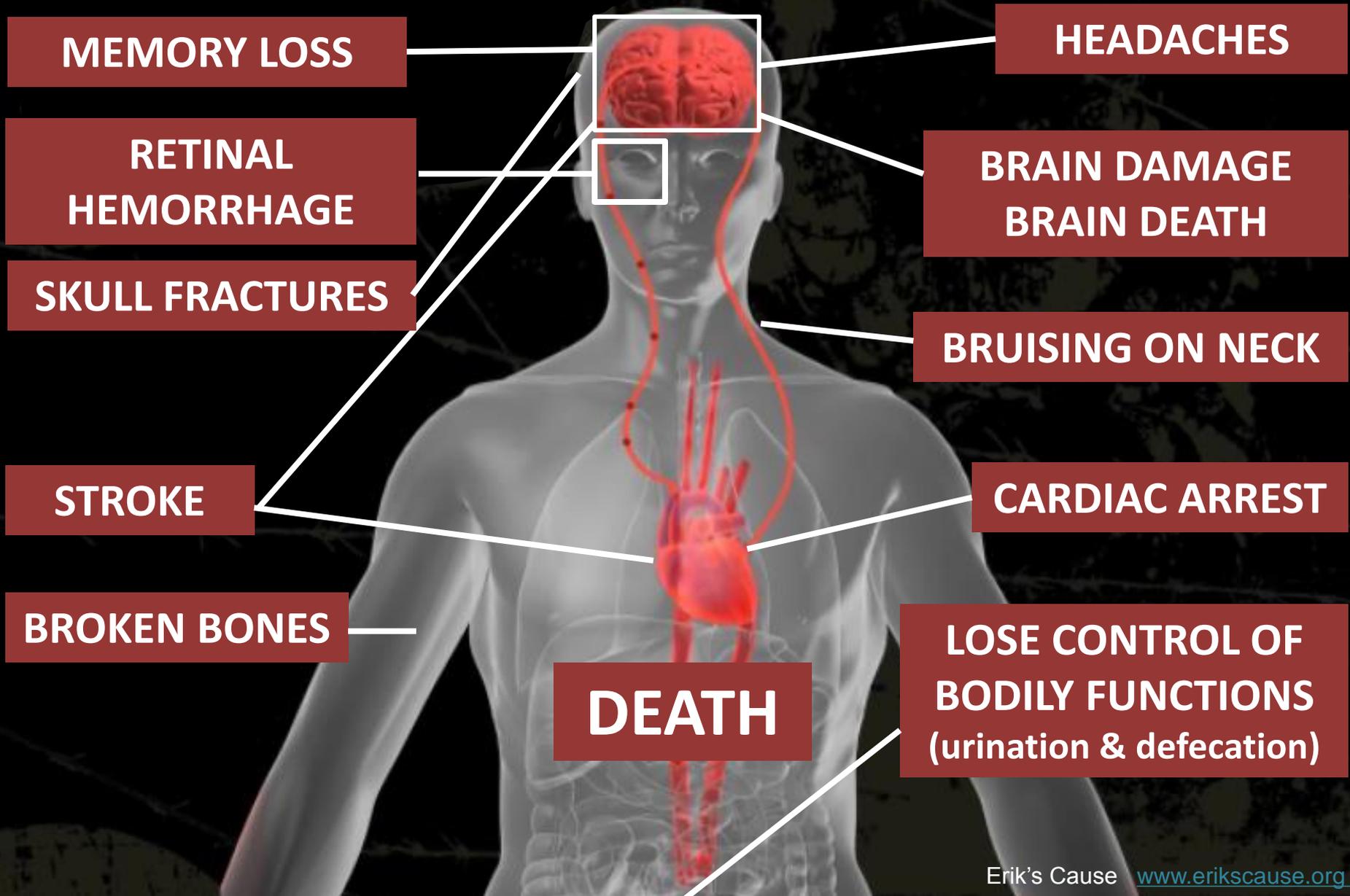
Bring awareness of the Deadly “Choking Game” to students, staff, families, and communities to help parents and children understand its true dangers and so lives can be saved.

We believe education is the most effective way to combat the rampant popularity of pass-out and fainting activities.

It goes by many names, including ...

A word cloud featuring various names for the choking game. The words are arranged in a circular pattern around the central text. The words include: CALIFORNIA-CHOKER, PASS-OUT, AIRPLANING, FLATLINER, SPACE-MONKEY, SPACE-COWBOY AMERICAN, THE, CHOKING, SCARF, DREAM, GAME, BLACKOUT, DREAMING, PURPLE-HAZING, CLOUD-NINE, FAINTING, SUFFOCATION-ROULETTE, and PURPLE-DRAGON. The words 'THE', 'CHOKING', and 'GAME' are the largest and most prominent.

What can happen when the brain loses oxygen?



AMAZING BRAIN FACTS



The brain is not fully developed until we are about 25 years old!

The brain generates 25 watts of power – enough to light a bulb.



Neurons send up to 50,000 messages through the brain per minute.

The brain weighs about three pounds.



The brain has about 100 billion nerve cells called neurons.



The brain is the *command center* of the body.



If we want these messages to travel well so our bodies can work well, we must take very good care of our brains.

A simple way to understand what happens

Normal flow, like blood through the arteries:



But if you bend it, what happens?



And what happens when you straighten it back out?



THINK...

CONSIDER...

S.T.O.P.

How can we say “NO”?

- **USE HUMOR:**

“No, I need all the brain cells I’ve got.”

- **GIVE A REASON:**

“No, it’s stupid and it can kill you.”

- **WALK AWAY:**

If others ask you to try it, just leave.

- **CHANGE THE SUBJECT:**

Talk about something else.

Ask for Help ...

Ask any responsible adult for HELP.

Telling is not tattling

If someone is unconscious ...

CALL 911

Even Smart, strong kids can make dumb choices with deadly consequences ...



**Some kids tried it only once
They didn't know they were gambling with
their lives...**