

"MY KID?"

We – Caring, Loving Parents – May be Impeding Education to our Kids, the Very Ones We Want to Protect!

Like Erik, many victims of the Choking Game do not fit the profile of an "at risk" youth. These deaths are so blindsiding that families have trouble grasping that their child had even thought about it, much less tried it.

Some parents also confuse the choking game with autoerotic asphyxia (AeA), but the choking game does not have a sexual component and is not AeA.

I had never heard of the Choking Game prior to Erik's death. Erik was so smart and responsible. He could debate health care reform and national budget issues. Would he really try something that, to me, seemed so basically dangerous and ridiculously stupid? I forget he was only 12...

And yet, parents are slow to share awareness with their kids.

One mom's surprising reaction:

*"As a mom watching it with my kids I was aware that I worried about how they would take it and was afraid it would be too much for them. Of course they were fine and I was very affected especially by the pictures of all the kids. I definitely experienced a moment of hesitation and fear once it got going. **There's a sense that somehow the video might shatter the kids' world when the truth is that the video shatters the parents' belief that they can keep their kids safe.** The idea of the video is far more terrifying for the parents than for the kids."*

TRUST YOUR KIDS WILL UNDERSTAND!



ERIK'S CAUSE® HELP STOP THE CHOKING GAME

A non-graphic, skills-based approach to choking game prevention education for ages 9-16

OUR MISSION:

To bring awareness of the deadly "Choking Game" into the national spotlight so parents and children understand its true dangers and lives can be saved. We believe education is the most effective way to combat its rampant popularity. We have developed a non-graphic, skills-based approach to choking game prevention education and encourage all schools to incorporate it into their curriculum.

Dedicated to the memory of Erik Robinson and all the victims of the "Choking Game"

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Erik's Cause, Inc. is a 501(c)(3) Public Charity
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ATTENTION PARENTS:
Kids like Erik are dying every week

There is HOPE...

HELP STOP THE CHOKING GAME



It Goes By Many Names, Including...

- **Fainting Game**
- **Rising Sun**
- **TAP OUT**
- **Gasp**
- **HANGMAN**
- *California Knock-Out*
- **Pass Out**
- **Black Out**
- *Funky Chicken*
- **ELEVATOR**
- **Airplaning**
- **FLATLINER**
- *Space Monkey*
- *American Dream*
- **Suffocation Roulette**
- **Space Cowboy**

WHAT IS IT?

It Is Not A Game!

It's an activity that's been around for decades in which children suffocate each other by various methods, including:

- strangling themselves or others with belts, ropes, their bare hands; or
- placing great pressure on their chest in an effort to induce hyperventilation.

What they do not know is that

maintaining a strangulation technique too long **may accidentally cause death or injury.**

Many kids also try it alone by using a rope or belt. Since they don't know when they'll lose consciousness – they black out and accidentally choke to death.

It kills faster than drugs!

It is never safe!

Why is it popular?

- The tween/teen years are a time of independence and exploration.
- Some kids seek the curiosity and think it is safer than drugs or alcohol.
- Others try it as a result of peer pressure.
- Many kids have said that this "game" gives them a feeling of invincibility.

The popularity of the choking game may boil down to one simple fact: Children and adolescents believe it is safe because they are unaware of its dangers.

POTENTIAL WARNING SIGNS

(There can be NO warning signs at all):

With Your Child:

- Bloodshot eyes
- Frequent unusual headaches
- Marks on the neck
- Unusual demands for privacy
- Disorientation after spending time alone
- Changes in personality such as becoming overly aggressive or agitated
- Any questions about effects, sensations or dangers of strangulation
- Unexplained injuries

In Your Home:

- Locked doors
- Knots tied in the room
- Wear marks on bedposts, closet rods, etc.
- Any kind of strap, rope or belt lying by your child without reason/explanation
- "Thud" sounds, such as from falling from playing the game alone
- Internet use history (website, chat rooms, blogs, etc.)

WHAT CAN YOU DO?

- Learn about it
- Talk with your kids
- Share this with all your friends
- Urge your school to incorporate our training into their risk prevention curriculum

SAVE LIVES – SPREAD THE WORD!

DID YOU KNOW?

Without blood and oxygen:

- within 3 minutes brain damage starts
- between 4 and 5 minutes the body begins to shut down
- 10 minutes can be too late

This activity can kill you the very first time!

Injuries include:

- skull fractures
- bleeding in the brain
- coma
- seizures
- stroke
- broken bones
- Loss of consciousness and death of brain cells
- permanent brain damage

Between 3pm and 6pm on school days are the peak hours when kids experiment with risky behaviors.

Hundreds of thousands of "how to play" videos are easy to find on YouTube and other social media ... easy for our kids to watch without understanding the potential dangers.

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

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