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## "CHOKING GAME"



### HOW TO WARN YOUR CHILDREN

Dr. Gary Park, director of critical care at Mary Bridge Children's Hospital in Tacoma, has spoken with his own children about the lethality of the "Choking Game." He advises other parents to do the same and offers these suggestions:

\* Communicate with your children, but recognize that they could lack good judgment.

"Teens will do things without realizing the consequences," Park said. "Impress upon them that putting a rope around your neck is never acceptable. Doing something that causes you to lose consciousness is never acceptable."

\* Realize that one conversation, talking and listening, might not be enough.

Park has spoken with his children several times. Now their discussions include the deadly consequences of such action and the grief that could follow.

\* Educate yourself about the variations and the symptoms of this activity and others that involve oxygen deprivation. Signs of the Choking Game can include marks around the neck and pinpoint bleeding on the eye and the inside of the eyelid. Park warned that some kids also are "dusting," which involves inhaling propellants like computer keyboard cleaner or glass chiller.

\* Emphasize the dangers of "pass-out games."

"Anything that causes your brain to shut down is not good for you," Park said.