

"GAMES"

That can cost a Life

Some of us remember "playing games" with our friends during childhood that involved getting a "head rush" from almost losing consciousness. This came from squeezing our friend until they almost "blacked out." While these activities were always risky, they seldom resulted in serious injury or death.

Today, however, some kids are playing these "games" in a much riskier way and are dying from them.

Here's some information to know:

- These "games" are known by different names, including "Space Monkey," "Space Cowboy," and "Rising Sun" among others.
- Some kids begin to play these "games" as early as ages 10 or 11.
- Some kids use dog collars, leashes, or similar items to choke themselves.
- Some kids play these "games" when they are alone.

Talk to children and teens by telling them:

- "Blacking out" is from a lack of oxygen going to the brain. This can kill or cause permanent brain damage.
- Asphyxiation "games" are always dangerous.
- Never let anyone put a dog collar, leash, rope, or similar item around your neck.
- Never play these "games." It is especially dangerous when you are alone.
- Talk to a responsible adult if you know anyone who is playing these "games."

Talk to other parents and school personnel if you hear that kids in your community are playing these "games." Educate yourself and then the kids on how to keep them from hurting themselves.



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org