

Organization Return Address  
Organization City, State ZIP

***Sample letter any  
organization can  
send to parents***

Date  
Parent Full Name  
Parent Address  
Parent City, State ZIP

Dear Parent:

My name is \_\_\_\_\_, and as the (principal, director, etc.) of your child's \_\_\_\_\_ I am writing to pass on important information that has come to our attention.

Many children across the United States have died recently as a result of engaging in a self asphyxiation behavior known as the "choking game", "space monkey" or one of many other names. This is no hoax as I have confirmed that dozens of newspapers and TV stations across the country have broadcast reports about child deaths in their communities that have been attributed to the choking game. Please confirm this information yourself by typing "choking game" into any Internet search engine. A web sites with compiling information about the choking game is [www.ChokingGame.net](http://www.ChokingGame.net)

In short, children and teens engaging in this behavior attempt to starve their brains of oxygen in order to get what they perceive as a drug-free high that occurs when they pass out and then again when they wake back up. It appears that the children and teens engaging in this behavior think it's not dangerous as no drugs are involved. The kids playing this game in groups cut off the oxygen to their brains by holding their breath, giving each other "bear hugs" or choking each other with their hands. Many kids also play this game alone in their bedrooms by choking themselves with a belt or rope. The majority of the deaths from this game involve kids playing the game alone.

Many of the deaths have been labeled suicides by the medical examiners even though the kids who died exhibited no classical pre-suicidal behavior. Parents that have lost children this way believe their kids didn't understand the risks involved in this choking behavior. Some but not all of the victims exhibited the following signs prior to their death: bruising of the neck, bloodshot eyes, frequent headaches, sudden need for privacy, unusual attention to ligatures like belts, ropes, etc.

Unfortunately most of the public reports about this "choking game" are anecdotal in nature. Medical authorities seem to acknowledge the existence of various self-choking behaviors but have not yet convened any blue-ribbon panels to acknowledge that the "choking game" is a national epidemic. Internet parent groups have reported that when parents specifically ask their kids what they know about "choking games", many are shocked to discover their kids know about it, know who does it, have witnessed it or have even participated. Many parents take the opportunity then to explain the deadly risks kids are taking when the engage in any sort of choking behavior. Some parents have reported that their children have continued to play choking games even after warned of the dangers.

Again, this letter is not meant to alarm you but you may wish to consider taking the following actions:

1. Speak to your family doctor. Ask him or her what they know of any self-asphyxiation or strangulation behaviors known as the “choking game”, “space monkey” or one of many other names. Ask your family doctor if they think it is prudent to discuss the dangers of such choking behaviors with your kids in the same way as you discuss the dangers of drinking, drugs, etc.
2. Talk to your neighbors and friends about what they’ve heard about such activity. Research the subject of “choking game” using any Internet search engine. A web site that has been helpful to others are [www.ChokingGame.net](http://www.ChokingGame.net).
3. Should you decide to speak to your child about the dangers of any type of choking behavior follow your family doctor’s advice. Other doctors suggest being open and honest. They suggest simply asking your kids, “What have you heard about the ‘choking game’?”. Listen to what they say. Follow up by sharing that you care for them very much and that just like drugs and drinking you do not want them engaging in any type of dangerous activity including any form of choking no matter how innocent it may seem.
4. Keep talking with your kids to find out what risky behaviors they are hearing about. Keep talking to your friends and neighbors about what you’ve shared with your kids so that they might be emboldened to seek information and speak with their kids.

In closing, most all parents who have lost a child attributed to the choking game have stated, “I didn’t know to warn my child because I didn’t know about this choking behavior”. We can’t say what you should do with this information but we thought the information was important enough to pass on to you.

If you would like to contact us about this or any health concerns you have for your family the following are local community resources you may wish to consult:

(List of local community health care resources)

Sincerely,  
Your Name  
Your Organizational Title