

## **Pass Out Game**

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There is a new deadly game being practiced among youth across the world. It's called the Pass Out Game where kids choke themselves to get a new kind of high.

The pass out game, or sometimes referred to as space monkey, flat liner or blackout, is a new form of getting high that does not require drugs. Cutting off oxygen causes a high by using belts, plastic bags, ropes, sheets, and possibly their own hands. When the object used is removed the individual then experiences a rush of oxygen into their brains, causing them to feel like they are high. Psychiatrists state in the August 22, 2005 edition of People that, "Kids experimenting with suffocation are trouble-free youths unlikely to try illegal narcotics." The game is not only immediately accessible, but youth can do it to themselves, by themselves.

Playing this game may lead to brain injuries and possibly death. Youth do not realize that cutting off oxygen to the brain, even for a brief period of time, will cause severe injury or death. Until recently, most coroners stated that children who died because of the choking game were committing suicide. The signs are very similar. Here is what you need to look for in your children; red or bloodshot eyes, marks on the child's neck, complaints of headaches or dizziness, cuts and bruises that may have resulted from a child getting dizzy and falling, objects such as belts, ropes, towels or plastic bags that are misplaced or misused.

Tammy Dunn the mother Chelsea Dunn, a child that was killed by the pass out game, states in the People article, "We made sure to talk to her about drugs, smoking and alcohol. We hadn't been told anything about this." I hope you take this information and talk with your children and friends. This new deadly high can be stopped, and I hope it is.