

# WATCHOUT



DELHI TOWNSHIP POLICE NEIGHBORHOOD WATCH

Winter 2006

## The Choking Game.....

The “choking game” is a game played by teenagers, typically between the ages of 9 and 15, to create a rush or high without using drugs. These teens attempt to temporarily cut off the oxygen supply until they pass out.

Recent news reports suggest that though this game is not new, it has become more of a problem in recent weeks as teens in Ohio, Idaho, California, and North Carolina have died playing this game. It is difficult to determine the extent to which students are participating or the rate of death as it can easily be mislabeled as a suicide. The game, though always deadly, is particularly deadly when the child tries to create the high when they are alone. It is estimated that 400-500 children die yearly from this risk behavior in the US. This figure does not include those participants injured or not injured

Street names: space monkey, blackout, funky chicken, something dreaming game, flat liner, tingling, and suffocation roulette.

Signs that a child might be participating in the behavior: complaints of frequent headaches, marks on the neck of pinpoint blood marks on the neck, bloodshot eyes, the onset of aggressive behavior or aggravation, finding ropes, belts, or other objects with odd knots tied, and activity behind closed doors.

The American Psychological Association states that many times parents can offset dangerous risk taking behavior by simply being there and knowing what is going on in your teen’s life. The APA recommends:

- Have a solid relationship with your teen and discuss issues that he faces.
- Be able to speak frankly with your teen about dangerous behaviors.
- Establish a pattern of chaperoning parties and asking where your teen is and with whom he is spending time.

### Short Term Effect:

Choking can produce a drunken, light-headed “feeling” that is typically short-lived. Choking can also depress your heart rate, disturb your heart rhythm, and sap your body of oxygen. At the extreme, choking can result in sudden death due to lack of oxygen to the brain. Teens are killing brain cells every time they play this “game”. They may also experience nausea, loss of appetite, coughing fits, and disorientation and loss of coordination, making it hard to walk or even stand for about 15 minutes after this dangerous risk behavior.

### Long Term Effect:

This behavior can result in permanent brain damage and death.



## Snow Shoveling Tips.....

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel after eating or while smoking.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.



## Entrance Examination for Police Officer Delhi Senior Citizen Center 647 Neeb Road Cincinnati, Ohio 45233 February 4<sup>th</sup>, 2006

All applicants must register in person, prior to February 1<sup>st</sup>, 2006 at the Delhi Police Department located at 934 Neeb Road. Each Applicant will receive an application packet and an admission ticket at the time of registration.

### Applicants Must:

- Possess a valid drivers license
- Be 21 years of age prior to appointment
- Possess an associate degree or greater from an accredited college or university
- OR an honorable discharge after serving in the Armed Forces of the US.
- Be free of any felony or domestic violence convictions.
- Pass a background investigation including a truth verification test.
- Pass a physical ability assessment.
- Pass a behavioral assessment
- Pass a behavioral assessment
- Pass a medical examination including a drug screen

Starting Pay: \$21.05 per hour  
*Delhi Township is an Equal Opportunity Employer*

***For information on the Delhi Police Department Blockwatch Program Contact:***

**Sgt. Jim Howarth or Cpl. Jeff Braun  
(513) 922-0060**