

“Everything is possible for one who believes”

MARK 9:23

Bradford Forster Academy
A Church of England Academy



CBB/ECY

5th March 2025

Re: Blackout challenge / choking game

Dear Parents/Carers,

We have been made aware that young people in the local area may be engaging in the “Blackout Challenge” or “Choking Game”.

Blackout challenge / choking game

The “blackout challenge”, also referred to as the “choking game” or “pass-out challenge” encourages people to hold their breath until they experience a “high” or pass out due to a lack of oxygen.

It has been around since at least 2008 but has had widespread attention on TikTok since 2021. Like other dangerous online challenges, it is targeted to a young audience.

Any activity that deprives the brain of oxygen has the potential to have lasting effects on the brain, or to result in death. **We have been made aware that young people in the area may now be taking part in this extremely dangerous activity.**

Please be aware of the signs that might indicate that a young person is trying the blackout challenge, including:

- Bloodshot eyes
- Marks on the neck
- Severe headaches
- Feeling disorientated after spending time alone
- Ropes, scarves, belts etc. found knotted or tied to bedroom door handles

Please speak to the young people in your lives, as you feel appropriate, about the risks associated with this challenge, and ensure they know who to speak to if they are concerned about a friend or classmate. **It is also important that children and young people’s social media usage is monitored.**

Thank you for your support,

Yours sincerely

G Earles

Mrs Gemma Earles
Principal

Principal: Mrs Gemma Earles, MA, NPQH

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