The choking game refers to intentionally cutting off oxygen to the brain with the goal of inducing temporary loss of consciousness and euphoria.

The idea is they're sucking and creating a vacuum, and that vacuum would result in swelling because it's a trauma to the lips, breaking of blood vessels, lacerations, cutting of the skin that requires stitches in some cases. And that can leave marks that include pigmentation; scarring, collapsed lung, and risk of pneumonitis or a cerebral hemorrhage, breathing difficulty, and risk of suffocation.

By 2012, there were reports of 144 deaths as a result of participating in the choking game. A 14-year-old girl died in Texas from the choking game in 2010, while a 12-year-old girl in New York died in 2011.

The choking game has been blamed for causing several deaths and injuries, including cases where children have been found dead in their beds or in bathrooms after succumbing to the game. It is not uncommon for the game to result in serious injuries, and some cases have even led to hospitalization.

The choking game is a dangerous activity that can result in severe harm or death. It is important for parents and guardians to be aware of this activity and to educate their children about the risks associated with it. They should also monitor their children's activities and make sure they are not participating in this harmful activity.