Children killing themselves by playing the Choking Game.

What is the Choking Game?

IT IS NOT A GAME! Mostly boys and girls between 9-19 are cutting off the flow of blood to the brain, in exchange for a few seconds of feeling lightheaded. Some strangle themselves with a belt, a rope or their bare hands; others push on their chest or hyperventilate. When the release the pressure, blood that was blocked up floods the brain all at once. This sets off a warm and fuzzy feeling, which is just the brain dying, thousand of cells at a time. Some even go into seizures.

This has been around for generations but with more recent use of ropes and belts it has increased its deadliness dramatically. It is estimated as many as 250 to 1000 young people die in the United States each year playing the Choking Game. This statistics are hard to track due to many of the cases are reported as suicides.

It has come such an issue that Centers for Diseases Control even has a link on it: [http://www.cdc.gov/Features/ChokingGame/](http://www.cdc.gov/Features/ChokingGame/)

How do you know if someone is playing the Choking Game? Some common things to look for include bloodshot eyes, frequent headaches, locked doors, marks on neck, knots tied around the bedroom, wear marks on bedpost and closet rods, and disorientation after spending time alone.

You may go to the following links and receive more information.

**CBS News Video**
[http://chokinggame.net/index.html](http://chokinggame.net/index.html)

Talk to your children…..

The new parking management system is activating online transactions in phases. Citation payments are now active. Next to come will be appeals, waitlists, account management, and permit purchase and renewal.

**Parking Information**

Your ID badges will allow access to parking garages and lots as well as buildings and rooms.

CTRC, MARC and Greehey campus now have card readers installed at all entry points. You must have your ID’s to gain access to these campuses.

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**Special Note:**

- From now on, the Police Newsletter will be sent out every other month.
- One resolution I have made, and try to always to keep, it this: To rise above the little things. John Burroughs
CRIME PREVENTION IS A SHARED RESPONSIBILITY

PLEASE GET INVOLVED!

You can help prevent crime on campus by taking a few precautions.

• Lock your office and lab doors. Most thefts happen during normal working hours.
• Keep expensive articles locked up and out-of-sight in your vehicle.
• Use a common sense approach to protecting your valuables and either keep them in your locked up or on your person; record serial numbers of expensive articles and engrave your drivers license on them.
• Keep only reasonable amounts of cash on hand and protect your credit cards and the credit card numbers.
• Register your bicycle with the University Police and lock your bicycle to a bicycle rack when not in use with a steel U-Lock.
• Keep locker combinations and electronic passwords confidential.
• All personal property shall be marked that it belongs to you. HOP Policy 6.3.4.

One of the most important actions anyone can take is to report crimes, suspicious persons, and potential problems as quickly as possible. Any victim or witness to a crime is encouraged to report the crime so an investigation can occur. Even if the victim declines prosecution, the University Police needs to know the details surrounding the event so actions can be taken to prevent further incidents of that nature.

You may report crimes by calling UTHSCSA Police or anonymously by using the Silent Witness Program.

WALKING AND JOGGING SAFETY

Construction continues on the new track that will go around the perimeter of our campus and connect to the Medical Center Track adjacent Greehey Campus. Consider these safety tips that follow:

• Take a cell phone.
• Take an ID and medical info if important.
• Let someone know your going out, what your route is and when you will be back.
• Be alert at all times. Do not “zone” as you run or walk especially through the wooded areas.
• Go with a friend. Not by yourself.
• Stay off the Medical Center Track after the hours of darkness. There are no lights nor emergency intercoms.
• Stay on the HSC Track after dark.

RAPE AGGRESSION DEFENSE CLASS

The next R.A.D. class will be February 22, March 1, and March 8.

This program presents realistic self-defense tactics and techniques. It teaches awareness, prevention, risk reduction and avoidance while progressing to the basics of hands on defense training.

If you have any questions and would like to register for the class please contact Sgt. Karen Tucker at 562-9095 or at tucker@uthscsa.edu.
Is your home a target for burglars? Have you done all you can to protect your family from intruders? Most burglars study your home. They know who lives there and what their schedules are. What actions can you take to discourage would-be burglars from targeting your home and moving on to the neighbors. Take this quiz and see how safe your home is.

- Do you have your bushes cut below your window sills and are the lowest branches of your trees at least 6 feet above the ground?
- Are your windows and doors clearly visible from the street or neighbors?
- Do you have a fenced yard?
- Is the gate on the fence locked?
- Do you have deadbolts on all your entry doors?
- Are your entry ways well lit all night?
- Do you leave lights on or have automatic timers turn your lights on when you are out for the evening?
- Do you have motion sensor lights around the exterior of your home?
- Do you have an alarm system?
- If so, do you turn it on when you leave the house? Or about at night when you go to bed?
- Is the address to your house clearly visible from the street for emergency personnel to see?
- Do you keep ladders and tools locked up?
- Do you keep an extra key with a trusted neighbor?
- Do you have your property engraved with your driver's license or do you have your serial numbers written down?
- Do you lock the door to your house in the Garage?

How to Keep the Burglar Out

What the burglar looks for:
- Signs that the home is unoccupied.
- Easy access, use the locks you have on all doors and windows.

WINDOWS: Glass is vulnerable to attack. Fortunately, burglars are reluctant to break windows because of the noise. Because the noise and windows are often visible from the street and other residences.

LOCKS: Use dead bolt locks having a 1" throw is recommended. Be sure to use a high security strike plate with 3" screws.

SHRUBS: Should be kept low enough so they do not block possible points of entry or to conceal a potential attacker.

DOORS: Solid core wood doors with frames that cannot be spread apart with a pry bar are recommended.

BURGLAR ALARM SIGNS: Be sure to prominently display all signs and

HOUSE NUMBERS: House numbers should be visible from the street. They should be easy to read and of a contrasting color.

LIGHTS: Should be located on the front, back, and by the garages. Motion detector lights are an alternative to lights burning on all the time. Interior timed lighting devices should be utilized when you aren't home.

GARAGE: Never leave unlocked, especially if it has a connecting door to the house. Lock ladders and tools so that a thief cannot use them. Attached garages provide visual cover for a burglar.

Basement Windows: Often overlooked, basement windows should be secured to prevent them from being forced open.

SPARE KEYS: Never leave a spare key in a hiding place outside your home. Burglars know all the hiding places. Leave one with a trusted neighbor.
Crime Prevention Tip

There has been reports of garage doors electronically being “jammed” in the San Antonio area. This is where a burglar will jam your garaged door openers so they will not work. Make sure your door to your house is locked and better yet, has a deadbolt. If you ever find that your garage door opener doesn’t work along with your neighbors it’s a good change it has been jammed. Call police and immediately put a pad lock on the rail of the garage door. DO NOT WAIT till tomorrow.

HSC True Crimes

The UTHSCSA Police Department is offering more in depth information about crimes on campus. HSC True Crimes is a listserv that will give you the opportunity to find out what is happening in and around your area and to help prevent crime on campus. To participate in this listserv, register at [HSC True Crimes](http://utpolice.uthscsa.edu).

After your e-mail address is submitted, you will receive an e-mail back asking you to confirm the registration. You will then receive a confirmation message.

“Crime Prevention is a Shared Responsibility!”