

Blackout Challenge

Parents are being warned about the new Blackout Challenge on TikTok that is on the rise among children and teenagers.

The Blackout Challenge is an online trend that is proving to be dangerous, if not fatal, after it reportedly claimed the lives of four youngsters so far this year. There have been 2 reported incidents in Warrington this month

What is the Blackout Challenge on TikTok?

The Blackout Challenge on TikTok is where **users are encouraged to hold their breath until they pass out due to a lack of oxygen. It can also be referred to as the "choking challenge" or the "pass-out challenge".**

Four children under the age of 12 have already died after attempting to copy the challenge.

It is thought that youngsters are keen to try the challenge as it involves intentionally trying to choke oneself or another in an effort to obtain a brief euphoric state or "high". But death or serious injury can result if strangulation is prolonged.

When did the Blackout Challenge start?

The Blackout Challenge is not as new as you may think - **it's actually started back in 2008 as a choking game** but it's now doing the rounds on TikTok and therefore reaching an audience in a different mode.

Signs that a child may be attempting the TikTok Blackout Challenge

Parents are warned to watch out for the signs that a child may be engaging in the choking game and these include:

- **Discussion of the game** – including other terms used for it, such as "pass-out game" or "space monkey"
- **Bloodshot eyes**
- **Marks on the neck**
- **Severe headaches**
- **Disorientation after spending time alone**
- **Ropes, scarves, and belts tied to bedroom furniture or doorknobs or found knotted on the floor**
- **Unexplained presence of things like dog leashes, choke collars and bungee cords**