

## **Tapping Out**

We have seen one incident in school and we are alerting you, so that it does not become a bigger issue. Students are watching these videos on YouTube and TikTok on their personal devices. It is part of wrestling moves, but the videos they watch are of highly trained professionals.

A school boy in the UK ended up in hospital after taking part in the dangerous 'tap out' challenge.

The game, which is being played in schools across the UK, sees one child put their arm around someone's neck. They then squeeze until the other child 'taps out', showing they've had enough. Sometimes students can pass out.

This so-called game can be incredibly dangerous, as shown by what happened to this youngster, and there have been reports nationally of even more serious injuries.

Parents and carers should be aware of this craze and look out for signs that their children may be getting involved. I would also ask children directly to avoid taking part, even if they feel pressured to by their peers.

### **3 signs your child is playing the 'tap out' game**

The dangerous craze, also known as the choking game, pass out challenge or flat liner, is thought to be taking place in schools and out of school.

Parents should look out for the signs their child might be playing:

**Constant headaches**

**Bloodshot eyes**

**Marks around the neck and body**

Please speak with your child if you have any concerns.