

RESOURCES

HAS YOUR PARTNER EVER:

- Tried to strangle or 'choke' you? (put hands around your throat)

- Tried to stop you from breathing by putting hands around your neck, pressing against your throat, or smothering you?

- Threatened to kill you, your children, or any other family members or friends?

If any of these things are happening to you, then you (and your children) could be in danger of being seriously injured or killed.

If your partner has ever put their hands around your neck, put you in a "sleeper hold," or wrapped anything like a scarf, necklace, belt, or rope around your neck, you have experienced strangulation.

Title IX Office
615-898-2185

MTSU Police
615-898-2424

MTSU Student Health Services
615-898-2988

MTSU Power of One Office
615-494-8899

**RAPE, ABUSE, AND INCEST
NATIONAL NETWORK:**
1-800-656-4673
www.rainn.org

**NATIONAL SEXUAL ASSAULT
HOTLINE**
1-800-656-4673

SUICIDE PREVENTION HOTLINE:
1-800-273-8255

DOMESTIC VIOLENCE HOTLINE:
1-800-799-7233



Middle Tennessee
State University
Power of One Office
615-494-8899

Strangulation & Choking FAQ

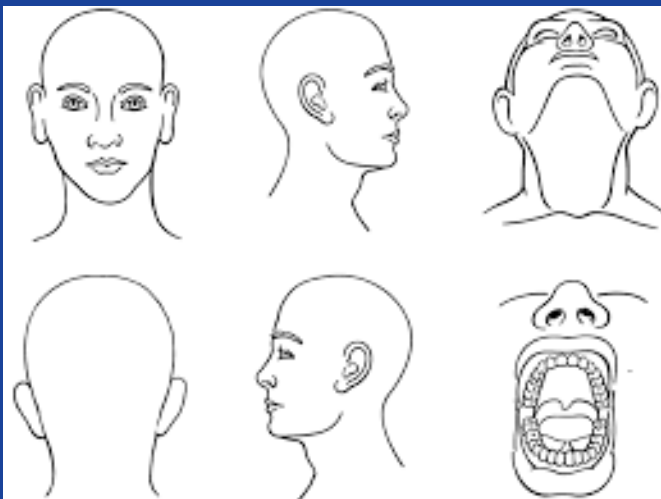
Everything you need to know.

**YOUR SAFETY IS
IMPORTANT**

SEEK MEDICAL ATTENTION

If you have been choked or strangled, please seek medical attention; especially if you are experiencing difficulty breathing, speaking, swallowing or experience nausea, vomiting, light-headedness, headache, involuntary urination and/or defecation. This may be crucial in detecting internal injuries and saving a life.

USE THE FACE AND NECK DIAGRAM TO MARK VISIBLE INJURIES:



INFORMATION

Strangulation has been identified as one of the **most lethal** forms of domestic violence: unconsciousness may occur within seconds and death within minutes.

What is Strangulation?

Strangulation is a form of asphyxia (lack of oxygen) characterized by closure of the blood vessels and/or air passages of the neck as a result of external pressure on the neck.

Invisible Signs & Symptoms

Loss of memory
Loss of sensation
Ringing in ears
Headaches
Dizziness
Behavioral changes
Vision changes
Breathing changes
Voice changes

Facts

1. Symptoms could show up days or weeks after the incident occurred.
2. If your partner has strangled you in the past, your risk of being killed by them is 750% higher.
3. Only 12% of strangulation incidents have visible signs!

Visible Signs & Symptoms

Petechiae (red spots)
Blood-red eyes
Cord or rope burns (ligature marks)
Swollen/discolored lips
Bruising
Scratches
Redness on body
Nausea, Vomiting, Urination

5-10
seconds

Loss of
consciousness

15
seconds

Loss of
bladder
control
(urination)

30
seconds

Loss of bowel
control
(defecation)

1-3
minutes

Death