Information on Strangulation

*IF YOU OR SOMEONE YOU KNOW HAS EXPERIENCED STRANGULATION DURING AN ASSAULT, SEEK MEDICAL ATTENTION IMMEDIATELY. THE DANGERS OF STRANGULATION CAN PRESENT WELL AFTER THE EVENT OCCURRED.

WHAT IS STRANGULATION?

A form of assault that can occur in domestic violence (DV) or intimate partner violence (IPV) situations or co-occur with assault. Strangulation is what happens when air flow or blood flow to/from the brain is cut off or reduced through pressure on the neck. Strangulation can result in serious harm and has a high risk for lethality. It is also a predictor of risk for lethality in a domestic violence situation. Strangulation may occur with the intent of death but more often occurs as a threat to reinforce power and control of the abuser.

Please note that choking occurs when an object blocks airflow in the trachea, and is different from strangulation, though many use the terms interchangeably.

WHY IS IT IMPORTANT TO KNOW ABOUT STRANGULATION?

It is an important risk factor to predict lethality in a DV/IPV situation and should be taken very seriously. If possible, you should seek medical attention immediately if you have experienced strangulation. If someone you know has been strangled, even if the event occurred days prior and appears okay, it is still incredibly important to seek medical attention. A DV/IPV situation is 10x more likely to turn deadly if strangulation occurs.

WHAT ARE THE EFFECTS OF STRANGULATION?

Strangulation may result in: bruising, minor injury (often internally and with nonspecific symptoms) such as injury to the laryngo-trachael region, injury to the digestive tract, vascular system, or nervous system. Other symptoms include voice changes, sore throat, coughing, swallowing issues, loss of consciousness, behavior changes, memory problems, neurological impacts, postanoxic issues, anxiety, PTSD, TBI, late-onset of symptoms, and death. Loss of consciousness, sight impairment, incontinence, red spots on the face or neck, and/or hemorrhage are signs of a life-threatening injury (though may not present even if the injury is life-threatening) – such injury can result in death even days or weeks after the event occurred.

HOW CAN I PREVENT STRANGULATION INCIDENTS IN MY COMMUNITY?

Do research and educate yourself and those around you about the risk and symptoms of strangulation, traumatic brain injury (TBI), and anoxia. Know what to do in situations where strangulation occurs. Encourage those in abusive relationships or potentially abusive relationships to connect with a local anti-violence organization, take a lethality assessment, and/or create a safety plan. Interrupt strangulation, suffocation, choking, or abuse jokes.

*This is not a comprehensive list of all available resources, but rather resources we have chosen to highlight for distribution. If you would like additional resources, additional information, or a resource sheet on another topic, please let a BRAVO advocate know.
Information on Strangulation

Support organizations that are doing work on strangulation. Establish yourself as a safe person and have resources ready if a survivor should reach out to you.

RESOURCES:

**BRAVO (Buckeye Region Anti-Violence Organization)** - Call: 1-866-862-7286  
Text: 1-614-333-1907

**FORGE** - forge-forward.org

**LGBT National Help Centers** - 1-888-843-4564 (M-F 4pm-midnight EST, Sat 12pm-5pm EST)

**New York City Anti-Violence Project (AVP)** - avp.org

**Ohio Alliance to End Sexual Violence (OAESV)** - oaesv.org

**RAINN (Rape, Abuse, and Incest National Network)** - 1-800-656-4673 (24/7)

**The Human Rights Campaign: Sexual Assault and the LGBTQ Community** - hrc.org/resources/sexual-assault-and-the-lgbt-community

**The Network/La Red** - tnlr.org/en/

*This is not a comprehensive list of all available resources, but rather resources we have chosen to highlight for distribution. If you would like additional resources, additional information, or a resource sheet on another topic, please let a BRAVO advocate know.*