 **NEWS RELEASE** Dangerous Behaviors Foundation  
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**DANGEROUS BEHAVIORS FOUNDATION EDUCATES COMMUNITIES ABOUT RISKY CHOKING GAME**

PALM COAST, Fla.-- Kate Leonardi’s 11-year-old son Dylan Blake passed away in October 2010 “playing” a dangerous game that she had never heard of. A year after his death, Leonardi will be initiating The Dangerous Behaviors Foundation with the mission to establish and implement awareness and educational programs regarding dangerous adolescent behaviors.

The choking game, which is most popular among middle school students, involves intentionally choking oneself or someone else to obtain a brief euphoric state or high. This risky behavior can quickly result in death or serious damage such as seizures, strokes, or injuries.

“Education is the strongest weapon for prevention, and it is critical that parents and educators are aware of the phenomenon so that they can look for the warning signs,” said Leonardi. “Parents should honestly approach their child and explain that the dangers of this game are just as serious as drug and alcohol use. I wish I had talked with Dylan.”

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**THE CHOKING GAME, Add 1**

Parents should look for warning signs such as suspicious marks on the neck, changes in personality, unnecessary presence of straps, ropes, or belts near the child, bloodshot eyes, and headaches.

Most children that are engaging in the game are active, intelligent, and stable who are looking for a way to relieve stress or get high without doing anything illegal and believe that it is a safe alternative to drugs and alcohol. In reality, it has deadly results.

The DB Foundation plans to achieve preventative awareness through changing legislation, providing seminars, school assemblies, community presentations, a website presence, an availability to the media and a free quarterly newsletter and educational brochures. The foundation hopes that their community driven philosophy will be successful in the prevention of future tragedies.

With an active board of directors and dozens of volunteers, the organization has been cited as a statistical source and attention to the game has grown in recent years. The DB Foundation has been a resource to tens of thousands of parents, school districts, and media personnel who are seeking information and direction about the dangers of the choking game.

For more information on the choking game and how to talk to your child, visit <http://chokinggame.net/>.

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