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| 1 – What is strangulation |
| Strangulation is always dangerous to health and life**What is strangulation?**Strangulation is where there is pressure on the neck. This pressure leads to the blood vessels and sometimes the airways (windpipe) in the neck being squashed. This will end up with less oxygen getting to the brain. People can be strangled in different ways. It could be by a hand or hands on the neck, being put in a headlock or by something wrapped tight around the neck, like a scarf, belt or rope.There is no safe way to be strangled. Every second counts.There is a risk to life every time it is done.#**StopStrangulation** **#Strangulation-CriminalOffence** #StrangulationMeansDanger |
| 2 – What can I do if I was strangled? |
| **What can I do if I was strangled?**Whether you have been strangled once or many times, whether it happened today or many years ago, it’s never too late to talk to someone. You will not waste their time!If you have been a victim of strangulation you should get medical help as soon as possible even if you are not sure about reporting to the police. If your brain has been starved of oxygen it is normal for you to be confused. Your memory may not be clear about what has happened.**In the first few days**If you notice worsening symptoms, such as difficulty swallowing, difficulty breathing, weakness or confusion, seek immediate medical help. **In the following weeks or months**If you have ongoing psychological problems or physical symptoms such as ongoing voice changes, weakness of one side of your face, signs of a stroke, dizziness - seek medical help.**Talk to someone. Get help. The next strangulation could be fatal!**#**StopStrangulation** **#Strangulation-CriminalOffence** #StrangulationMeansDanger |
| 3 - Symptoms of strangulation |
| **Symptoms of strangulation****What are physical symptoms of strangulation?****At the time of being strangled:**• Pain in your neck• Difficulty or pain with breathing and swallowing• Eye problems -seeing stars, blurred or loss of vision (sight),• Hearing problems – loss of hearing, or a ringing, popping or roaringnoise.• Unconsciousness.• Loss of control of your bladder or bowel so that you wet or soil yourself.**After strangulation**• Pain in your neck• Difficulty or pain with breathing and swallowing• Confusion, feeling agitated.• Voice changes, such as a husky or deep voice.• Headache, feeling sick or being sick.**Only 50% of people who are strangled will have any injury to the neck or head that can be seen**If a person does have injuries, it tends to be bruising or scratches to their neck. Some victims might have pinprick bruises (petechiae) on their head, face, eyes and neckSome dangerous injuries can be internal, such as damage to blood vessels in the neck. This can lead to strokes in the days, weeks or even months after strangulation.**What are psychological symptoms of strangulation?**Many people think they are about to die which will be very frightening and affect them emotionallySymptoms of PTSD include: • Reliving Flashbacks, nightmares • Avoidance of reminders or emotional numbness • Hyperarousal - anxiety, hard to relax, hypervigilance, irritability, sleep problems, difficulty concentrating • Other mental health problems, self-harm or destructive behaviours such as alcohol or drug misuse; physical symptoms, such as headaches, dizziness, chest pains• Problems with memory, confusion#**StopStrangulation** **#Strangulation-CriminalOffence** #StrangulationMeansDanger |
| 4 – What is sexual consent? |
| Sex without consent is RAPE!NO means NO**What is sexual consent?**Someone consents to sexual activity if:* They agree by choice, and
* Have the freedom and capacity to make that choice

Things that might affect your ability to agree to sex?* When you are asleep
* You are unconscious
* You are drunk or on drugs
* You are too young to consent
* You have an illness that means you can’t communicate consent
* You are bullied, manipulated or tricked into saying yes
* You are being coerced by physical force

Even if you give your consent, you can change your mind!You can agree to do one sexual thing but not something else!**There is no safe way to be strangled. There is a risk to life every time it is done.**#**StopStrangulation** **#Strangulation-CriminalOffence** #StrangulationMeansDanger |
| 5 – Who can help me if I’ve been strangled? |
| **Where can you get help:**999 - emergency (police and ambulance); advice and reporting incidents - 101 (police) 111 (NHS), GPOpoka – Polish helpline for women who experienced domestic abuse - 0300 365 1700Sexual Assault Referral Centre (SARC) – you can find your local centre [here.](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)National domestic abuse helplines (have access to interpreters):England - 0808 2000 247 (National Domestic Violence Helpline)Wales - Live Fear Free - 0808 8010 800Scotland - Domestic Abuse and Forced Marriage Helpline - 0800 027 1234Northern Ireland - Domestic and Sexual Abuse Helpline - 0808 802 1414National helpline for men experiencing domestic abuse - Men’s Advice Line - 0808 801 0327Helpline for those who harm - Respect helpline: 0808 802 4040#**StopStrangulation** **#Strangulation-CriminalOffence** #StrangulationMeansDanger |