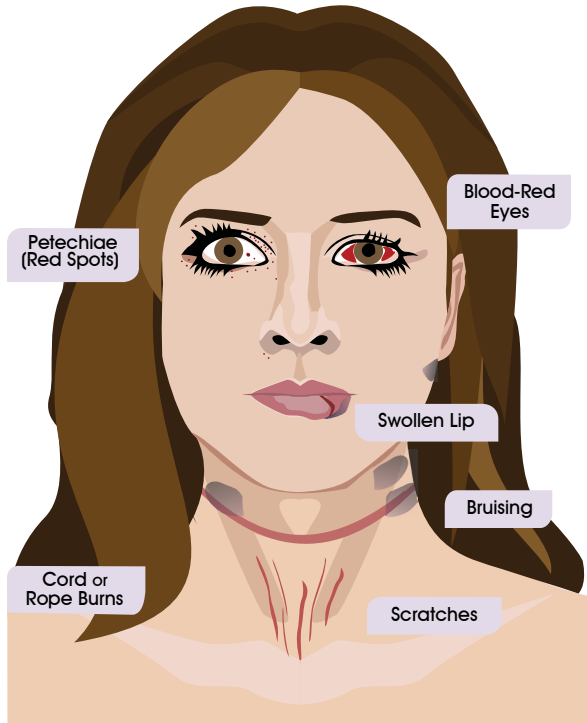


Strangulation

Visible Signs (may not be present)



Strangulation (someone placing pressure against your throat, neck or surrounding area) has only recently been identified as one of the most lethal forms of family and domestic violence: **unconsciousness may occur within seconds and death within minutes.** When family and domestic violence perpetrators choke or strangle their victims, not only is this a felonious assault, but it may be an attempted homicide. Strangulation is an ultimate form of power and control, where the perpetrator can demonstrate control over the victim's next breath; having devastating psychological effects or a potentially fatal outcome.

Sober and conscious victims of strangulation will first feel terror and severe pain. If strangulation persists, unconsciousness will follow. Before lapsing into unconsciousness, a strangulation victim will usually resist violently, often producing injuries on their own neck in an effort to claw off the assailant, and frequently also producing injury on the face or hands to their attacker. These defensive injuries may not be present if the victim is physically or chemically restrained before the assault.

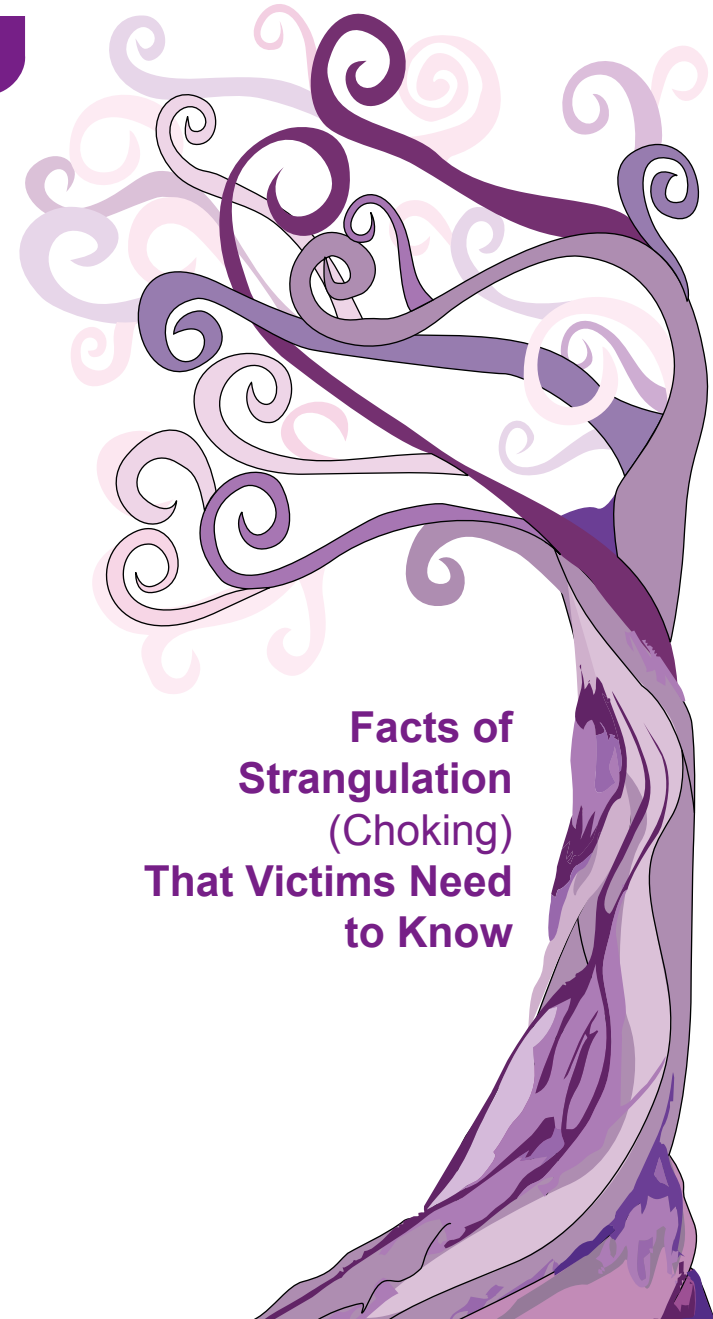
Observing Changes

Documentation by photographs sequentially for a period of days after the assault is very helpful in establishing a journal of physical evidence.

Victims should also seek medical attention if they experience difficulty breathing, speaking, swallowing or experience nausea, vomiting, lightheadedness, headache, involuntary urination and/or defecation, especially pregnant victims. A medical evaluation may be crucial in detecting internal injuries and saving a life.

Losing Consciousness

Victims may lose consciousness by any one or all of the following methods: blocking of the carotid arteries in the neck (depriving the brain of oxygen), blocking of the jugular veins (preventing deoxygenated blood from exiting the brain), and closing off the airway, making breathing impossible.



Facts of Strangulation (Choking) That Victims Need to Know

Additional Signs and Symptoms

A larger version of the graphic above which contains detailed signs and symptoms is available for download at <https://www.familyjusticecenter.org/resources/signs-and-symptoms-of-strangulation/>

This project is supported all or in part by Grant No. 2016-TA-AX-K067 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



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Belfast & Lisburn Women's Aid – 028 90666049
Domestic & Sexual Abuse Helpline – 0808 802 1414
Men's Advisory Project – 028 9024 1929



Belfast Area
Domestic & Sexual Violence
and Abuse Partnership

Monitor Your SIGNS

Date & Time

Journal Your Signs

Monitor Your SYMPTOMS

Date & Time

Journal Your Symptoms

Date & Time

Journal Any Other Sensation

Signs of Strangulation

Head- pinpoint red spots (petechiae) on scalp, hair pulled, bump(s), skull fracture, concussion.

Face- red or flushed, petechiae, scratch marks.

Eyes and Eyelids- petechiae to the left or right eyeball, bloodshot eyes.

Ear- petechiae (external and/or ear canal), bleeding from ear canal.

Nose- bloody nose, broken nose, petechiae.

Mouth- bruising, swollen tongue, swollen lips, cuts/abrasions.

Under the chin- redness, scratch marks, bruise(s), abrasions.

Neck- redness, scratch marks, fingernail impressions, bruise(s), abrasions, swelling, ligature marks.

Chest and Shoulders- redness, scratch marks, bruise(s), abrasions.

Symptoms of Strangulation

Voice changes- raspy and/or hoarse voice, coughing, unable to speak, complete loss of voice.

Swallowing changes- trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling.

Breathing changes- difficulty breathing, hyperventilation, unable to breathe.

Behavioral changes- restlessness or combativeness, problems concentrating, amnesia, agitation, Post-traumatic Stress Syndrome, hallucinations.

Vision changes- complete loss or black & white vision, seeing 'stars', blurry, darkness, fuzzy around the eyes.

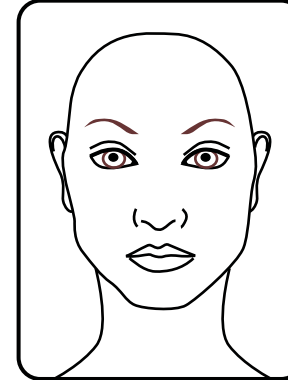
Hearing changes- complete loss of hearing, gurgling, ringing, buzzing, popping, pressure, tunnel-like hearing.

Other changes- memory loss, unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, going limp.

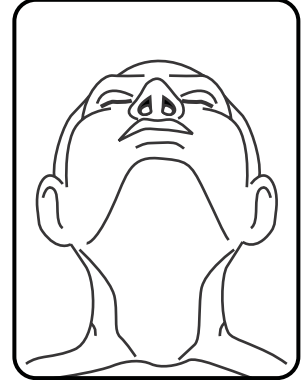
Diagrams to Mark Visible Injuries

Use a pen or a marker to indicate any visible signs and/or symptoms.

Front



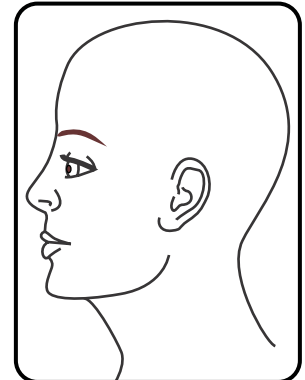
Under Chin



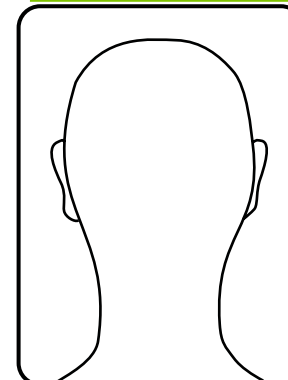
Right Side



Left Side



Back



Inside Mouth

