You are not alone.
We believe in your strength and courage as a survivor. 180 offers hope and support as you overcome domestic violence and sexual assault. Our caring and experienced counselors will listen, discuss your options, and provide resources to guide you.

You can have a fresh start.
You are not to blame for your experience of abuse. You and your family deserve to live your life free of fear and full of promise. Together, we’ll create your pathway to safety, healing, and independence.

We can begin together.
We are here for you when you’re ready. Our comprehensive support services are free and confidential, including 24/7 hotlines, counseling, legal advocacy, emergency safe house, and art, play, drama & music therapy for children.

DOMESTIC VIOLENCE:
Call (888) 843-9262

SEXUAL VIOLENCE:
Call (888) 264-7273

DEAF & HARD OF HEARING:
Text (732) 977-2832

2NFLOOR® YOUTH HELPLINE:
Call or Text (888) 222-2228

FAMILY JUSTICE CENTER:
Call (732) 264-4360 ext. 5000

MAIN HEADQUARTERS
1 Bethany Road
Building 3, Suite 42
Hazlet, NJ 07730
(732) 264-4111
Fax: (732) 264-8655

Understanding the Signs of Strangulation (Choking)

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180NJ.ORG
What is Strangulation?

Strangulation is one of the most lethal forms of domestic violence: unconsciousness may occur within seconds and death within minutes. This pamphlet briefly describes important facts regarding strangulation, classified as a felonious assault.

Strangulation is a serious act of violence, and it is important to know the signs and symptoms. Acts of strangulation should not go unreported. A person who commits the act can be charged with Aggravated Assault.

Power and control are underlying factors in this violent act, and the batterer may use strangulation to demonstrate control. Victims suffer great physical and psychological harm and may feel terror and pain. Victims usually resist the violence, which may lead to additional injuries and unconsciousness.

Losing Consciousness

Strangulation frequently results in the loss of consciousness due to a blocked airway, carotid artery, or jugular vein. Consciousness may be regained if pressure is released within ten seconds. However, brain death will occur if strangulation continues for four to five minutes.

Neurological/Behavioral Changes:
Loss of Memory/Amnesia, Loss of Consciousness, Loss of Sensation, Extremity Weakness, Difficulty Speaking, Fainting, Involuntary Urination or Defecation, Vomiting, Dizziness, Headaches, Restlessness, Combative, Difficulty Concentrating, Agitation, Post-Traumatic Stress Disorder, Hallucinations, Restlessness, Combative

Under Chin, Neck, Chest & Shoulders: Redness, Scratch Marks, Bruise(s) Made by Thumbs or Fingers, Abrasion(s), Fingernail Impressions, Swelling, Ligature Marks, Neck Pain

Face: Petechiae*, Slightly Red/Florid, Scratch Marks, Facial Drooping, Swelling

Eyes & Eyelids: Petechiae* on Eyeball/Eyelids, Bloodshot Eyes, Vision Changes, Droopy Eyelid

Ears: Ringing Sound, Petechiae* on Earlobe, Bruising Behind the Ear, Bleeding from the Ear

Nose: Bloody, Broken, Petechiae*

Mouth: Bruising, Swollen Tongue/Lips, Cuts/Abrasions, Petechiae*

Fingertips: Faint Circular/Oval Bruises

*Petechiae - Red Spots

Breathing Changes: Difficulty Breathing, Inability to Breathe, Hyperventilation

Voice & Throat Changes: Raspy/ Hoarse Voice, Coughing, Inability to Speak, Loss of Voice, Trouble/Painful Swallowing, Nausea, Vomiting, Dripping, Sore Throat, Clearing the Throat, High-Pitched Wheezing

Monmouth County’s Strangulation/Smothering Evaluation Team (SSET)

If someone has been choked or strangled, call the police or go to the nearest hospital Emergency Room for assistance. The Monmouth County SSET includes Forensic Nurses, Domestic Violence Response Advocates, and specially trained Law Enforcement Officers and offers 24/7 assistance to victims, including information, safety planning, and medical evaluations, as needed.

Observing Changes
Documenting the evidence of strangulation will help establish physical evidence, determine the severity of the injuries caused by the assault, and increase the victim's credibility. Victims, especially those who are pregnant, should also seek medical attention if they experience any of the following symptoms: Difficulty Breathing, Speaking, or Swallowing; Nausea; Vomiting; Light Headedness; Headache; Involuntary Urination or Defecation. A medical evaluation may be crucial in detecting injuries & saving a life.

How:
For several days after the assault, document the injuries through photographs and monitor signs & symptoms by recording the following information:

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Your Signs</th>
<th>Your Symptoms</th>
<th>Any Other Sensation</th>
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