

# **BPIFVP Non-Fatal Strangulation Resource**

**Bayside Peninsula Integrated Family Violence Partnership**

**Published March 2026**

**e: [bpifvp@vt.uniting.org](mailto:bpifvp@vt.uniting.org)**

**w: [www.southsafe.org.au](http://www.southsafe.org.au)**

## Definitions

Strangulation is defined as “external pressure applied to the neck, causing compression of and potentially injury to vital structures, and obstruction of blood and/or air flow”<sup>1</sup>

---

*People may refer to strangulation as choking, or pressure on the neck, or even name the act of strangulation in a way that is not obvious to caregivers, such as being ‘pressed up against the wall’ or ‘grabbed from behind’*

---

Neck compression can occur in several ways, including when pressure is applied with one or both hands (manual strangulation), when a forearm is used to compress the neck from behind (a chokehold), or when an object or ligature is used. The force may be applied gradually, suddenly, or intermittently, particularly during a prolonged struggle or rapidly escalating assault.<sup>23</sup>

---

*“Without oxygen, it takes just 15 seconds for a person to lose consciousness. After four minutes, a brain injury is likely to occur. If strangulation lasts longer, a person can enter a coma, experience seizures, and potentially die.”<sup>4</sup>*

---

Oxygen supply can be restricted if someone places their hands or another object around a person’s neck or throat, covers their mouth and nose so they cannot breathe, applies body weight to the chest or back, or uses a chokehold that compresses the neck. These activities carry a risk of serious and potentially long-term brain injury.<sup>56</sup> “

---

<sup>1</sup> Victoire, A., De Boos, J., & Lynch, J. (2022). “I thought I was about to die”: “Management of non-fatal strangulation in general practice.” *Australian Journal of General Practice*, 51(11), 871–876. P. 871. <https://doi.org/10.31128/AJGP-10-21-6195>

<sup>2</sup> Ibid.

<sup>3</sup> Ohio Domestic Violence Network [ODVN]. (n.d.). *Head Injuries and Strangulation Hurt Your Brain*. <https://www.odvn.org/brain-injury-survivors/>

<sup>4</sup> ABI Research Lab. (n.d.). *Brain Injury Basics*. <https://www.abitoolkit.ca/traumatic-brain-injury/brain-injury-basics/>

<sup>5</sup> Victoire et al. (2022).

<sup>6</sup> ODVN. (n.d.).

## Resources

### Watch & read:

- Women's Health NSW *Strangulation* <https://www.itleftnomarks.com.au/strangulation/>
- Insight Exchange *The dangers of strangulation* <https://www.insightexchange.net/strangulation/>

## NFS and Family & Sexual Violence

### Non-fatal strangulation and its link to brain injury - Key Statistics

**1 in 10**

domestic violence assaults involve hanging, strangulation and suffocation



Strangulation is reported **in up to 50%** of cases involving domestic violence-related homicide



**50%**

of strangulation survivors presented with **NO visible injuries**



**Only 5% of FDV survivors** seek

help after non-fatal strangulation episodes



Evidence suggests between **3% and 9.7%** of women have been strangled by an intimate partner at some point



Victims who have been strangled are **seven times more likely** to be killed by their abuser



**First Nations women** are overrepresented as victims of NFS and brain injuries – they are **70% more likely** to acquire a brain injury than non-Indigenous women.

<sup>7</sup> Synapse. (n.d.). *Non-fatal strangulation and its link to brain injury*

## Strangulation and the law

### Victoria, Australia

The Victorian Crimes Act<sup>8</sup> was amended in 2023 to include two new offences:

- An offence of intentional non-fatal strangulation: does not require proof of injury and carries a maximum five-year prison term.
  - Consent defence is available in the context of sexual activity for people who have engaged in genuinely consensual non-fatal strangulation during sexual activity and no intentional injury has occurred
- An offence of non-fatal strangulation where a perpetrator intentionally causes injury: carries a maximum penalty of 10 years.<sup>9</sup>

---

<sup>8</sup> Crimes Act 1958 (Vic) S.3 [https://www.austlii.edu.au/cgi-bin/viewdb/au/legis/vic/consol\\_act/ca195882/](https://www.austlii.edu.au/cgi-bin/viewdb/au/legis/vic/consol_act/ca195882/)

<sup>9</sup> State Government of Victoria [Premier of Victoria]. (2023, October 18). *Non-Fatal Strangulation To Become Stand-Alone Offence*. <https://www.premier.vic.gov.au/non-fatal-strangulation-become-stand-alone-offence>

	Offence	
	Non-fatal strangulation	Non-fatal strangulation intentionally causing injury
<b>Intent to cause injury required?</b>	No intent to cause injury is required	Yes – proof of intent to cause injury is required
<b>Description</b>	Intentionally strangles another person, regardless of any resulting injury or unconsciousness	This offence targets cases of non-fatal strangulation which intentionally causes injury to the victim
<b>Visibility of injury required?</b>	No – non-fatal strangulation often leaves no visible injuries, or injuries may emerge only weeks or months later	Yes – injury includes physical harm and harm to mental health It's important to note that harm to mental health refers to psychological harm, and excludes emotional reactions such as distress, grief, fear, or anger unless these emotions result in psychological harm
<b>Sentence</b>	This offence carries a maximum 5-year sentence	This offence carries a maximum 10-year sentence.
<p>Both offences apply when the victim and offender are family members, as defined under the <i>Family Violence Protection Act 2008</i>. The term 'family members' includes:</p> <ul style="list-style-type: none"> <li>+ Children, parents, step-parents, siblings</li> <li>+ Current or former spouses or domestic partners</li> <li>+ Current or former intimate personal relationships (not necessarily sexual)</li> <li>+ Other relationships reasonably regarded as familial in nature</li> </ul> <p>This inclusive definition ensures that the law adapts to evolving community understandings of family dynamics.</p>		

10

## Reporting on strangulation as an offence

### Victoria, Australia

In October 2024 Victoria introduced a new offence of non-fatal strangulation. Data from the Victorian Crime Statistics Agency shows that in the first 12 months of the offence:

- 996 people were charged with non-fatal choking, strangling or suffocating their partners or family members

<sup>10</sup> Safe + Equal. (n.d.). *Understanding non-fatal strangulation*. [https://safeandequal.org.au/wp-content/uploads/NFS\\_TipSheet\\_A4\\_FINAL\\_02.pdf](https://safeandequal.org.au/wp-content/uploads/NFS_TipSheet_A4_FINAL_02.pdf)

- more than 230 of the individuals charged were repeat offenders
- 130 offenders were charged with this offence twice and 23 offenders were charged three times.
- 7 offenders were charged with the offence more than 5 times.

## International perspectives

In the UK between June 2024 to June 2025, 44,426 strangulation and suffocation offences were recorded by police – being a 13% rise from the previous year. Recorded offences in the UK rose by 87% since legislation was introduced in 2022. Rates of reported offences is consistent across the UK and not restricted to particular areas.<sup>11</sup>

---

*“Strangulation can cause devastating injury in seconds, even when there are no visible marks. The continued rise in recorded offences underlines the importance of recognising strangulation early, responding appropriately, and understanding the serious risks it presents<sup>12”</sup> Professor Cath White*

---

## Lethality

### The facts

“Strangulation can be fatal in as little as four to five minutes.”<sup>13</sup> Fatality can occur due to:

- Reduced oxygen supply to the brain if blood flow is restricted
- Pressure on the carotid artery causing a slowing of the heart rate<sup>14</sup> and subsequent cardiac arrest.

Delayed mortality may be caused by<sup>15</sup>:

- Tear in the wall of the carotid artery<sup>16</sup>

---

<sup>11</sup> Institute for Addressing Strangulation. (2026, February). *Strangulation and Suffocation Offences Police Data 2025 (Year 3) Report 1: An analysis of police report data*. <https://ifas.org.uk/strangulation-offences-continue-to-rise-across-england-and-wales/>

<sup>12</sup> Ibid. para. 8

<sup>13</sup> Rozzi, H. & Riviello, R. (2019). How to Evaluate Strangulation. *ACEP Now*. <https://www.acepnow.com/article/how-to-evaluate-strangulation/>

<sup>14</sup> Known as bradycardia, refer Health Direct. (n.d.). <https://www.healthdirect.gov.au/bradycardia>

<sup>15</sup> Rozzi & Riviello. (2019)

<sup>16</sup> Known as carotid artery dissection, refer Cedars Sinai. (n.d.). Carotid Dissection. <https://www.cedars-sinai.org/health-library/diseases-and-conditions/c/carotid-dissection.html>

- Aspiration - something in the airway such as vomit or blood
- Postobstructive pulmonary edema (POPE) - can be a life-threatening complication in which too much fluid enters the lungs shortly after strangulation<sup>17 18</sup>
- Acute respiratory distress syndrome (ARDS) - a usually fatal syndrome where lung swelling causes fluid to build up in lungs' air sacs (alveoli) preventing them from filling with enough air. This in turn means less oxygen reaches the bloodstream.<sup>19</sup>
- Injury to the trachea

## Prominent cases

### Joy Rowley

In 2011 in Victoria, Australia, Joy Rowley was murdered by James Mulhall by strangulation. Mulhall had previously strangled Rowley earlier that year, however police had failed to act on that assault and other contact with them by Rowley.<sup>20</sup> Rowley's murder "underscored the urgent need for legal reform to address non-fatal strangulation"<sup>21</sup> and in 2024 the Victorian Crimes Act was amended to include NFS.

### Gabby Petito

In 2021 in the US, Brian Laundrie murdered his 22-year-old girlfriend Gabby Petito by strangulation. This was a widely publicised case with many aware at the time or in later media of the couple's cross-country camping trip much of which was shared by Petito on social media. A 2024 article reveals that Petito had confided with a friend that Laundrie had strangled her previously.<sup>22</sup>

## Hidden homicides

The Justice Project in the USA "provides legal, forensic, and consulting services to families and government agencies in domestic violence cases involving a suspicious death. The Justice Project

---

<sup>17</sup> Mayo Clinic. (2022). Pulmonary edema. <https://www.mayoclinic.org/diseases-conditions/pulmonary-edema/symptoms-causes/syc-20377009>

<sup>18</sup> Udeshi, A., Cantie, S.M. & Pierre, E. (2010). Postobstructive pulmonary edema. *Journal of critical care*, 25(3), 508.e1-508.e5085. <https://doi.org/10.1016/j.jcrc.2009.12.014>

<sup>19</sup> Mayo Clinic. (2024). ARDS. <https://www.mayoclinic.org/diseases-conditions/ards/symptoms-causes/syc-20355576>

<sup>20</sup> Percy, K. (2018). Woman's strangling murder could have been prevented by police, inquest hears. *ABC News*. <https://www.abc.net.au/news/2018-05-23/joy-rowley-james-mulhall-inquest-victoria-police-apology/9790738>

<sup>21</sup> Safe + Equal. (n.d.). *Understanding non-fatal strangulation*

<sup>22</sup> Kippert, A. (2024, July 3). Strangulation is the Highest Predictor of Murder. *Domestic Shelters Articles*.

<https://www.domesticshelters.org/articles/identifying-abuse/strangulation-is-the-highest-predictor-of-murder>

focuses on evaluating death cases where there is a prior history of domestic violence and is committed to ensuring that killers do not get away with murder<sup>23</sup>.

---

*Most Justice Project cases involve homicide by manual strangulation, and the death is then staged to appear as a suicide by hanging<sup>24</sup>*

---

## Ten Factors Of A Suspicious Death

A tool developed by the Justice Project:

### TEN FACTORS OF A SUSPICIOUS DEATH IN INTIMATE PARTNER VIOLENCE RELATIONSHIPS

1. **Victim died prematurely/unexpectedly;**
2. **Death appears to be a suicide** (by any means) or an accident (overdose, fall, and/or drowning);
3. **One partner** wanted to end the relationship;
4. There is a prior **history of domestic violence** (or coercive control);
5. The victim is **found dead in their home** or place of residence;
6. The victim is **found by the current or previous partner;**
7. There is a prior **history of strangulation/suffocation** by a partner (including prior relationships);
8. The partner was **the last to see the victim alive;**
9. The partner had **control of the crime scene** before the police arrived, and
10. The **crime scene is altered** in some way (verbal or physical)

25

---

<sup>23</sup> The Justice Project. (n.d.). *Family Impact Statements Vol. I. Voices For Victims Of Hidden Homicides*. p. 3. Retrieved from

<sup>24</sup> Ibid. p. 3

<sup>25</sup> Ibid. p. 4

## Sex and Strangulation

Strangulation in a sexual context has become normalised. It can be referred to as “strangulation, erotic asphyxiation, breath play, choking”<sup>26</sup>

### Statistics

#### Predominate age group

Research to date is consistent in its findings that the 18-34 age group use or experience strangulation during sex more frequently than those over the age of 35<sup>27</sup>.

#### Australia

A 2024 Australian report that surveyed 4702 participants aged 18-35 found that:

- 57% reported they had been strangled during sex (representing 61% of women, 43% of men, and 79% of trans and gender diverse respondents)<sup>28</sup>

#### International perspectives

A 2025 UK report that surveyed 4,175 individuals aged 16-34 found that:

- Over half of all respondents (55%) have either been strangled or strangled someone during sex.
- 18-20 years old was the most common age respondents reported first starting to strangle others and be strangled<sup>29</sup>

A 2023 report from Iceland found that of 18-34 years, 89% of the participants had tried choking during sex.<sup>30</sup>

A 2022 report from the US found that 42% and 32% of undergraduate and graduate students, respectively, reported having been strangled/choked during sex.

---

<sup>26</sup> Mountford, L. (2024). *Strangulation during sex: Not a kink*. Missing Perspectives. <https://missingperspectives.com/posts/strangulation-during-sex/>

<sup>27</sup> Smailes, H., Munro, V. & Tonkin, M. (2025). *Strangulation During Sex in the UK. A report of the prevalence and experiences of strangulation during sex amongst 16-34-year-olds across the UK*. Institute for Addressing Strangulation <https://ifas.org.uk/wp-content/uploads/2025/11/Strangulation-During-Sex-in-the-UK-Full-Report-November-2025.pdf>

<sup>28</sup> Sharman, L. S., Fitzgerald, R., & Douglas, H. (2024). Prevalence of Sexual Strangulation/Choking Among Australian 18-35 Year-Olds. *Archives of Sexual Behaviour* 54, pp. 465-480 <https://doi.org/10.1007/s10508-024-02937-y>

<sup>29</sup> Institute for Addressing Strangulation. (2025, November). *Strangulation During Sex in the UK*. <https://ifas.org.uk/strangulation-during-sex-in-the-uk/>

<sup>30</sup> Vilhjálmsson, A. & Forberg, T. (2023) *Sexual asphyxia: The state of choking during sex in Iceland*. (Doctoral dissertation). Reykjavik University: <https://skemman.is/bitstream/1946/44608/1/The%20state%20of%20choking%20during%20sex%20in%20Iceland.pdf>

## Consent

Research considers that the “‘spectrum of consent’, for instance including explicit and implied consent, in the context of strangulation during sex is nebulous.”<sup>31</sup> Further, that when strangulation is introduced, the means of providing or withdrawing consent become less viable. Where one party has difficulty breathing or speaking, or experiences changes in consciousness, “making explicit and ongoing consent communications [is] far more complex”.<sup>32</sup>

Consent is often assumed and not explicitly requested or given, particularly for those in longer-term relationships. Further, males are more likely to presume they were able to judge if their partner were willing to be strangled despite not being provided with clear consent.<sup>33</sup>

## Impacts

A 2022 US study of 4,000 university students<sup>34</sup> reported the following impacts by participants who reported being strangled:

- Physical effects such as a head rush, difficulty breathing, and problems swallowing
- Almost 20% of respondents reported altered consciousness, including instances of complete loss of consciousness.
- Experiencing strangulation more than ten times was associated with a higher number of negative physical symptoms.
- Additional research found that women who had been strangled during sex four or more times in a 30-day period showed differences in brain connectivity compared with women without that exposure. These neurological differences may reflect imbalances in neural activation, with potential implications for motor function, consciousness, and emotional regulation.<sup>35</sup>

---

<sup>31</sup> Ibid. p. 1

<sup>32</sup> Ibid.

<sup>33</sup> Ibid.

<sup>34</sup> Herbenick, D., Fu, T., Eastman-Mueller, H., Thomas, S., Svetina Valdivia, D., Rosenberg, M., Guerra-Reyes, L., Wright, P. J., Kawata, K., & Feiner, J. R. (2022). Frequency, Method, Intensity, and Health Sequelae of Sexual Choking Among U.S. Undergraduate and Graduate Students. *Archives of Sexual Behavior*, 51(6), 3121–3139. <https://doi.org/10.1007/s10508-022-02347-y>

<sup>35</sup> Hou, J., Huibregtse, M. E., Alexander, I. L., Klemsz, L. M., Fu, T.-C., Fortenberry, J. D., Herbenick, D., & Kawata, K. (2023). Association of Frequent Sexual Choking/Strangulation with Neurophysiological Responses: A Pilot Resting-State fMRI Study. *Journal of Neurotrauma*. <https://doi.org/10.1089/neu.2022.0146>

- Elevated levels of a blood biomarker associated with brain injury have also been identified among those with repeated exposure<sup>36</sup>
- Notwithstanding these risks, more than 80% of respondents in the US university study reported experiencing a sense of “euphoria” during strangulation<sup>37</sup>.

## Resources

### Websites:

- Breathless <https://www.breathlesscampaign.com/> - **for young people**

### Watch:

- ABC Experts warn of the dangers of consensual strangulation during sex  
<https://www.abc.net.au/news/2024-07-02/the-dangers-of-consensual-strangulation-during-sex/104050844>

### Download:

- Training Institute on Strangulation Prevention *What You Need to Know About Sexual Choking*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/what-you-need-to-know-about-sexual-choking> - **information resource**
- Women’s Health NSW Sexual choking: A health promotion approach  
[https://www.itleftnomarks.com.au/wp-content/uploads/2025/06/Sexual Choking Health Promotion Digital Download FINAL.pdf](https://www.itleftnomarks.com.au/wp-content/uploads/2025/06/Sexual-Choking-Health-Promotion-Digital-Download-FINAL.pdf) - **guide for practitioners**

### Read:

- Corinna, H. & Woodley, G. (2024). Breathe: Risks, Realities, and Safer Alternatives to Choking and Breath Play. *Scarleteen*. <https://www.scarleteen.com/read/sex-sexuality/breathe-risks-realities-safer-choking-breath-play> - **for safer alternatives to strangulation**

---

<sup>36</sup> Huibregtse, M. E., Alexander, I. L., Fu, T.-C., Klemsz, L. M., Rosenberg, M., Fortenberry, J. D., Herbenick, D., & Kawata, K. (2025). Association of blood biomarkers for neural injury with recent, frequent exposure to partnered sexual strangulation in young adult women. *The Journal of Sexual Medicine*, 22(5), 961-970. <https://doi.org/10.1093/jsxmed/qdaf036>

<sup>37</sup> Herbenick et al. (2022)

## Influence of pornography

Pornography is understood to have the potential to negatively impact the health and wellbeing of young people and is increasingly identified as informing tactics of abuse and control in family and sexual violence (F/SV). Further, pornography often portrays negative messaging regarding gender roles, perpetuating gender stereotypes and a societal-wide rise in misogyny<sup>38 39</sup>. Pornography is seen as a necessary area of focus in The National Plan to End Violence against Women and Children 2022-2032<sup>40</sup>.

---

*Porn is shaping young people's sexual tastes and real-world behaviours. It promotes, normalises and eroticises acts of sexual violence that put women and girls at risk of serious injury and even death.<sup>41</sup>*

---

## Facts

- Research has found that pornography includes “multiple forms of gendered aggression. This includes acts of humiliation, non-consensual acts, degradation, verbal and physical aggression, with the most common being spanking, slapping, hair pulling, non-fatal strangulation and gagging”<sup>42</sup>
- 90% of pornographic content online contains “acts of physical, sexual or verbal violence against women”, including some that would fall under the legal definition of torture<sup>43</sup>; as a person cannot consent to torture and sexual exploitation and trafficking such acts are illegal<sup>44</sup>

---

<sup>38</sup> Tranchese, A. & Sugiura, L. (2021). “I Don’t Hate All Women, Just Those Stuck-Up Bitches”: How Incels and Mainstream Pornography Speak the Same Extreme Language of Misogyny. [https://pmc.ncbi.nlm.nih.gov/articles/PMC8474329/pdf/10.1177\\_1077801221996453.pdf](https://pmc.ncbi.nlm.nih.gov/articles/PMC8474329/pdf/10.1177_1077801221996453.pdf)

<sup>39</sup> The Line (n.d.). *Understanding the Issues: Young people, pornography, and violence against women.*

<https://www.theline.org.au/pornography/understanding-the-issues-young-people-pornography-and-violence-against-women/>

<sup>40</sup> Australian Government. (2022). *The National Plan to End Violence against Women and Children 2022-2032*. Canberra, Australia.

<https://www.dss.gov.au/national-plan-end-violence-against-women-and-children>

<sup>41</sup> Roper, C. (2022). “Porn has a lot to answer for”: How sexual choking became mainstream. *Collective Shout*.

[https://www.collectiveshout.org/\\_porn\\_has\\_a\\_lot\\_to\\_answer\\_for\\_how\\_sexual\\_choking\\_became\\_mainstream](https://www.collectiveshout.org/_porn_has_a_lot_to_answer_for_how_sexual_choking_became_mainstream)

<sup>42</sup> Sexual Assault Services Victoria [SASV]. (2024). *Responding to the new normal: exploring the impacts of pornography. Review of the literature and experiences of the specialist sexual assault sector.*

<https://workdrive.zohopublic.com.au/external/2fa819e2dc84707241d86db06df1789eb083bb31c0ee0452ffd82fda1188dee9>

<sup>43</sup> Chrisafis, A. (2023, September 28). French equality watchdog finds 90% of online pornography abuses women. *The Guardian*.

<https://www.theguardian.com/world/2023/sep/27/online-pornography-breaks-french-law-equality-watchdog-france>

<sup>44</sup> Criminal Code Act 1995 (Cth) <https://www.legislation.gov.au/C2004A04868/2018-12-29/text>

- A 2019 New Zealand report found that despite performers exhibiting reluctance, they were coerced, dominated, or manipulated into sexual activity<sup>45</sup>
- Young people access pornography years before their first sexual relationships, making it highly influential in shaping perceptions of sex and sexual relationships<sup>46 47</sup>
- 1 out of every 8 porn titles shown to first-time users on porn home pages describe acts of sexual violence<sup>48</sup>

## Impacts

- Increase of violence - “pornography consumption has been found to be associated with both verbal and physical sexual aggression.
  - Research has found that men who are very frequent pornography users have sexual aggression levels that are much higher than their counterparts who do not consume pornography very frequently.”<sup>49 50 51</sup>
- Hatred as a motivation for abuse - men seeing “sex (particularly through the penis and semen) as a weapon to inflict [abuse] and express their hate”<sup>52</sup>
- Not normalising explicit verbal consent - there is “no explicit indication of consent across the scenes in most mainstream porn sites”<sup>53</sup> which contributes to a lack of understanding of how consent looks in reality and a misguided belief that sexual aggression is acceptable
- Increased reports of NFS is linked to pornography consumption<sup>54</sup>

<sup>45</sup> The Light Project. (n.d.). *Porn, coercion, and sexual aggression* <https://thelightproject.co.nz/1-1-youth-and-porn-the-facts/porn-coercion-and-sexual-aggression/>

<sup>46</sup> eSafety Commissioner. (2025). *Online porn*. <https://www.esafety.gov.au/parents/issues-and-advice/online-porn>

<sup>47</sup> Crabbe, M., Flood, M., & Adams, K. (2024). Pornography exposure and access among young Australians: a cross-sectional study. *Australian and New Zealand journal of public health*, 48(3), 100135.

<sup>48</sup> Fight the New Drug. (n.d.). *20 Stats About the Porn Industry and its Underage Consumers*. <https://fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/>

<sup>49</sup> The Line (n.d.). *Understanding the Issues: Young people, pornography and violence against women*.

<sup>50</sup> SASV. (2024)

<sup>51</sup> Wright, P., Tokunaga, R. & Kraus, A. (2016). A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies. *Journal of Communication* 66, no. 1. pp. 183-205.

<sup>52</sup> Tranchese, A. & Sugiura, L. (2021). p. 2727

<sup>53</sup> The Light Project. (n.d.). *Porn and consent*. <https://thelightproject.co.nz/1-1-youth-and-porn-the-facts/porn-and-consent/>

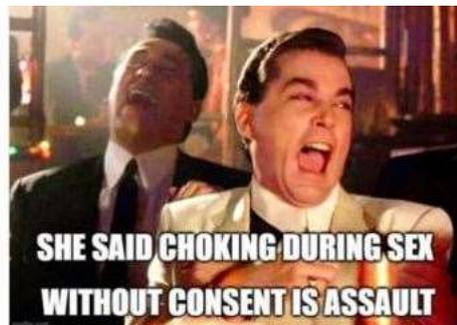
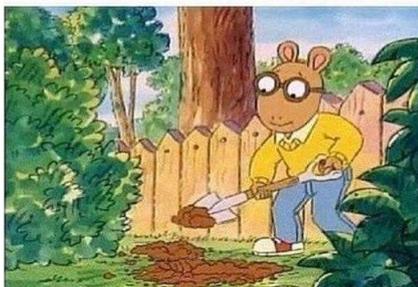
<sup>54</sup> SASV. (2024).

## Impact of social media

*“As the influence of pornography seeps into the wider culture, the normalisation and eroticisation of violence against women – including strangulation – can be seen in advertising, fashion, music videos and magazines, all portraying strangulation as sexy and desirable.”<sup>55</sup>*

Depictions of strangulation, or ‘sexual choking’ is now mainstream, and such acts are considered a “form of modern sex”<sup>56</sup>. Examples of popular TV series where strangulation is depicted include Euphoria on HBO and Sex/Life on Netflix. Social media challenges like the ‘Blackout game’ or the ‘Choking game’ have claimed several lives.<sup>57 58</sup> Memes of strangulation or sexual choking can normalise strangulation, and often contribute to misogynistic and degrading views of women.

When she says "choke me daddy" and you get carried away and now she's dead



girls who like to be choked, tied up, and slapped during sex are also the ones who cry when you yell at them



59

<sup>55</sup> Roper, C. (2022).

<sup>56</sup> Herbenick, D., Guerra-Reyes, L., Patterson, C., Wilson, J., Rosenstock Gonzalez, Y. R., Voorheis, E., Whitcomb, M., Kump, R., Theis, E., Rothman, E. F., Nelson, K. M., & Maas, M. K. (2023). #ChokeMeDaddy: A Content Analysis of Memes Related to Choking/Strangulation During Sex. *Archives of sexual behavior*, 52(3), 1299-1315. <https://doi.org/10.1007/s10508-022-02502-5>

<sup>57</sup> Taylor, A. (2024). Chroming, choking and skull-breaking – social media challenges can come with deadly consequences. *The Conversation*. <https://theconversation.com/chroming-choking-and-skull-breaking-social-media-challenges-can-come-with-deadly-consequences-236966>

<sup>58</sup> Chan, M. (2018). Kids Are Playing the ‘Choking Game’ to Get High. Instead, They’re Dying. *Time*. <https://time.com/5189584/choking-game-pass-out-challenge/>

<sup>59</sup> Ibid.

## Resources

### Websites:

- It's time we talked <https://itstimewetalked.com/> - **about porn - for young people, schools and adults**

### Download:

- Training Institute on Strangulation Prevention *The Choking Game*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/the-choking-game> - **for adults and children**

## Health and trauma impacts of NFS

The type and nature of injuries sustained from NFS are dependent upon the "duration, degree and area of pressure, associated shearing forces, or forced extension of the neck"<sup>60</sup>. Refer to the table on page 20 for mechanisms that are used during strangulation.

Research has found that in 50% of patients with NFS, no visible injuries were found<sup>61</sup>.

---

<sup>60</sup> Victoire et al. (2022), p. 872

<sup>61</sup> Ibid.

## Summary of injury types

Physical	Neurological	Cognitive	Psychological
Sore throat or neck	Dizziness or light-headedness	Problems with memory	Anxiety
Voice changes	Vision changes	Executive dysfunction	Depression
Redness, bruises or abrasions	Slurred speech	Problems with attention and processing speed	Suicide ideation
Swallowing changes	Issues with hearing	Impacts on judgement and reasoning	Insomnia
Breathing changes	Loss of sensation	Confusion or disorientation	Nightmares
Tiny spots of bleeding under the skin	Weakness or tremors		Hypervigilance
Miscarriage	Imbalance		Hyperarousal
Swelling of the neck or face	Headaches		PTSD
Cardiac arrest	Eyelid or facial drooping		
Stroke	Sleep disturbances		
Structural damage to the neck	Fatigue		
Thyroid storm	Incontinence		
Respiratory occlusion	Loss of consciousness		
Loss of physical strength	Seizures		
Redness or bleeding in the eyes	Paralysis		
	Brain injury		
	Dementia		

62

<sup>62</sup> Synapse. (n.d.). *Non-fatal strangulation and its link to brain injury*. <https://synapse.org.au/news/non-fatal-strangulation-and-its-link-to-brain-injury/>

## Physical injuries

Physical injuries may include the following<sup>63</sup>

### Bruising



64



65

### Petechiae

This forms "when capillaries bleed, leaking blood into the skin"<sup>66</sup>



67



68



69

<sup>63</sup> Ibid.

<sup>64</sup> Koenig, K. (n.d.). *Domestic Violence Strangulation*. [PowerPoint slides]. San Diego County Health Cares. <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/NOC/bhab/San%20Diego%20CARES%20Combined%20Presentation.pdf>

<sup>65</sup> Rozzi, H. & Riviello, R. (2020). Don't Overlook Traumatic Brain Injury in Intimate Partner Violence. *ACEP Now*. <https://www.acepnow.com/article/dont-overlook-traumatic-brain-injury-in-intimate-partner-violence/>

<sup>66</sup> Mayo Clinic. (n.d.). *Petechiae*. <https://www.mayoclinic.org/symptoms/petechiae/basics/causes/sym-20050724>

<sup>67</sup> ACOG. (n.d.). *Strangulation*. <https://aagog.nuvolaacademy.com/courses/664>

<sup>68</sup> Rozzi, H. & Riviello, R. (2019)

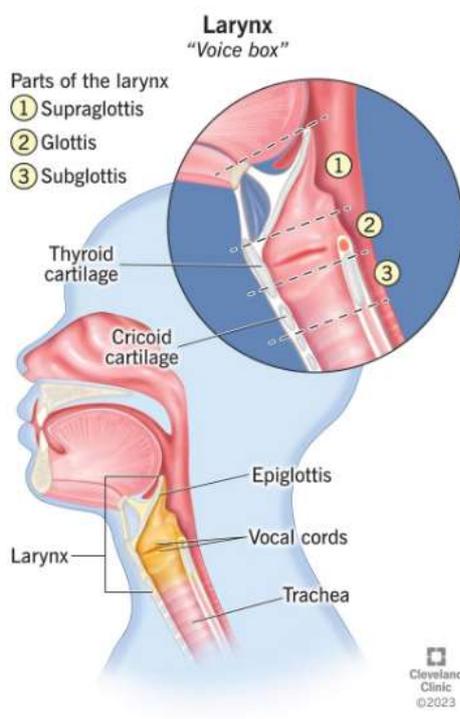
<sup>69</sup> Taslimi, R., Daneshbod, Y. & Mirfazaelian, H. (2013). Facial petechia as a sign of strangulation in trauma victims. *Emergency Medicine Journal* 30:311. <https://doi.org/10.1136/emered-2012-201815>

## Swelling of soft tissues and airway obstruction

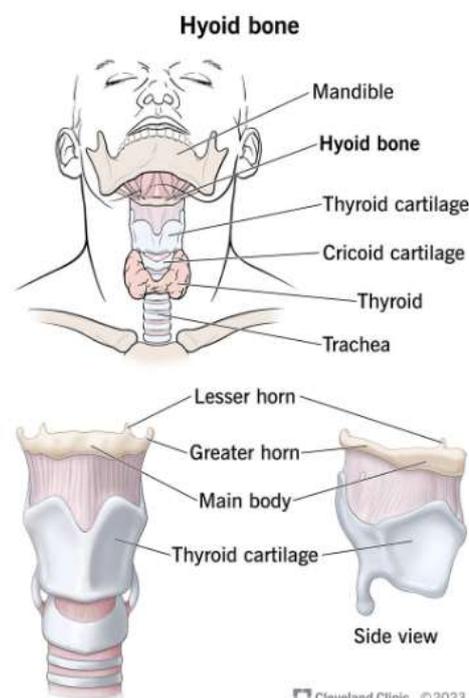
Can occur up to 36 hours post NFS.

## Fractures

Fractures of the 'voice box' / larynx and hyoid bone (tiny, u-shaped bone at the front of the neck that assists with speaking, swallowing and breathing<sup>70</sup>)



71



72

## Artery or vein injuries

Injury to the carotid arteries (take blood and oxygen from the heart to the brain<sup>73</sup>) or jugular veins (return blood from the brain back to the heart<sup>74</sup>).

A tear in an carotid artery "lets blood get in between the layers of the wall and separate them. This causes the artery wall to bulge. The bulge can slow or stop blood flow through the artery. It can also

<sup>70</sup> Cleveland Clinic. (2026). *Hyoid Bone*. <https://my.clevelandclinic.org/health/body/hyoid-bone>

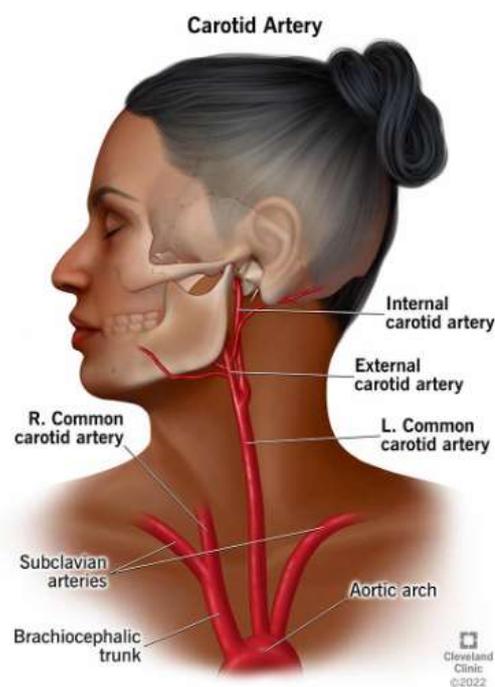
<sup>71</sup> Cleveland Clinic. (2023). *Larynx (Voice Box)*. <https://my.clevelandclinic.org/health/body/21872-larynx>

<sup>72</sup> Cleveland Clinic. (2026). *Hyoid Bone*.

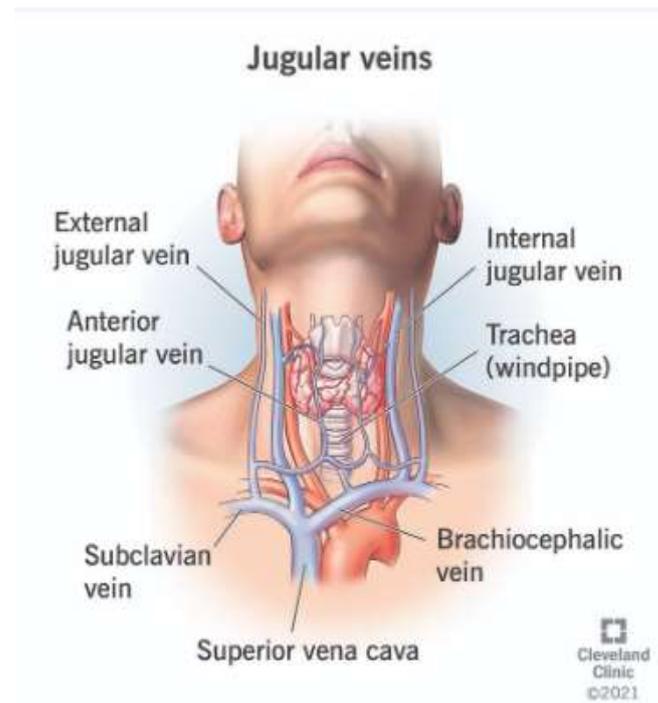
<sup>73</sup> Cleveland Clinic. (2022). *Carotid Artery*. <https://my.clevelandclinic.org/health/body/21492-carotid-artery>

<sup>74</sup> Cleveland Clinic. (2022). *Jugular Vein*. <https://my.clevelandclinic.org/health/body/23148-jugular-vein>

cause problems by pressing on nearby tissue or nerves”<sup>75</sup> The tear may then cause a blood clot which block blood flow or pieces of the clot can break off, potentially leading to a stroke. Symptoms may be negligible or occur suddenly or over a few days.<sup>76</sup>



77



78

## Stroke

“Stroke is the main after effect of a traumatic vascular injury to the head and neck, with the injury to the artery itself often going unnoticed. A stroke may occur immediately at the time of the injury or may be delayed up to weeks or even months later”<sup>79</sup>

## Miscarriage

Strangulation during pregnancy can lead to miscarriage or stillbirth.<sup>80</sup>

<sup>75</sup> Cedars Sinai. (n.d.).

<sup>76</sup> Ibid.

<sup>77</sup> Cleveland Clinic. (2022). *Carotid Artery*.

<sup>78</sup> Cleveland Clinic. (2022). *Jugular Vein*.

<sup>79</sup> Madan, A. & Chong, W. (2017). *Traumatic Vascular Injury - Head & Neck*. Inside Radiology. <https://www.insideradiology.com.au/traumatic-vascular-injury/>

<sup>80</sup> Pandora Project UK. (n.d.). *Non-Fatal Strangulation In Domestic Abuse*. <https://www.pandoraproject.org.uk/non-fatal-strangulation-in-domestic-abuse/>

## Mechanisms of injury

**Table 1. Mechanisms of injury in strangulation<sup>2,24,35</sup>**

<b>Mechanism</b>	<b>Clinical features</b>	<b>Damage</b>
Venous occlusion	Pressure behind the eyes, 'seeing stars', swelling, headache and nausea, loss of consciousness	Congestion of venous return results in capillary and small vessel leakage (petechial haemorrhages) or larger bleeds Cerebral oedema
Arterial occlusion	Pre-syncope, syncope, headache, poor memory or memory gaps	Hypoxic brain injuries that may manifest in specific neurology or a concussive picture
Airway occlusion	Hypoxia and hypercarbia, panic, pain, inability to breathe, inability to swallow or speak	Hypoxic brain damage Damage to the larynx Perforations to the airway Compression of the airway both at the time or by subsequent traumatic oedema, pulmonary oedema (from large pressure changes while fighting to breath against an obstruction) Hypoxic injuries to organs (and fetus)
Psychological injury due to incident and hypoxia to hippocampus	Fear, sense of being overwhelmed, despair, acceptance of imminent death	Post-traumatic stress disorder, domestic violence-related damage to self-esteem, impaired decision making and risk assessments

81

**Occlusion:** a "complete or partial blockage of a blood vessel"<sup>82</sup> or breath passage<sup>83</sup>

**Cerebral oedema:** "swelling that happens in part or all of [a] brain because of excessive fluid buildup in the tissue"<sup>84</sup>

**Syncope:** Fainting - "temporary loss of consciousness follows a drop in blood flow to [the] brain"<sup>85</sup>

**Hypoxia:** A reduction in oxygen supply to the brain. Brain injury can occur.<sup>86</sup>

<sup>81</sup> Madan, A. & Chong, W. (2017).

<sup>82</sup> Dignity Health. (n.d.). *Diagnosing & Treating Coronary Occlusions in the Stockton Region* <https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/services/heart-and-vascular-institute/heart-and-vascular-conditions/occlusions>

<sup>83</sup> Merriam-Webster. (2026). Occlusion. <https://www.merriam-webster.com/dictionary/occlusion>

<sup>84</sup> Cleveland Clinic. (2023). *Cerebral Edema (Brain Swelling)*. <https://my.clevelandclinic.org/health/diseases/cerebral-edema-brain-swelling>

<sup>85</sup> Cleveland Clinic. (2025). *Syncope (Fainting)*. <https://my.clevelandclinic.org/health/diseases/17536-syncope>

<sup>86</sup> Synapse. (n.d.). Anoxic and hypoxic brain injury (lack of oxygen). <https://synapse.org.au/fact-sheet/anoxic-and-hypoxic-brain-injury-lack-of-oxygen/>

**Hypercarbia:** Occurs when “breathing problems make it difficult to take in oxygen and breathe out carbon dioxide”<sup>87</sup> resulting in too much carbon dioxide in the blood.

**Hippocampus:** The hippocampus is “located deep in the temporal lobe of the brain. As part of the limbic system, the hippocampus has three primary functions: forming new memories, learning, and emotions”<sup>88</sup>

## Brain Injury

Brain injury can occur due to an interrupted supply of oxygen to the brain. The technical definition of a brain injury caused by strangulation is hypoxic-ischemic brain injury, or HIBI.<sup>89</sup>

Even mild brain injury can create issues with “concentration, attention, co-ordination and short-term memory ...headache, light-headedness, dizziness, an increase in breathing rate and sweating ...restriction in the field of vision, a sensation of numbness or tingling”.<sup>90</sup> Acquired brain injury (ABI) can “impair cognitive, emotional, physical, and executive functioning, with symptoms varying depending on which areas of the brain are affected.”<sup>91</sup>

Victorian research on ABI in the context of family violence

- “40% of family violence victims presenting to Victorian hospitals over a 10-year period had sustained an ABI
- 57% of family violence-related major trauma cases involved ABI
- 82% of family violence-related deaths were attributed to ABI”<sup>92</sup>

---

<sup>87</sup> Medical News Today. (2024). *What to know about hypercapnia (hypercarbia)*. <https://www.medicalnewstoday.com/articles/320501>

<sup>88</sup> Cherry, K. (2025). *What Is the Hippocampus?* Very Well Mind. <https://www.verywellmind.com/what-is-the-hippocampus-2795231>

<sup>89</sup> ABI Research Lab. (n.d.).

<sup>90</sup> Headway. (n.d.). *Hypoxic and anoxic brain injury*. <https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/hypoxic-and-anoxic-brain-injury/>

<sup>91</sup> Safe + Equal. (n.d.). *Understanding non-fatal strangulation*.

<sup>92</sup> Ibid.

## The Intersection of Brain Injury & Intimate Partner Violence



**1 in 3 women**

will experience physical violence from an intimate partner during their lifetime



include hits to the head, face, and neck, including strangulation

AS A RESULT,



up to **75%** of survivors of Intimate Partner Violence have possible brain injuries

## How you get a brain injury from IPV



Being hit in the head or face by a hand, fist, or other hard object



Being shaken



Having your oxygen or blood supply stopped by strangulation or choking



Being thrown up or down against a hard object



You do not need to lose consciousness to have a brain injury

## Impact on Survivors

Difficulty remembering things like important dates or events, appointments, tasks, or where you put things

Trouble telling police, doctors, or lawyers what happened to you

Difficulty sleeping or feeling rested after sleeping

Hard to concentrate on conversations or tasks that you need to complete

Feeling like a stranger to yourself, highly emotional, irritable, or just 'not right'

### What can you do if you suspect a BI?

- ✓ Go to a local Brain Injury Association for help
- ✓ Seek medical care when it is safe to do so
- ✓ Speak with local IPV support professionals and ask them about TBI



For more information please visit the Abused & Brain Injured Toolkit at [abitookit.ca](http://abitookit.ca)

© ABI Research Lab. This resource is for information purposes only and does not replace medical advice. It is available free of charge and only to be used for non-commercial purposes. It is protected by copyright.

93

## Resources

### Watch & read:

- Ohio Domestic Violence Network *Head Injuries and Strangulation Hurt Your Brain*  
<https://www.odvn.org/brain-injury-survivors/> - **videos & resources for victims**

### Download:

- Women's Health NSW *Brain Injury A practitioner guide*  
<https://www.itleftnomarks.com.au/resources/brain-injury-a-practitioner-guide/>

<sup>93</sup> ABI Research Lab. (2023). *The Intersection of Brain Injury & Intimate Partner Violence*. <https://www.abitookit.ca/traumatic-brain-injury/brain-injury-basics/>

## Resources for professionals

### General

#### Download:

- Training Institute on Strangulation Prevention *Symptoms of Strangulation - Adult*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/symptoms-only-of-strangulation>
  - *Signs of Strangulation - Adult* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/signs-only-of-strangulation>
  - *Signs & Symptoms - Adult* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/signs-and-symptoms-of-strangulation>
- Training Institute on Strangulation Prevention *Symptoms of Strangulation - Child*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/symptoms-only-of-pediatric-strangulation-baby-hope>
  - *Signs of Strangulation - Child* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/signs-only-of-pediatric-strangulation-baby-hope>
  - *Signs & Symptoms of Strangulation - Child* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/pediatric-signs-and-symptoms-of-strangulation>
- Training Institute on Strangulation Prevention *Five Myths of Strangulation*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/five-myths-about-strangulation>

#### Watch:

- Medical Sexual Assault Clinicians Aotearoa Understanding strangulation and suffocation  
<https://www.medsac.org.nz/support-for-individuals/understanding-strangulation-and-suffocation>  
**- resources for victim**

## Practitioner responses

### MARAM Framework

- MARAM Responsibility 7: Comprehensive Risk Assessment  
<https://www.vic.gov.au/sites/default/files/2020-05/PG%20Responsibility%207.pdf> - **provides guidance on assessing for traumatic or acquired brain injury**

### Support resources

#### Download:

- Safe + Equal *Understanding Non-Fatal Strangulation, Key information for Family Violence Practitioners* <https://safeandequal.org.au/resources/understanding-non-fatal-strangulation-key-information-for-family-violence-practitioners/> - **practitioner guide and medical referral template**
- Women's Health NSW *Guidelines: Responding to non-fatal strangulation and sexual choking* [https://www.itleftnomarks.com.au/wp-content/uploads/2025/02/WHNSW\\_Guideline-responding-NFS-and-sexual-choking\\_FINAL.pdf](https://www.itleftnomarks.com.au/wp-content/uploads/2025/02/WHNSW_Guideline-responding-NFS-and-sexual-choking_FINAL.pdf) - **practitioner response and support guide**
- Women's Health NSW *Assessment tool: Responding to strangulation in the context of domestic, family and sexual violence* [https://www.itleftnomarks.com.au/wp-content/uploads/2025/05/FINAL\\_Assessment-tool\\_Strangulation-in-the-context-of-DFSv.pdf](https://www.itleftnomarks.com.au/wp-content/uploads/2025/05/FINAL_Assessment-tool_Strangulation-in-the-context-of-DFSv.pdf) - **assessment tool to screen, assess and respond**
- Women's Health NSW *Medical Referral Template* [https://www.itleftnomarks.com.au/resources/medical-referral-template\\_print-version/](https://www.itleftnomarks.com.au/resources/medical-referral-template_print-version/) - **referral form & medical explainer to support victims to seek GP support**
- Cross Sectoral Solution *Alternative Care Practices to Intimate Partner Violence and Brain Injury* - download from <https://www.womenatthecentre.com/resources-materials-gbv-bi/> - **alternative care practices for clients with an ABI**
- Alliance for Hope International *Safety Plan* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/safety-planning-brochure> - **safety planning with a client**
- Training Institute on Strangulation Prevention *Strangulation Assessment Card* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/strangulation-assessment-card> - **assessment card for victim**

- ANROWS *Supporting children and young people experiencing domestic, family and sexual violence* [Practitioner resource: Supporting children and young people experiencing domestic, family and sexual violence](#) - **practitioner resource**

## Training resources

### Watch:

- Women's Health NSW *Strangulation Assessment Demonstration* <https://www.itleftnomarks.com.au/resources/strangulation-assessment-a-recorded-demonstration/>
- Women's Health NSW *It Left No Marks for service providers* <https://www.itleftnomarks.com.au/resources/it-left-no-marks-for-service-providers/>
- Insight Exchange *Understanding and responding to strangulation* <https://www.insightexchange.net/strangulation/>
- Lived Experience
  - Kimberley's story <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/survivor-story-kimberly>
  - Tara's story <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/survivor-story-tara>
  - Queensland Centre for Domestic and Family Violence Research *The voices of women impacted by non-fatal strangulation* <https://noviolence.org.au/wp-content/uploads/2022/08/The-voices-of-women-impacted-by-non-fatal-strangulation-FINAL.pdf>

## General information & factsheets

- Sexual Assault Services Victoria *Non-fatal Strangulation – Fact Sheet* <https://outcomes.org.au/wp-content/uploads/2025/05/NFS-Fact-Sheet.pdf> - **fact sheet**
- Training Institute on Strangulation Prevention *Strangulation in Intimate Partner Violence Fact Sheet* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/strangulation-in-intimate-partner-violence-fact-sheet> - **fact sheet**

## Prevention & early intervention

- Australian Government *Let's Talk Consent Workbook* [DSS\\_CONS3004\\_Maintenance\\_Phase\\_Booklet\\_A4\\_IP.pdf](#)

## Medical and health professionals

### Training resources

#### Watch:

- Bendigo Community Health *Strangulation - It's never OK*  
<https://vimeo.com/777944993?fl=pl&fe=sh>

### Check lists

#### Download:

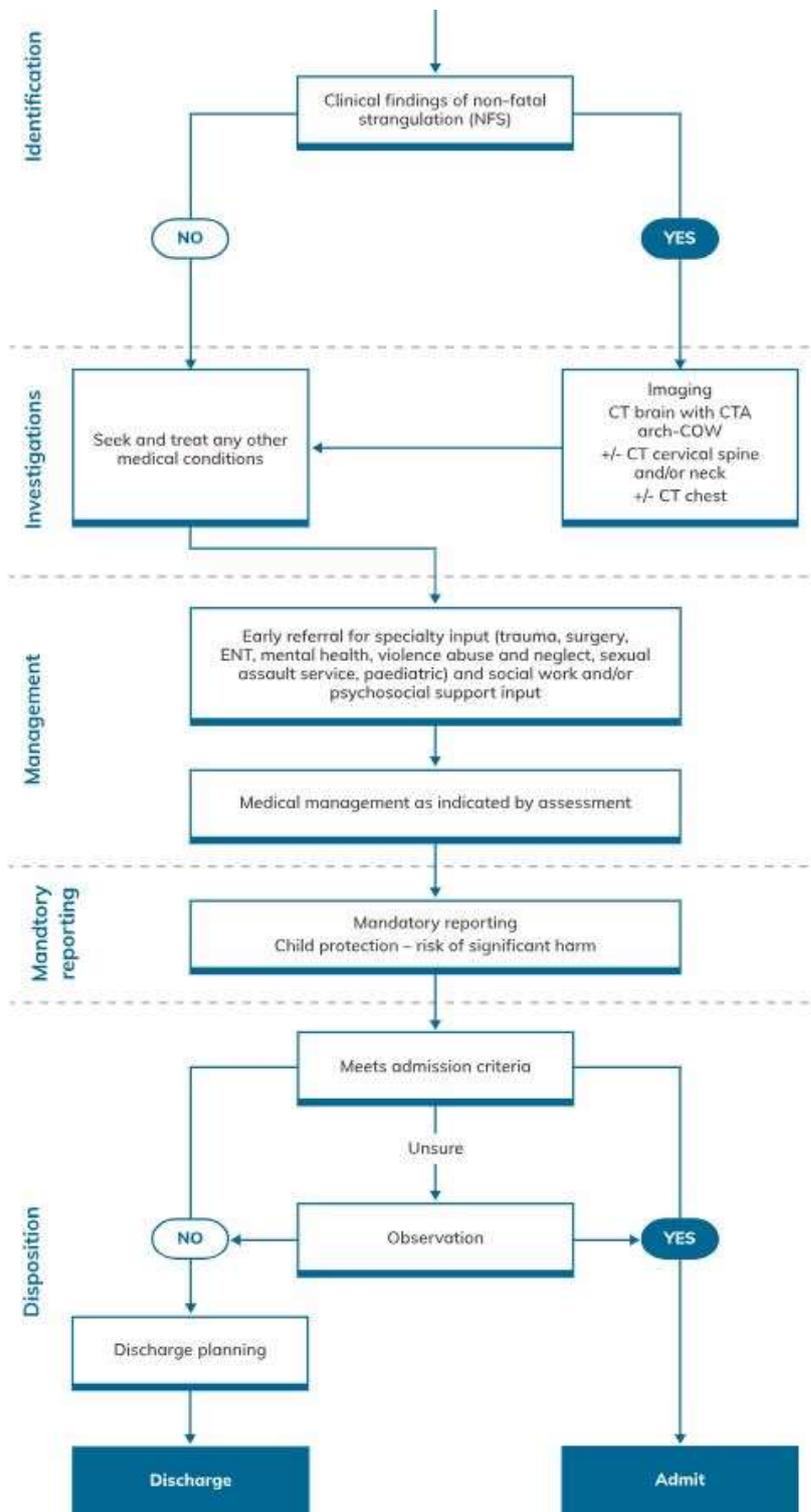
- Bendigo Community Health *Strangulation Neck Compression Checklist*  
<https://www.bchs.com.au/wp-content/uploads/2025/01/Strangulation-Checklist.pdf>
- Bendigo Community Health *Strangulation Neck Compression Discharge Letter* - download from  
<https://www.bchs.com.au/training-medical-practitioners-on-how-to-assess-and-respond-to-non-fatal-strangulation/>
- Royal Women's Hospital *Neck Compression / Non-fatal Strangulation Checklist*  
[SHRFV adapted NFS checklist \(SCV approved Nov 2025\).pdf](#)
- Alliance for Hope International *Facts for victims of NFS*  
<https://strangulationprevention.com.au/wp-content/uploads/2019/08/Facts-Victims-of-Strangulation-Alliance.Updated.11.21.16.pdf> - **checklist to monitor own symptoms**
- Training Institute on Strangulation Prevention *Paediatric Strangulation: Important Information for Parents and Guardians* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/pediatric-strangulation-important-information-for-parents-and-guardians->  
**checklist to monitor child's symptoms**

## Emergency departments

### Download:

- NSW Government - Emergency Care Institute *Managing non-fatal strangulation in the emergency department* <https://aci.health.nsw.gov.au/networks/eci/clinical/tools/non-fatal-strangulation>
- Royal Women's Hospital *Non-fatal Strangulation Guideline NFS Guideline - \_template (SCV approved Nov 2025).pdf* - **clinical support to those managing adult and paediatric patients who present to the ED with NFS**
- Institute for Addressing Strangulation *Guidelines for clinical management of non-fatal strangulation in acute and emergency care services* [https://ifas.org.uk/wp-content/uploads/2024/02/Non-Fatal-Strangulation-Guidelines\\_AcuteEmergency\\_Feb24.pdf](https://ifas.org.uk/wp-content/uploads/2024/02/Non-Fatal-Strangulation-Guidelines_AcuteEmergency_Feb24.pdf)
- Government of SA - SA Health *Strangulation: assessment following non-fatal strangulation in the context of an alleged assault* [https://cdn.wchn.sa.gov.au/downloads/WCHN/womens-health/Strangulation\\_Assessment.pdf](https://cdn.wchn.sa.gov.au/downloads/WCHN/womens-health/Strangulation_Assessment.pdf)
- Training Institute on Strangulation Prevention *Recommendations for Pregnant Victim* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/recommendations-for-pregnant-victim>

## Emergency department triage



94

## General practitioners & health professionals

### Watch:

- Women's Health NSW *It Left No Marks for General Practitioners*  
<https://www.itleftnomarks.com.au/resources/it-left-no-marks-for-general-practitioners/> - **series of videos for GPs**

### Download:

- Victoire, A., De Boos, J. & Lynch, J. (2022). *'I thought I was about to die' Management of non-fatal strangulation in general practice*. The Royal Australian College of General Practitioners  
<https://dora.health.qld.gov.au/qldresearchjspui/bitstream/1/5499/1/1%20thought%20I%20was%20about%20to%20die.pdf> - **management of NFS in general practice**
- Government of SA - SA Health *Strangulation: assessment following non-fatal strangulation in the context of an alleged assault* [https://cdn.wchn.sa.gov.au/downloads/WCHN/womens-health/Strangulation\\_Assessment.pdf](https://cdn.wchn.sa.gov.au/downloads/WCHN/womens-health/Strangulation_Assessment.pdf) - **medical assessment of NFS**
- Women's Health NSW *Guidelines: Responding to non-fatal strangulation and sexual choking*  
<https://www.itleftnomarks.com.au/resources/guidelines-responding-to-non-fatal-strangulation-and-sexual-choking/> - **NFS protocol & guidelines**
- International Association of Forensic Nurses. (2016). *Non-Fatal Strangulation Documentation Toolkit* [https://www.forensicnurses.org/wp-content/uploads/2022/01/strangulation\\_documentation\\_.pdf](https://www.forensicnurses.org/wp-content/uploads/2022/01/strangulation_documentation_.pdf) - **forensic procedure**
- Secure Digital Forensic Imaging *Paediatric Non-fatal Strangulation Photo Documentation*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/pediatric-non-fatal-strangulation-photo-documentation-protocol> - **photographing child (forensic)**
- Medical Sexual Assault Clinicians Aotearoa *Non-Fatal Strangulation & Suffocation Patient Information* <https://www.datocms-assets.com/164354/1772486536-nfss-patient-information.pdf> - **patient brochure**

---

<sup>94</sup> NSW Government - Emergency Care Institute (2022). *Non-fatal strangulation*. <https://aci.health.nsw.gov.au/networks/eci/clinical/tools/non-fatal-strangulation>

## Police

### Download:

- Training Institute on Strangulation Prevention *Strangulation/Suffocation Investigative worksheet*  
<https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/strangulationsuffocation-investigative-worksheet>

### Watch:

- Police NZ *Sexual assault and consent Video resources* <https://www.police.govt.nz/advice/sexual-assault/video-resources> - **series of training videos**

## Self-care

Someone may choose not to seek help after strangulation. In these cases, people can try to manage their own symptoms<sup>95 96</sup>:

- Remember: “the 24-72 hours following non-fatal strangulation are considered a critical window for the onset of potentially life-threatening symptoms, even in the absence of visible injuries.”<sup>97</sup>
- Avoid:
  - Bright lights
  - Situations with lots of stimulus
- Do:
  - Reduce stress
  - Limit screen time
  - Rest whenever tired
  - Have a trusted person stay for 24 to 72 hours post strangulation<sup>98</sup>
- Red flags
  - Headaches, dizziness
  - Vision disturbances

---

<sup>95</sup> Women’s Health NSW. (n.d.). *Strangulation*. <https://www.itleftnomarks.com.au/strangulation/>

<sup>96</sup> Safe + Equal. (n.d.). *Understanding non-fatal strangulation*

<sup>97</sup> Ibid.

<sup>98</sup> Safe + Equal. (n.d.). *Understanding non-fatal strangulation*.

- Difficulty thinking straight, concentrating or 'brain fog'
- Difficulty carrying out usual tasks
- Memory loss
- Seizures
- Unexplained physical changes such as limb weakness, coordination difficulties, or sensory changes
- Seek medical attention if:
  - Struggling to breath (the throat can continue to swell for a couple of days after strangulation)
  - There are visible signs of strangulation (may indicate internal injuries)
  - The above red flags occur

## Resources

### For support person:

- It left no Marks *Sexual choking: A health promotion approach*  
[https://www.itleftnomarks.com.au/wp-content/uploads/2025/06/Sexual\\_Choking\\_Health\\_Promotion\\_Digital\\_Download\\_FINAL.pdf](https://www.itleftnomarks.com.au/wp-content/uploads/2025/06/Sexual_Choking_Health_Promotion_Digital_Download_FINAL.pdf)

### For victim:

- Alliance for Hope International *Facts for victims of NFS*  
<https://strangulationprevention.com.au/wp-content/uploads/2019/08/Facts-Victims-of-Strangulation-Alliance.Updated.11.21.16.pdf> - **checklist to monitor own symptoms**
- Royal Women's Hospital *Neck compression/non-fatal strangulation discharge instructions SHRFV adapted NFS discharge instructions (SCV approved Nov 2025).pdf*  
[SHRFV adapted NFS discharge instructions \(SCV approved Nov 2025\).pdf](#)
- Tasmanian Government – Department of Health *Non-fatal strangulation*  
<https://www.health.tas.gov.au/campaigns/sexual-assault-and-family-violence-forensic-services/non-fatal-strangulation> - **what to watch out for**
- Training Institute on Strangulation Prevention *Paediatric Strangulation: Important Information for Parents and Guardians* <https://www.allianceforhope.org/training-institute-on-strangulation-prevention/resources/pediatric-strangulation-important-information-for-parents-and-guardians> - **checklist to monitor child's symptoms**