

There is no safe way to choke, squeeze or strangle



Squeezing someone's neck
is strangling even if during
consensual sex.

Strangulation can cause
brain damage, stroke, or
death in seconds.



To find out more, visit [www.sarsas.org.uk/
non-fatal-strangulation-there-is-no-safe-way](http://www.sarsas.org.uk/non-fatal-strangulation-there-is-no-safe-way)