

# Strangulation & Sexual Assault

Strangulation is a form of asphyxia caused by an external force of pressure applied to the neck.

## Symptoms of Strangulation:

- Memory loss and headaches
- Petechiae (red, brown or purple spots on the skin and eyes)
- Broken or fractured bones
- Swelling (including swollen tongue)
- Vision and hearing changes
- Ligature marks, redness, bruising
- Nausea
- Vocal cord immobility

Non-fatal strangulation is the greatest single risk factor for future homicide (attempted and completed)

97% of victims who report strangulation report that it was a manual strangulation

Vehling, Sara. "Taking Your Breath Away - Why Strangulation in Domestic Violence Is a Huge Red Flag." MobileODT, 16 Oct. 2019, <https://www.mobileodt.com/blog/taking-your-breath-away-why-strangulation-in-domestic-violence-is-a-huge-red-flag/>

35% also report being sexually assaulted.

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## Three Forms of Strangulation:

Manual • Ligature • Hanging  
Also known as "Choked out"  
"Choked" or "In a headlock"