

What are date rape drugs?

These are drugs that are sometimes used to assist a sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include touching that is not okay; putting something into the vagina; sexual intercourse; sexual assault and attempted sexual assault.

These drugs are powerful and dangerous. They can be slipped into your drink (alcoholic or non-alcoholic) when you are not looking. The drugs often have no color, smell, or taste, so you can't tell if you are being drugged.

The drugs can make you become weak and confused — or even pass out — so that you are unable to refuse sex or defend yourself. If you are drugged, you might not remember what happened while you were drugged. Date rape drugs are used on both females and males



Is alcohol a date rape drug? What about other drugs?

Any drug that can affect judgment and behavior can put a person at risk for unwanted or risky sexual activity. Alcohol is one such drug. In fact, alcohol is the drug most commonly used to help commit sexual assault. When a person drinks too much alcohol:

- It's harder to think clearly.
- It's harder to set limits and make good choices.
- It's harder to tell when a situation could be dangerous.
- It's harder to say "no" to sexual advances.
- It's harder to fight back if a sexual assault occurs.
- It's possible to blackout and to have memory loss.
- Even if a victim of sexual assault drank alcohol or willingly took drugs, the victim is **not** at fault for being assaulted. You cannot "ask for it" or cause it to happen

How can I protect myself from being a victim?

- Don't accept drinks from other people.
- Open containers yourself.
- If someone offers to get you a drink from a bar or at a party, go with the person to order your drink. Watch the drink being poured and carry it yourself.

- Keep your drink with you at all times, even when you go to the bathroom.
- Don't share drinks.
- Don't drink from punch bowls or other common, open containers. They may already have drugs in them.
- Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- Have a nondrinking friend with you to make sure nothing happens.
- If you realize you left your drink unattended, pour it out.

If you feel drunk and haven't drank any alcohol — or, if you feel like the effects of drinking alcohol are stronger than usual — get help right away.

Be cautious about consuming different types of alcoholic beverages at one time. Mixing various types of alcohol may accelerate sedating effects.

Watch out for one another — never let a friend leave a gathering with someone you don't know. Be alert to the behavior of friends; if someone appears much more drunk than they should be, given the amount of alcohol consumed

BE CONCERNED!

What should I do if I think I've been drugged and/or sexually assaulted ?

- Get medical care right away. Call 911 or have a trusted friend take you to a hospital emergency room. Don't urinate, douche, bathe, brush your teeth, wash your hands, change clothes, or eat or drink before you go. These things may give evidence of the assault. The hospital will use a "rape kit" to collect evidence.

- Call the police from the hospital. Tell the police exactly what you remember. Be honest about all your activities. Remember, nothing you did — including drinking alcohol or doing drugs — can justify sexual assault..

- Ask the hospital to take a urine (pee) sample that can be used to test for date rape drugs. The drugs leave your system quickly. Rohypnol stays in the body for several hours, and can be detected in the urine up to 72 hours after taking it. GHB leaves the body in 12 hours. Don't urinate before going to the hospital.

- Don't pick up or clean up where you think the assault might have occurred. There could be evidence left behind — such as on a drinking glass or bed sheets.

Get counseling and treatment. Feelings of shame, guilt, fear, and shock are normal. A counselor can help you work through these emotions and begin the healing process. Call health services for help and support.

REMEMBER, IF IT HAPPENS TO YOU, IT WASN'T YOUR FAULT!

Health Services

Call for help or to ask questions. *Everything is confidential*

Dalhousie Agricultural Campus
Health Services Centre, Dairy Building

Lugene Young, RN
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Student Services



Live Well, Learn Well, Lead Well

Who's watching your drink?