



### *Date Rape Drugs*

An increasingly popular means of committing sexual assault is through the use of alcohol and drugs. While many different substances can be used to sexually assault, three drugs are used most often: GHB, Ketamine, and Rohypnol. These substances are used to assault people at clubs, at house parties, at bars, and on dates.

It is important to note that any drug with the purpose or side effect of sedation, rendering a person immobile, 'out of it' or unconscious can be used as a date rape drug. *The most common date rape drug is alcohol.*

Easily dissolved in alcoholic drinks, soft drinks, and juices, the date rape drugs are difficult to detect without chemically testing the drinks. There is often no taste, no smell, and no discolouration to alert the victim. These drugs cause dizziness, blackouts, sleepiness, forgetfulness, immobility, and increased drunkenness. These drugs, especially when mixed with alcohol, can be extremely harmful and may even cause coma or death.

**GHB:** Gamma Hydroxy Butyrate or Liquid Ecstasy; street names include G, Liquid E or Liquid X, Greivous Bodily Harm, Scoop, Easy Lay.

- Usually in clear liquid form or mixed with water, but can be in pill or powder form.
- Is odorless, but has a salty taste.
- Causes impaired judgment, loss of self control, increased sexual desires, alcohol-like effects.
- Physical reactions include amnesia, blackouts, vomiting, drowsiness, slowed breathing, slowed heart rate, muscle spasms, seizure like activity, and coma.

**Ketamine:** Special K, Super K, baby food, CVR (chemical virtual reality);

- Usually in a white powder form, capsules, crystals, or clear liquid.
- Is tasteless and odorless.
- Causes loss of sense of time and identity, distorts vision, hallucinations, and inability to feel pain.
- Physical reactions include decreased breathing rate, loss of consciousness, possible paralysis.

**Rohypnol:** Roofies, ruffies, stupefi, roach.

- Looks like a white dime sized pill
- Odorless, colourless, tasteless (although there has been strides taken to add dye to all rohypnol).
- A powerful sedative

- Dissolves quickly in liquids
- Within 10 minutes creates a drunk like effect lasting about eight hours.
- In combo with alcohol cases - loss of inhibition, impaired motor skills, and impaired judgment. Physical reactions include suppression of central nervous system with extreme sleepiness, relaxation, blackouts lasting 8 – 24 hours and amnesia.

### **Steps to Prevent Being Drugged:**

- Never leave your drinks unattended
- Go to clubs with friends
- Mix or get your own drinks from the bartender
- Do not accept drinks from someone you don't know
- Look out for your friends
- Do not drink from punch bowls at house parties
- Do not drink anything that looks or tastes unusual
- Always stay with someone if she or he is acting different or seems drugged

If you have been assaulted or believe you have been drugged, get to a hospital immediately for medical attention. You can also decide whether you want to call the police. If you do, save all evidence of what has happened to you – do not shower, do not douche, do not wash or throw away clothing, keep a sample of your drink if possible.