



Date Rape Drugs

Date rape = drug-facilitated sexual assault

Sexual assault is any type of sexual activity that a person does not agree to. It can include inappropriate touching, vaginal penetration, sexual intercourse, rape, and attempted rape.

The term "date rape drug" refers to a sedative, usually administered by an acquaintance, to an unsuspecting person to obtain non-consensual sex. The drug is often mixed with an alcoholic beverage which, when consumed, causes varying degrees of sedation ranging from drowsiness to unconsciousness and amnesia. Victims often have no memory of the assault.

Some date rape drugs:

- GHB (gamma hydroxybutyric acid)
- Rohypnol (flunitrazepam)
- Ketamine (ketamine hydrochloride)
- Alcohol

These are drugs that are sometimes used to assist a sexual assault. Because of the effects of these drugs, victims may be physically helpless, unable to refuse sex, and can't remember what happened. The drugs often have no color, smell, or taste and are easily added to flavored drinks without the victim's knowledge.

What effects do these drugs have on the body?

The drugs can affect you quickly. The length of time that the effects last varies. It depends on how much of the drug is taken and if the drug is mixed with other substances, like alcohol. Alcohol can worsen the drug's effects and can cause more health problems. Also, one drug — GHB — can be made by people in their homes, so you don't know what's in it.

Sobering Statistics

- About **25%** of women report that drugs were a factor in a rape
- Most of these crimes either go unrecognized, unreported, unsolved, or unproven
- Some of the drugs used to facilitate sexual assault or rape can be **fatal** when mixed with alcohol.
- "Date-rape" drugs are also commonly used recreationally, putting the user at risk of sexual assault.
- Adolescent females (16-19 years) and young adult women (20-24 years) are **4 times more likely** to be sexually assaulted than women in other age groups.
- Most sexual assaults are committed by an **acquaintance or date**
- It is estimated that approximately 75% of all rapes are date or acquaintance rapes
- The most frequently detected drug in victims of drug-facilitated sexual assault is **alcohol**. The second most common is **marijuana**.

Source: Society of Obstetricians and Gynecologists of Canada (SOGC)

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Alcohol

When people hear the phrase "date rape drug," alcohol isn't usually what comes to mind. But, as these statistics show, the link between alcohol and campus sexual assaults is evident:

- 55% of female students and 75% of male students involved in acquaintance rape admit to having been drinking or using drugs when the incident occurred.
- 90% of all campus rapes occur when alcohol has been used by either the assailant or the victim.
- As many as 70% of college students admit to having engaged in sexual activity primarily as a result of being under the influence of alcohol, or to having sex they wouldn't have had if they had been sober.
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(Adapted from Facts on Tap, "Risky Relationships")

Day One's role

The educational campaign -- "Watch Your Glass ... Know what's in it. Who poured it." educates the public on the dangers of drug-facilitated sexual assault. During our campaign, we collaborated with local college and university organizations to reach college-aged students. Publicity material, including billboards, bar coasters, table-tents and posters carried our message.

How can I protect myself from being a victim?

- Don't accept drinks from other people.
- Open containers 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 large, 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 non-drinking friend with you to make sure nothing happens.
- If you think that you have been drugged and raped:
 - Go to the police station or hospital right away.
 - Get a urine (pee) test as soon as possible. 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 getting help.
- Don't douche, bathe, or change clothes before getting help. These things may give evidence of the rape.
- You also can call a crisis center or a hotline to talk with a counselor.

Date rape drugs – tips for prevention

Watch your glass

Know the symptoms

Know what to do – get to a hospital

Watch Your Glass ... Know what's in it. Who poured it.

Date rape drugs are colorless, odorless, and tasteless...

Helpline:

If you think you may have been the victim of date rape drugs, please call the 24-hour *Victims of Crime Helpline* at **800-494-8100**.

Symptoms

relaxation
drowsiness
dizziness
nausea
problems seeing
unconsciousness (black out)
seizures
can't remember what happened while drugged
problems breathing
tremors
sweating
vomiting
slow heart rate
dream-like feeling
coma
death
can't remember what happened while drugged
lower blood pressure
sleepiness
muscle relaxation or loss of muscle control
drunk feeling
problems talking
difficulty with motor movements
confusion
stomach problems
hallucinations
lost sense of time and identity
distorted perceptions of sight and sound
feeling out of control
impaired motor function
convulsions
out of body experiences
memory problems
numbness
loss of coordination
aggressive or violent behavior
slurred speech