

SUBSTANCE MISUSE EDUCATION AND PREVENTION

SPIKED DRINKS



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

Drink spiking is when someone puts harmful drugs into your drink when you are not looking, and without you knowing about it. Often, the drugs used are similar to tranquillisers, and they can make you feel dizzy, confused and sometimes lead to unconsciousness. Sometimes people also have no memory of what happened. The drugs commonly used are ROHYPNOL, GHB and KETAMINE.

HOW TO AVOID HAVING YOUR DRINK SPIKED:

- Don't share or exchange drinks with anyone.
- Always drink from a bottle – it is more difficult to drop a drug into a bottle than it is to drop a drug into a glass.
- Never accept a drink from someone you do not completely trust.
- If you do accept a drink from someone, make sure it is in a bottle and that the bottle is opened in front of you. Better still, open it yourself and carry your own bottle opener.
- Never leave your drink unattended.
- Never drink leftover drinks or drinks discarded by someone else.
- Plan your night out, including your journey there and back.
- When going to a pub, club or party, avoid going alone. Friends can look out for one another.
- Stay aware of what's going on around you and keep away from situations you don't feel comfortable with.
- Think very carefully whether you should leave a pub, club or party with someone you've just met.

WHAT TO DO IF YOU HAVE BEEN SPIKED:

- If you start to feel strange, nauseous or drunk after only one or two drinks, or you know that you couldn't be drunk, seek help from a trusted friend or a senior/member of the club/pub management.
- If you think you have been spiked, get a close friend to get you out of the place as soon as possible and take you home. Once you are safely home, ask them to stay with you until the effects of the drug have worn off, which could be several hours.
- OR – ring a friend, relative or partner immediately to come and fetch you.
- It is very important to get to a place of safety.
- Many people have been raped by people they know such as work mates/colleagues, friends of friends, so make sure you can really TRUST the person you ask for help.

NEVER, UNDER ANY CIRCUMSTANCES, LET A STRANGER OR ACQUAINTANCE OFFER TO HELP YOU OR TAKE YOU ANYWHERE – INCLUDING TO YOUR OWN HOME.

THEY COULD BE THE PERSON WHO HAS SPIKED YOUR DRINK.



IF YOU THINK YOU'VE BEEN RAPED:

- Remember that date-rape drugs affect your memory – if you've woken up in a strange place with your underwear missing or elsewhere in the room, or if you have physical evidence on your body or you have sore genitals or bruising, it is likely you have been raped.
- Equally, if you wake up in your own bed and wonder when or how you got there, or if the signs mentioned earlier are present (i.e., missing underwear, sore genitals etc), it is possible that the drug rapist took you home and had sex with you there.
- If you fear you have been raped – **REPORT IT!** Go to the police and insist they take a blood and urine sample. It could be vital forensic evidence. Nowadays, the police are highly aware of drug-rape and issues around it, and will be very sensitive and understanding.
- In order to push a case forward, it is vital that the police have the opportunity to take samples as soon as possible. Rohypnol passes through the system within 48 hours, GHB within 12 hours, so time is essential. Get to the police as soon as possible to get blood tests done.
- If you do not report the incident within 48 hours, you are still advised to report the matter to the police. The police have many avenues of enquiry which will assist them in identifying and prosecuting the person responsible.
- When visiting the police, make sure you are accompanied by a friend, or maybe a solicitor. Also, after you have seen the police, make sure you visit your GP or GUM (Genito-Urinary Medicine) clinic to make sure you are checked for STI's. Never forget the risk of HIV / AIDS, hepatitis or pregnancy.
- The police are very anxious to point out that anyone reporting being raped whilst under the effect of drugs will **NOT** be prosecuted for drug taking and will be treated as a normal rape victim.

For further information, contact:

The Roofie Foundation – Britain's only specialised agency dealing with drug rape caused through drink spiking.

24 hour helpline: 0800 783 2980



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



101

**WHEN IT'S LESS
URGENT THAN 999**