

PROTECTING YOURSELF FROM DATE RAPE DRUGS



Alcohol is the most common date rape drug. Others are Rohypnol, GHB, and Ketamine; they are odorless, colorless, and tasteless. The below safety tips apply to ALL types of drinks including soda and water.

- Before going out, agree with a trusted friend to watch each other's drinks.
- Watch your own drink at all times.
- Don't accept drinks from other people.
- Always get your drinks from the bartender. If someone offers to buy you a drink, watch it being prepared at the bar and carry it to your table yourself.
- Never leave your drink unattended. If you realized you left your drink unattended for any amount of time, discard it and get another one.
- Open bottles or containers yourself. Do not drink from punch bowls or other open containers.
- If a drink smells or tastes strange, do not continue drinking. While many date rape drugs are colorless, odorless, and tasteless, some common drugs do give out a strange color, odor or taste.
- If you feel way too intoxicated for the amount you've actually consumed, stop drinking and get help immediately.
- Step in if you see something suspicious.
- If you think you've been drugged, get immediate help. You might have only 15-30 minutes before you become completely incapacitated. Call 911 if you have to. If you can, tell someone what you think has happened.
- If you wake up the next day with the overwhelming feeling that you've had sex, but do not remember anything about it, try to preserve any possible evidence by avoiding showering or douching. Get to the hospital immediately and call the police once there.

Your AFA EAP is available to provide peer support and assistance around all forms of victimization.