

# DATE RAPE DRUGS

## WHAT YOU NEED TO KNOW

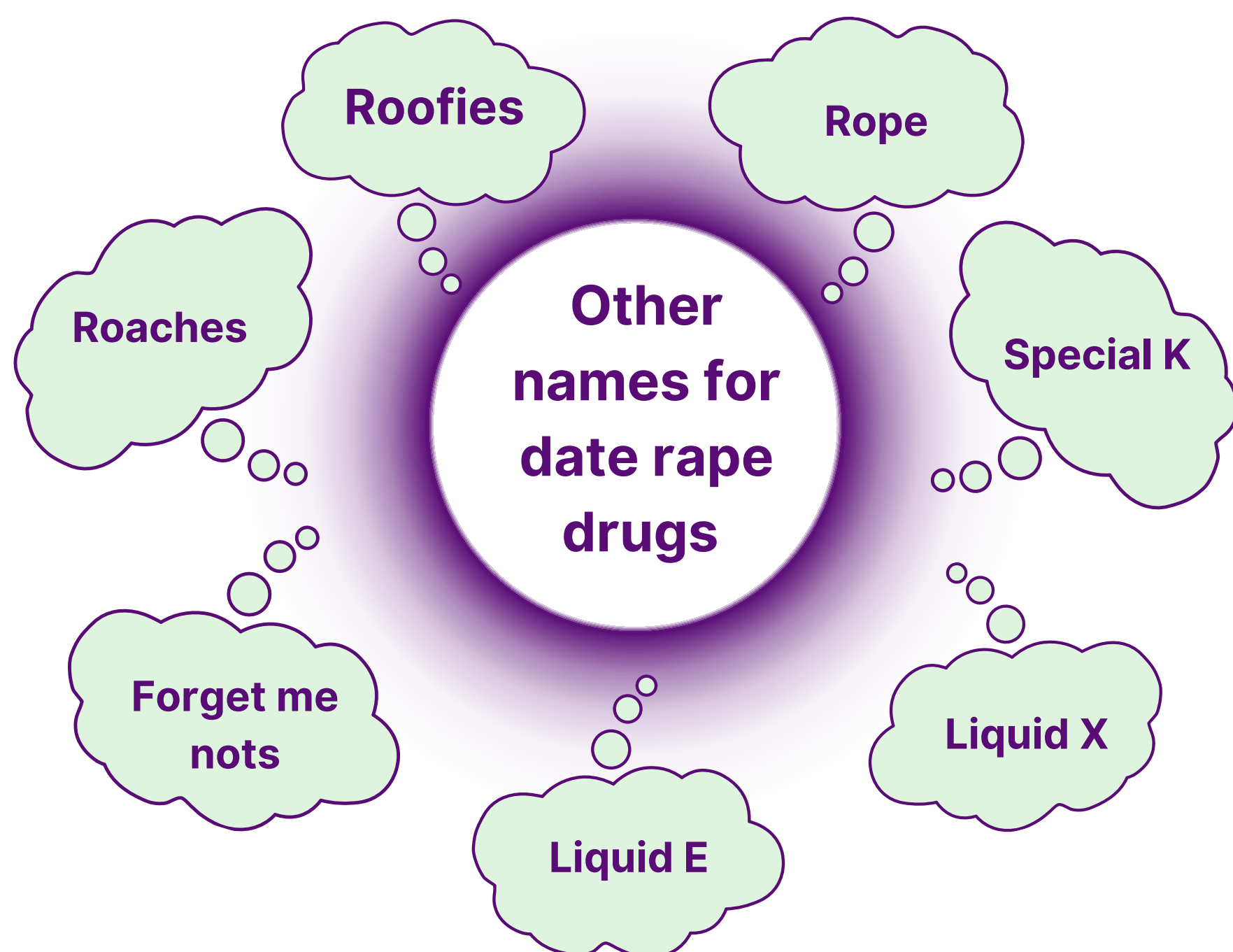
### What are they?

### Date rape drugs are sedating



Date rape drugs are used with the intention of sexually assaulting a victim. They are often “slipped” into the victim's alcoholic beverages. They may sedate, confuse or impair the memory of the intended victim.

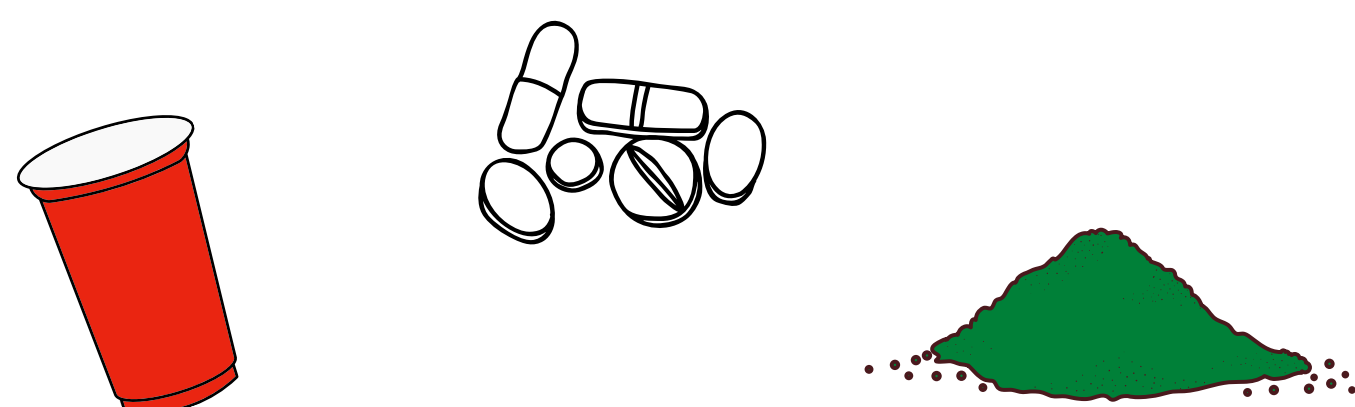
Rohypnol ("roofies") is a benzodiazepine that comes as a tablet or capsule. Gamma-hydroxybutyrate (GHB) comes in a liquid. Ketamine comes as a clear liquid or an off-white powder.



### How are they used?

Date rape substances are often dissolved or poured into alcohol.

These substances can usually not be detected when mixed with alcohol.



### What are the effects?



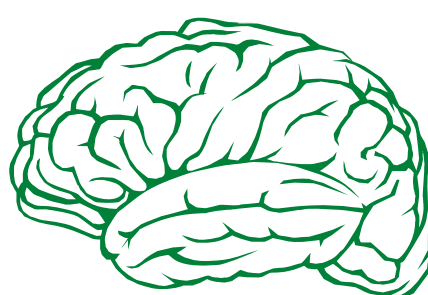
Date rape drugs can cause the victim to feel heavily intoxicated, even if they haven't consumed much alcohol.



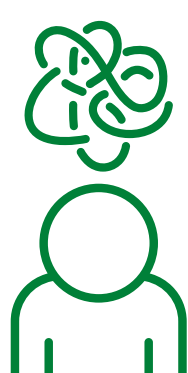
These substances cause sleepiness and a lack of muscle control.



These drugs typically take 30 minutes to start causing an effect.



Date rape drugs commonly cause memory loss. The victim may not know what happened to them.



Victims may be unable to walk and feel very confused. They cannot consent to sexual activity.



Some date rape drugs, like ketamine, can cause hallucinations and heart flutters.

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## When do you seek emergency help?



**Signs of date rape:** Being more intoxicated than you should be based on how much you drank, a sudden onset of symptoms, or not having any memory of the night before. Sometimes you may just feel that something bad happened.

**Get help right away if you think you were assaulted!** Try not to pee, bathe, or change your clothes before going to the hospital. Healthcare professionals may be able to collect evidence of the assault. Never feel ashamed for reaching out for help!

### Did you know?

**Sexual assault is one of the least reported crimes in Canada.**

**Only 6% of sexual assault cases are reported to police.**



## How to stay safer?

It is **not** your fault if you are a victim of date rape. Here are some things you can do to maximize your safety.

- 1** Pour your own drink or watch it being made.
- 2** Do not accept open drinks from **strangers**.
- 3** Keep a hand over your drink when moving in a crowd.
- 4** Something tastes off? Don't continue to consume it.
- 5** Know the signs of date rape so you can get help early.
- 6** Keep each other safe! Watch out for your friends, and have them watch out for you.
- 7** Never leave your drink **unattended**.

## Supports in NL

The Newfoundland Sexual Assault Crisis and Prevention Centre is dedicated to providing support and resources for victims.

Call their support and information line anytime at  
**1-800-726-2743.**

Visit their website at  
<https://endsexualviolence.com/>

For more information visit us at:  
[www.DECYDE.ca](http://www.DECYDE.ca)