



# Sikh Awareness Society

“Supporting the Youth & Strengthening Families”

## Date Rape Drugs GHB, Rohypnol

### How Does It Happen?

Victims have had drugs unsuspectingly slipped into their drinks at bars, clubs and parties for the purpose of reducing their resistance to sexual advances. Once the individual is incapacitated they are then sexually assaulted. Left in a helpless or unconscious state, they can't escape, resist, or call for help.

GHB, Rohypnol dissolves easily in juice, coffee, carbonated and alcoholic beverages. It is colorless, odorless, and tasteless when dissolved in any liquid.

The effects of these drugs are enhanced when mixed with alcohol -- causing sedation, loss of inhibitions, relaxation, black-outs and amnesia.

These drugs are especially dangerous because they are so inexpensive. One tablet can cost anywhere from \$1 to \$5 U.S. dollars. The drug's amnesiac effects usually leave the victim with little or no memory of any assault.

### You May Have Been Drugged If...

- You feel a lot more intoxicated than your usual response to the amount of alcohol you consumed. Or you feel intoxicated and you had NO alcohol, but did drink something.
- You wake up feeling confused, experiencing memory lapse and cannot account for a period of time.
- You wake up in a hotel room or stranger's apartment or home.
- You took a drink but can't remember what happened to you after you drank it. You feel that someone had sex with you, but you can't remember any or all of the incident.

### If It Happens To You...

- Tell someone you trust.
- Get medical attention as soon as possible.
- Try to collect a urine sample in a clean container during the first 24 hours after the assault. (This may be your only evidence linking the drug to the crime -- as the drug will show up in your urine.)
- Don't destroy any of the evidence by showering or washing
- Report the incident to the police, your local rape crisis center, or the hospital emergency department.
- Believe in yourself. No one invites, causes or deserves to be sexually assaulted. What happened to you is a criminal offense. You are not to blame!

### Don't Be A Victim

Do not accept open drinks at parties, especially from strangers. This also includes any soft drink. If you're drinking from a bottle or can, open it yourself.

Never leave your drink unattended. If you ask someone to watch it, make sure it is someone you trust.

Never go out to a bar, party or social event alone. Go with a trustworthy friend.

Don't drink anything that has an unusual taste, or appearance (salty taste, has excessive foam, or residue).