

## You can protect yourself and your friends by:

- Socialize with friends and agree to look out for each other.
- Drink only from tamper-proof bottles or cans.
- Don't drink beverages that you did not open yourself.
- Don't share or exchange drinks.
- Don't drink from punch bowls. If possible, bring your own drink.
- Don't let friends leave with strangers.
- Never, under any circumstances, leave a friend who is displaying effects of a date rape drug.

## If you've been drugged:

Get to a safe place and call someone you trust. Some sexual predators who drug their victim(s) will later try to "help" them in order to get him/her to a place where they can rape them.

Consider getting medical attention as soon as possible. High doses of these drugs, especially when mixed with other substances like alcohol, can be fatal.

Determine whether you want to report it to the police. If you do and you believe you may have been sexually assaulted, consider not showering, douching, bathing, or changing clothes and try to get to a hospital as soon as possible to have evidence collected.

## If you've been assaulted:

Call the 24-hour crisis lines of the Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre

@

**1-800-726-2743.**

**In the St. John's area call  
726 - 1411.**

The crisis line is anonymous and confidential. Volunteers can help with short-term individual counseling, accompany you to medical and legal procedures as requested or provide detailed information about medical options, emotional support, and reporting to the police.

### IN PARTNERSHIP WITH

Newfoundland and Labrador Sexual Assault  
Crisis and Prevention Center  
220 LeMarchant Road,  
Suite 404, St. John's, NL

### PREPARED BY

Agatha Corcoran, Amy Foss, Rose Hatfield  
Deanne Bambrick, Kelly O'Neill,  
MUN School of Social Work, Class of 2005

© 2004

ISBN, 1-55146-238-9

This material may be copied for educational  
purposes with acknowledgement.



Government of  
Newfoundland and Labrador

Women's Policy Office  
Department of Health and Community Services

# Date Rape Drugs...

# They're out there.

Are they  
in Here?

### The facts about date rape drugs:

Since the late 1990s, there has been growing concern about the use of illegal drugs in acts of sexual violence. It has been difficult to track these incidences because the majority of these substances are colourless, odourless, and tasteless. The drugs are also difficult to detect in a person's system, depending on the length of time that has elapsed since ingestion.

Date rape, and the use of date rape drugs, clearly constitutes a criminal act in Canada. This information is intended to raise public awareness of date rape drugs and attempt to change attitudes, behaviours, and beliefs that allow this sexual violence to continue.

### Warning signs a person has been drugged:

- The victim recalls having a drink, but cannot remember any events after consuming the drink.
- The victim is aware that they have had sexual contact with someone, but cannot remember the details.
- The victim feels more intoxicated than he/she normally would after consuming the same amount of alcohol.
- The victim wakes up feeling "hung over" and cannot account for a period of time in the last 24-48 hours.



## Types of Date Rape Drugs.....

### GHB

(Liquid Ecstasy, Liquid X, Cherry Meth, Easy Lay) a colourless, odourless liquid with a salty taste. It is often dissolved into fruity drinks to mask the taste. The drug takes affect within approximately 15 minutes of ingestion and, depending on the dose, can last for several hours. GHB causes decreased inhibitions and drowsiness. Other side effects include respiratory arrest, nausea, numbness and convulsions.

### Rohyponol

(Roofies, Roach, Mind Erasers, the Forget - Me Pill, Roche) – has no detectable taste, colour, or odour. This drug can take affect within one hour. Even a small dose can last up to 12 hours after ingestion. Effects of Rohyponol are feelings of intoxication, muscle relaxation, drowsiness, visual disturbance, stomach upset & loss of control.

### Ketamine

(Special K, Kit Kat, Kelly's Day, Purple, Super C) – effects can last up to six hours and a full recovery takes up to 48 hours. It causes a disassociative state that commonly leads to a "near death" or 'out-of-body' experience. It also affects balance, judgment, and ability to communicate.