
What Do I Do If I'm Drugged?

- ◆ Get to a safe place, call a family member, friend, rape crisis center, hospital, and/or law enforcement official.
- ◆ If you wish to report the incident, preserve evidence and do not shower, douche, brush your teeth, or change your clothes.
- ◆ Seek medical attention for any possible injuries and to be tested for pregnancy and STD's, whether you wish to report or not.
- ◆ Date rape drugs can be found in the victim's urine for up to 72 hours, but this test is not routinely performed. **Ask for it!**
- ◆ Remember that City Life Advocates are on call 24 hours a day to support you during a forensic or medical exam, pregnancy/STD/ drug test, or in reporting to law enforcement.

City Life

1648 N Washington
Ste 104
Emmett ID 83617

Office Open:
Monday through Thursday
9 am to 4:30 pm
Friday
9 am to Noon

How Can I Protect Myself?

- ◆ If you do drink alcohol or any other beverage, open your own drinks and keep them in your sight and covered at all times.
- ◆ Do not drink from a punch bowl, keg, beer bong or any shared or exchanged drink.
- ◆ Do not drink anything with unusual appearance, odor, or taste. Avoid any beverage that tastes flat, soapy, or salty.
- ◆ Trust your gut. If a situation or a drink does not seem right, it probably isn't.
- ◆ Watch out for your friends and ask them to watch out for you.
- ◆ Be assertive with your words and body language. Know your limits and communicate them clearly.
- ◆ Drink in moderation or not at all.

Phone

208.365.1615

Email

fleda@citylifeinc.com

24 Hour Crisis Line

208.870.5532

Web

www.citylifeinc.com

Date Rape Drugs

**What you need to know to
keep yourself safe**

City Life Inc



Living With Purpose & Dignity

Help for:

*Victims of Crime
Domestic Violence
Sexual Assault*

City Life

1648 N Washington
Emmett ID 83617
208.365.1615

Some rapists use a loaded weapon. Others use a loaded victim.

A date rape drug is any substance used with the intent of obtaining sex. It is added to a victim's drink without his/her knowledge. Perpetrators of sexual assault may use alcohol or other drugs to incapacitate a victim or because they lessen the likelihood of the victim remembering the crime. Perpetrators may also use substances in their own defense of committing a crime.

Alcohol is the most common date rape drug. In a 2000 study by the American Council on Drug Education, 90% of all campus rapes occurred when the victim or assailant were using alcohol prior to the assault. The role of alcohol in drug-facilitated sexual assault can cause victims to feel a greater sense of self-blame. However, even if the victim used drugs or alcohol voluntarily, it does not justify sexual assault. Sexual assault is a crime, and the perpetrator is to blame.

Victims of date rape drugging all react differently depending upon the type and amount of the drug consumed, the victim's metabolism, the presence of alcohol and other factors. Effects of date rape drugs may include impaired motor skills, amnesia, seizures, rapid intoxication, hallucinations, unconsciousness, coma, and death. You may have been drugged if you experience the following symptoms:

- Wake up feeling "fuzzy" or hung over
- Feel a lot more intoxicated than usual in response to the amount of alcohol
- Have memory lapses, can't account for a period of time
- Feel as though someone may have had sex with you, but can't remember any or all of the incident.

Types of Date Rape Drugs

Rohypnol

Rohypnol (Roofies, Wolfies, Mexican Valium) is a potent sedative that usually takes effect within 20-30 minutes. Rohypnol has never been approved for any use in the United States and is illegal to manufacture, possess, or distribute. It comes in tablet form that may be crushed into a powder. It dissolves quickly into drinks and is odorless, tasteless, and colorless. Ingestion may cause drowsiness, confusion, dizziness, or reduced consciousness. When mixed with alcohol, Rohypnol can cause low blood pressure, respiratory depression, coma, or death.

Gamma Hydroxybutyrate

Gamma Hydroxybutyrate (GHB, Greivous Bodily Harm) is a dangerous synthetic, one form of which (Xyrem) has recently been approved for limited medical use. It typically takes effect within 15-20 minutes. GHB has been used for years by body builders, and is easy to make from common ingredients. GHB usually comes in liquid form, and has slightly salty taste, but is colorless and odorless and easily disguised in alcohol. Ingestion may cause dizziness, seizures, unconsciousness, and memory loss. GHB overdose can be fatal.

Ketamine

Ketamine (Special K, Vitamin K, Kit Kat) is an animal tranquilizer that has a fast-acting effect when consumed by humans. Ketamine may be used recreationally, and most found on the street has been stolen from hospitals or veterinarians. It usually comes in liquid form (but may also be found in powder form) and may be injected, smoked, or mixed into drinks. Ketamine is odorless, colorless, and tasteless and typically takes effect within one minute. Typical effects of ketamine include numbing, hallucinations, difficulty with speaking, breathing or body control, unconsciousness, and amnesia.

Ecstasy

Ecstasy (XTC, X) or MDMA, is a popular club drug typically used at raves that takes effect quickly and typically lasts 4-6 hours. It is manufactured in tablet form (which may be crushed into powder) overseas and is illegal in the United States. Ecstasy may cause confusion, arousal to touch, dehydration, increased heart rate, and psychedelic effects. Ecstasy also causes a significant increase in body temperature that may be fatal.

Fry

"Fry" is a nickname for cigarettes, cigars or marijuana bud soaked in embalming fluid and then dried. Fry mimics the effects of PCP and may cause mania, numbing, unconsciousness, and destruction of muscle and brain tissue. Typical safety precautions include smoking one's own cigarettes, avoid smoking anything illegal or anything with unusual taste or smell.

Thunder

"Thunder" is a date rape drug that is very similar in composition and effect to GHB. It is new on the market and is not subject to FDA regulation. Thunder generally takes effect within 5-20 minutes. Side effects may include muscle spasms, dizziness, bed-wetting, unconsciousness, and memory lapse. When mixed with alcohol, the use of this drug can cause death.

Other Drugs

Prescription and over-the-counter medications may also be used in facilitating sexual assault. Some of these medications include antihistamines (i.e. Benadryl, allergy medicines), anti-anxiety drugs (i.e. Paxil, Xanax), muscle relaxants, sedatives, (i.e. Valium), and hypnotics.