

# FACT SHEET

## DATE RAPE DRUGS

### Tips on Date Rape Drugs Awareness

1. Being on the "buddy system". Watch out for your friends, have them watch out for you.
2. Never, ever leave your drink unattended, not even to go to the bathroom, the dance floor, or anything. If you aren't watching it, have a trusted friend watch it.
3. Never accept a drink from someone you don't know, or don't trust 100%. This is your life we are talking about here! Always mix your own drink, get it yourself or watch it being poured.

*<http://www.sexualassaultsarnia.on.ca/book2>*



## If you think you've been drugged and/or raped:

- **SEEK MEDICAL ATTENTION IMMEDIATELY!** YOU HAVE A SMALL WINDOW TO BE TESTED FOR THE PRESENCE OF DATE RAPE DRUGS! After that time is gone, the drug residue will pass through your system and cannot be detected in blood or urine. Also, you may have injuries you are not aware of due to shock.
- If possible, keep some of the substance with you for testing.
- Do not bathe or shower because your body is evidence.
- Start remembering any details of the events including your attacker (hair color, height/weight, clothing, skin color, scars and tattoos, etc.), any vehicle and its details (state, license plate, make, model, color, dents), location, or anything else, and *write these down if possible*
- Get some counseling - Local Rape Crisis Centers are invaluable help. Look them up in the Yellow Pages



Project GHB, <http://www.projectghb.org/rape/whattodo.htm>

## Date Rape Drugs

### ROHYPNOL

#### What is Rohypnol?

The pill is similar in shape, size and color to aspirin. Rohypnol is a small white tablet that is single or cross-scored on one side and has the word "Roche" on the other side. It also has a circled numeral 1 or 2 on it. Drug street names change all the time, but it is often known as: "roofies", "rophies", "roche", "rope", "R2", and "Trip-and-Fall".

- Rohypnol dissolves easily in juice, coffee, carbonated and alcoholic beverages. It is colorless, odorless, and tasteless when dissolved in any liquid.
- The effects of this drug are enhanced when mixed with alcohol -- causing sedation, loss of inhibitions, relaxation, blackouts and amnesia. It can also cause respiratory depression, coma and even death.
- The drug takes effect after about 20 to 30 minutes and



Rohypnol tablets are white and are single- or cross-scored on one side with "ROCHE" and "1" or "2" encircled on the other.



effects may last as long as 8 to 12 hours. When combined with alcohol, Rohypnol causes severe disorientation and the classic "blackouts" that it is known for. Blackout periods are typically 8 to 12 hours long. The victim may or may not appear "awake" during this time.

- This drug is especially dangerous because it is 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.

## Signs and Symptoms of Use

- Rohypnol can cause quick intoxication, bloodshot eyes, drowsiness, dizziness, disorientation, impaired judgment, memory loss, simultaneous hot and cold flashes, nausea, and difficulty in speaking and moving.

## 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.
- Talk to a counselor for support. Your emotional and physical health is important.
- 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).
- Never mix drugs and alcohol.



## More Info

- Rohypnol is not legally available in the United States or Canada. It is manufactured in Mexico and is available by prescription in over 60 countries.
- It is difficult to predict the effects of any drug on an individual, as it will vary depending on the dosage, on whether alcohol was involved, your own body's metabolism, and how soon you receive medical assistance.
- Many women raped under the influence of the drug are unsure whether or not they were raped, because they have no memory of the event.
- Sexual violence is often linked with substance abuse and anyone's best defense is **knowledge!**

## News about Rohypnol

There is good news about Rohypnol. Its manufacturer recently changed the drug to make it more detectable. When put into a light-colored drink, new Rohypnol will now turn the beverage bright blue! Consumers of dark colored beverages (like Coca-Cola) should notice a cloudy appearance. The drug will also dissolve more slowly and form chunky pieces in your drink. Keep in mind, however, that it may take some time for this new Rohypnol to hit the streets.



## GHB

### What is GHB?

GHB is Gamma Hydroxy Butrate. It is a powerful synthetic drug that acts as a depressant on the central nervous system. It is a newer drug to the streets than Rohypnol. GHB is an illegally manufactured drug, so it is very dangerous since it is made by "kitchen chemists" and there is NO quality control like with an FDA approved drug. Its effects can be felt within 15 minutes after ingestion. It is used the same way someone will use Rohypnol on an unknowing victim. GHB is usually found in liquid form that is colorless and odorless, and has no taste when mixed in a drink or water. Sometimes there is a salty aftertaste, depending on how it was produced. Since the actual amount of GHB is unknown, the risk of toxic effect is great.

#### Signs and Symptoms of Use

- Dizziness
- Nausea
- Vomiting
- Unconsciousness
- Memory loss
- Difficulty breathing
- Seizures
- Coma

#### Some Street Names

- G
- Grievous Bodily Harm
- Gook
- Easy Lay
- Vita-G
- G Juice

## ECSTASY (MDMA)

### What is Ecstasy?

Ecstasy is a synthetic amphetamine-like (speed-like), mind-altering drug that can cause you to hallucinate. It has been known to cause death, especially when mixed with alcohol. It is often mixed with speed by drug dealers, often without the user knowing. Ecstasy does not often come in a capsule, btw.

**MDMA**, also referred to as **Ecstasy** or **XTC** is one of a series of "designer drugs" created by chemically modifying methamphetamine. One of the other drugs in this class is MDA (3,4-methylenedioxyamphetamine).



To learn more about ecstasy go to:

[www.mninter.net/~publish/Photo21b.htm](http://www.mninter.net/~publish/Photo21b.htm) and [www.maps.org/research/mdma/index.html](http://www.maps.org/research/mdma/index.html)

It has been reported as a Date Rape Drug by law enforcement agencies in the United States and Canada, as it has been given unknowingly to many victims since its appearance in the mid-1980s.

## Signs and Symptoms of Use

Signs and symptoms of Ecstasy are similar to those of speed and cocaine.

- Anxiety
- Blurred vision
- Confusion
- Chills or sweating
- Heart rate very fast, and increase in blood pressure
- Rapid eye movement
- Tremors
- Inability to sleep



## Avoid It!

We can't emphasize this enough... Ecstasy is often mixed for recreation with other drugs at parties or clubs. When mixed with marijuana or alcohol it is very bad for the liver and kidneys causing dehydration and overheating. "Cocktailing" Ecstasy with other drugs can be very dangerous and deadly. You may see people using it at school or parties. Avoid it!

## KETAMINE

### What is Ketamine?

Abuse of ketamine (pronounced Kee-ta-meem) goes hand in hand with gamma hydroxy butyrate (GHB) and MDMA (Ecstasy). Where you find one, you will likely find the others. All three are very popular with the RAVE party crowd. Ketamine hcl, a cat tranquilizer and the most commonly used anesthetic in the Vietnam War, is also used in sexual assault on occasion since it puts the victim in a frozen state for at least a brief period of time.



## Signs and Symptoms of Use

- It may produce pleasant dream-like states, vivid imagery, hallucinations and possibly extreme delirium. This usually lasts only a few hours. Excitement and visual disturbances can recur days or weeks after exposure to ketamine; the problem with “flashbacks” may be greater with ketamine than with other hallucinogens.
- It also produces ataxia, slurring of speech, dizziness, confusion, blurred vision, anxiety and insomnia. It can also cause cessation of breathing, cardiac arrest, brain damage and death.

## You May Have Been Drugged If...

- Signs of being under the influence may vary greatly. It may produce bursts of energy, disorientation and mild-to-severe hallucinations. The effects are much briefer than PCP, lasting only 30-60 minutes versus hours. In larger doses or mixed with alcohol, it may produce vomiting (which is also commonly associated with GHB use).
- Amnesia may be present for one to two hours. A dose of just 0.07 grams of powder may produce common symptoms of intoxication and a mechanical buzzing in the user’s ears. Users of 0.2 grams may enter the mellow, colorful “K-land,” while 0.5 grams is more likely to take you to the “K-Hole,” with out-of-body, near death encounters, hallucinations and delirium, etc. Effects usually last an hour or less, but judgment, coordination and senses may be affected for 18 to 24 hours.

## Some Street Names

- Most commonly called Ket, K or Special K, it may also be referred to as Green (apparently for the green label on the Ketajet box).
- Other names include 1980 Acid, Super C, Vitamin K, Super Acid, Special LA Coke, Baby Food (users sink into blissful, infantile inertia) and God (because users often are convinced they have met their maker), Jet (Texas), Honey Oil, Blast, and Gas.
- A dose is called a “bump.” The K-hole is where you go when on it. K-head is a user. Calvin Klein refers to a combo of cocaine and ketamine. Product 19 refers to a combo of MDMA and ketamine.



## First Aid For Drugs

### CALL FOR HELP!

- If someone you're with has problems when on drugs, or if they think they have been drugged, stay with him or her.
- **Get medical help, as soon as possible!** Stay with your friend and have someone else call for you! Have some **call 911**. Tell the paramedics exactly what your friend has taken (if you know). You may save the person's life by doing this.
- If she or he is panicking, take the person to a quiet place and stay with them until they are calmed down. Try to get the person to breathe deeply and slowly.
- If she or he is vomiting while lying down, make them sit or stand up with their head down.
- If she or he is unconscious, loosen the person's clothing and lay them flat on their back. If you know how to do CPR (cardiopulmonary resuscitation) be prepared to do it, if you do not feel a pulse in them.

**REMEMBER, GET MEDICAL HELP AS SOON AS POSSIBLE.**

You may save a person's life by doing this.

Sources:

From [http://www.coolnurse.com/date\\_rape.htm](http://www.coolnurse.com/date_rape.htm)

From <http://www.projectghb.org>

