Is there more in your drink than you think?

Rapists have a new weapon— drugs like Ecstasy, GHB, and Rohypnol that can take away your ability to make decisions, fight back, feel pain, and your memory. You could be sexually assaulted and not remember anything other than feeling dizzy after you sipped some punch.

Ecstasy is sometimes called the love drug, hug drug or the “feel good” drug. It comes in tablet or capsule form and produces feelings of apathy and relaxation. It may reduce the need to sleep or eat. Ecstasy can produce rapid heartbeat, high blood pressure, and faintness.

GHB comes as a clear liquid, white powder, tablet, or capsule. It is odorless and colorless, but it may make a drink taste salty. When mixed with alcohol, GHB can make you sleepy, lose consciousness, and/or experience memory loss.

Rohypnol is sometimes called roofies, rophies or the forget-me pill. It comes in white tablets and is 10 times stronger than a normal tranquilizer. One 2mg. pill slipped into your drink may cause dizziness, lack of coordination, and sleepiness, but later; you don’t remember what happened.

What can I do to be safer?

Drug induced sexual assault can happen to anyone, but here are some ways to reduce risk:

- Never leave a drink unattended.
- Don’t accept drinks from people you do not know very well or trust.
- If a drink tastes, looks or smells unusual, do not drink it.
- At a bar, accept drinks only from the bartender or server.
- At parties, avoid open-container drinks or punch drinks.
- Be alert to a friend’s behavior. Anyone appearing very drunk in relation to the amount of alcohol they drank may be in danger.
- Check in with friends and watch out for each other while at bars/parties.

If you have been drugged—

- Go to a safe place.
- Call someone you trust to help you.
- Go to a hospital emergency room.
- Try to keep some of the beverage you were drinking.

If you think you were sexually assaulted while drugged—

- Call The Aurora Center crisis line at (612) 626-9111 or call the nearest rape crisis center.
- Contact the police, call 911.
- Do not shower, bathe, douche, or change clothes until medical and legal evidence has been collected.
- Go to a hospital emergency room to have evidence collected, receive treatment for injuries and testing for STD’s and pregnancy.
- Request a urine test as soon as possible to detect drugs.

For more information about maintaining healthy relationships, contact The Aurora Center for Advocacy and Education at (612) 626-2929 or our 24 hour crisis line at (612) 626-9111.

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