



Sexual Assault Response Services *of Southern Maine*

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DATE RAPE DRUGS

The use of "Date Rape" drugs to incapacitate unsuspecting victims is on the rise in the United States. It is important for everyone to know what these drugs are, what the warning signs are of being drugged, what you can do to help prevent it from happening to you and your friends, and what to do if it happens.

The Most Common Date Rape Drugs (in order):

ROHYPNOL (Flunitrazepam)

Street Names: Roofies, Rophies, Roche, Forget-me Pill, Circles, Mexican Valium, Rib, Roach-2, Roopies, Rope, Ropies, Ruffies, and Roaches

- Rohypnol is a potent sedative. The physical effects of the drug may be noticeable within 15 to 30 minutes after ingestion. The effects may last for many hours.
- If Rohypnol is dropped into a drink, it may dissolve and become "invisible."
- When Rohypnol is dissolved in a drink, it is colorless, tasteless, and odorless. Therefore, if you consume a "dosed" drink, you are likely to be totally unaware that you are being drugged.

GHB (GAMMA-HYDROXYBUTYRATE)

Street Names: Liquid Ecstasy, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Liquid X, and Goop

- GHB is a powerful synthetic drug that is rapidly metabolized by the body. The effects of the drug can be felt within 15 minutes after ingestion.
- When GHB is ingested with alcohol and/or other drugs, the consequences may be life-threatening because most is "home-made" by non-professionals and there is a very narrow margin between the amount that will produce intoxication effects and the amount that will induce harmful effects such as vomiting, seizures, respiratory depression, unconsciousness, and coma.
- GHB is most commonly made in a clear liquid form that is colorless and odorless. It has also been produced as a white crystalline powder. The clear liquid is easily dropped or squirted into a drink. When dissolved in a drink, it is colorless and odorless. It may be recognizable by its slightly salty taste.

KETAMINE

Street names: K, Special K, Keta, Crazy, Cat Valium

- Ketamine usually comes as a liquid in small pharmaceutical bottles, and is most often cooked into a white powder.
- Higher doses produce a hallucinogenic (trippy) effect, and may cause the user to feel very far away from their body (an experience called the "K-Hole"). While in a K-hole it is very difficult to move.
- Other effects include delirium, amnesia, cognitive difficulties, and fatal respiratory problems.

Help, Hope, and Healing

Signs That You've Been Drugged

- You feel a lot more intoxicated than your usual response to the amount of alcohol you consumed.
- You wake up very hung over, feeling "fuzzy," experiencing memory lapse, and unable to account for a period of time.
- You remember taking a drink but can't recall what happened for a period of time after you consumed it.
- You feel as though someone had sex with you but you can't remember any or the entire incident.

NOTE: The exact effects of these drugs on any specific person are difficult to predict because the effects vary depending upon the drug, the dose ingested, whether the drug is mixed with alcohol and/or other drugs, the weight, gender, and metabolism of the person who ingests it, and other factors, including how soon the victim receives medical assistance. There is one thing you can be sure of – the danger of serious and harmful effects is greatly increased when drugs like Rohypnol and GHB are consumed in combination with alcohol or other drugs.

What to Do if You Believe You May Have Been Drugged and Assaulted

- Get to a safe place.
- Get help immediately.
- Ask a trusted friend to stay with you and assist you in getting the services you need.
- Call the police.
- Get medical care. Go to a hospital emergency department or a specialized forensic clinic as soon as possible for an examination and evidence collection. The body metabolizes most rape drugs very quickly. The sooner you receive medical care, the more likely it is that evidence can be found that will help you identify any substances used to drug you.
- Request that the hospital or clinic take a urine sample to be tested by the law enforcement agency's crime lab. A special test must be conducted to detect Rohypnol or GHB in a urine specimen. Rape drugs are more likely to be detected in urine than in blood.
- Preserve all physical evidence of the assault. Do not shower, bathe, douche, wash, or brush your teeth. Save the clothing you were wearing at the time of the assault. Do not disturb anything in the area where the assault occurred. Save any other materials that might contain evidence of the drug(s) you may have been given, such as the glass that held your drink.
- Call SARS for support and information 24-7 at 1-800-313-9900

Watching Out for Yourself & Your Friends

- Don't drink beverages that you did not open yourself and don't share or exchange drinks with anyone.
- Don't take a drink from a punch bowl or from a container that is being passed around. If possible, bring your own drinks to parties. Anything, even kegs, can be "spiked" with or without the host's knowledge.
- If someone offers you a drink from the bar at a club or a party, accompany the person to the bar to order your drink, watch the drink being poured, and carry the drink yourself.
- Don't leave your drink unattended while talking, dancing, using the restroom, or making a phone call.
- If you realize that your drink has been left unattended, discard it.
- Don't drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).
- Use the "Buddy System." Appoint a designated "sober" person when you go to parties, clubs, or bars. Have a plan to periodically check up on one another.
- If one of your friends appears very intoxicated, gets sick after drinking a beverage, passes out and is difficult to awaken, seems to be having trouble breathing, or is behaving in an uncharacteristic way, take steps to ensure your friend's safety. If necessary, call 911 for emergency medical assistance.
- If you see or hear that someone is "dosing" a drink or a punch bowl, intervene. Confront the person, warn potential victims, discard the drink(s), and/or get help.
- Warn friends about high-risk situations, such as clubs where "dosing" is known to have occurred.
- There have been cases where bartenders have been paid-off to "spike" drinks, especially near closing time.

Contact SARS confidentially if you need to talk and for more info: 1-800-313-9900