



TIP OF THE WEEK

Date Rape Drugs

It is possible for anyone to be drugged and sexually assaulted. Someone could put a drug into your drink without you knowing about it. It makes no difference whether the drink is alcoholic or non-alcoholic. Drugs may be put into someone's drink to make a sexual assault easier, and you could be the victim. Sexual assault includes not only intercourse but also fondling, oral sex, or any unwanted sexual activity.

Here are some common questions about these very real drugs:

How many different types of date rape drugs are there and what do they do?

Many different rape drugs have been used. They have street names like "roofies", "cherry meth", "easy lay", "gamma-O", "liquid ecstasy" and "liquid X". Because these drugs take several forms ranging from tablets, capsules and pills to clear odorless liquids, it is difficult to know if a drug has been put in your drink.

Ecstasy:

This drug is most commonly found in tablet, capsule, or powder form and can be taken orally or injected. Street names for this drug are **Adam, X-TC, Clarity, Essence, Eve, Stacy or Lover's Speed**. The effects of Ecstasy can last anywhere from 6 to 24 hours and can include euphoria, enhanced mental or emotional clarity, anxiety and paranoia. Heavier doses can cause irrational and violent behaviour, hallucinations, floating sensations and depression.

GHB:

This drug is sold in capsule form that is dissolved easily in liquids or as a clear liquid in small bottles. GHB is also known as **Easy Lay, Gook, Scoop, Soap Boy, Salty Water, Grievous Bodily Harm, Fantasy, Organic Quaalude or Zonked**. Side effects of this drug can be nausea, vomiting, delusions, depression, vertigo, visual disturbances, seizures, respiratory distress, loss of consciousness, amnesia and coma.

Ketamine:

This drug is primarily used as a veterinary medicine. It can be found in a liquid form or as a white powder that is snorted or smoked. Common names for this drug include **Special K or Vitamin K**. Side effects include profound hallucinations, visual distortions, "out-of-body" experience, high blood pressure, amnesia, delirium, recurrent flashbacks and depression.

Rohypnol:

This drug is manufactured as small, white tablets with "Roche" inscribed on the side and an encircled "1" or "2" indicating a 1 mg or 2 mg dose. Common names are **Roofies, Rophies, Roach, Run-Trip-and-Fall, or Rope**. Side effects of this drug can be slurred speech, impaired judgment, difficulty walking, deep sedation, respiratory distress, blackouts and amnesia. When mixed with alcohol, rohypnol can incapacitate victims and prevent them from resisting sexual assault.

Herbal Ecstasy:

This drug is composed of ephedrine (ma huang) or caffeine (kola nut) and is sold in tablet form. Slang terms for this drug are **Cloud 9, Herbal Bliss, Ritual Spirit, Herbal X, Rave Energy, X and Ultimate Xphoria**. The effects closely simulate those of Ecstasy. Herbal Ecstasy can also cause heart attacks, strokes and high blood pressure.

LSD:

This drug is sold in tablet or capsule form, but can also be found in a liquid. LSD can be added to absorbent paper and divided into small squares representing one dose. The most common name for LSD is "**acid**". The effects of LSD are unpredictable. Physical effects can include dilated pupils, increased body temperature, increased heart rate, sweating, loss of appetite, dry mouth and tremors. A "bad trip" is caused with higher doses and the symptoms include terrifying thoughts and feelings, fear of losing control, fear of insanity or death and extreme panic.



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What do I do if I suspect that I may have been drugged?

If you have been drugged you may feel drowsy, confused, dizzy or sick to your stomach, overly drunk, happy or outgoing. You might also experience the following symptoms:

- Loss of coordination
- Blackouts
- Inability to protect yourself from an attacker
- Loss of memory

In a situation where you may have been exposed to these drugs, and you feel any of these symptoms, or if a drink looks, smells or tastes different, stop drinking and call the police. Seek medical help if you drank any of it. Some of these drugs, when mixed with alcohol, may cause death.

What will the drug do to me?

How a person reacts to the drugs depends on a few different factors:

- Amount taken
- Age
- Pre-existing medical conditions
- Alcohol intake
- How the drug is administered

How can I protect myself and my friends?

- Do not go out by yourself; instead go with a group of friends
- Realizing that, if you accept a drink from another person, you are putting yourself at risk
- Do not leave beverages unattended at parties or bars; take it with you
- Do not take beverages, including alcohol from someone you do not know well and trust
- At a bar or club, accept drinks only from the bartender or server
- At parties, do not accept open-container drinks from anyone
- Be alert to the behavior of friends and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol may be in danger

What do I do if I suspect that I have been drugged?

If you feel that you have been drugged and suspect that you may have been sexually assaulted, there are people who are trained and sensitive to your needs. Although you may not be able to remember what happened, you still deserve help. How much help you accept is your choice. You may call any of the following services to support you through this difficult and scary experience.

- Seek medical attention.
- Keep sample of beverage for analysis
- Get support (friend, family, treatment centres)
- Determine whether you want to report to police

SERVICES

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| Edmonton Police Service - Complaint Line | 423-4567 |
| Sexual Assault Centre of Edmonton | 423-4121 |
| Teens Helping Teens Crisis Line | 428-8336 |
| Kid's Help Phone (Toll Free) | 1-800-668-6868 |



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Having fun is not an invitation to a crime. You are a victim and not to blame.

If you have information a crime, contact Protective Services at 780-471-7477. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS (8477). Your identity will remain anonymous, and if the information you provide leads to a conviction, you could eligible for a reward of up to \$2000.00.

Everybody benefits, except the criminal.