

## **Date Rape Drugs- What you need to know**

**You've heard about them on the news...young women being sexually assaulted after drugs have been slipped into their drinks. What exactly are "Roofies" and GHB? And how can you protect yourself?**

**What are they?** Rohypnol, known on the street as "Roofies", and Gamma hydro butyric acid, known as GHB or liquid ecstasy, are depressants that can cause dizziness, disorientation, loss of inhibition, memory blackouts, and loss of consciousness when mixed with alcohol. Both are odorless, colorless, and tasteless you may not even realize it if someone slips one of these substances into your drink. Because they may cause you to pass out, ingesting them may put you at risk for sexual assault.

### **How can you protect yourself?**

- **Don't put your drink down.** If your drink is out of sight, even for a few minutes, don't finish it. Get yourself a new one.
- **Don't accept an open drink from anyone.** If you order a drink in a bar, make sure you watch the bartender open the bottle or mix your drink.
- **Avoid punch bowls.** With Roofies and GHB in circulation, you can't be sure what's in the punch, so think twice before you partake.
- **Make a pact with your friends to watch out for each other,** and spread the information about these "Date-rape drugs" to everyone you know.
- **If you think you may have been given Roofies or GHB,** immediately go to the emergency room and ask for a urine screening test. Though traces of the drug may still appear up to 72 hours after ingestion (depending on dosage, and individual metabolism) the chances of getting proof are best when the samples are obtained quickly. Therefore, in the event that you are sexually assaulted after you were unknowingly given one of these drugs, the result of this test could prove incriminating evidence against your attacker.