



DRINK TAMPERING

Safety tips and getting help.

The act of drink tampering is done with the aim of causing the target to become disoriented, unconscious, or to lower the target's inhibitions. The purpose of this may be as a precursor to sexual assault or robbery. Some of the drugs placed in drinks to create drowsiness or even unconsciousness include Rohypnol (Rohfie), GHB (Liquid X), and Ketamine (Special K). The following are some suggestions to help you to identify and avoid drinks that have been tampered with when consuming beverages at a social event or bar.

Five Safety Tips to Prevent Drink Tampering from happening to you or a friend.

1. Stay with the drink service. Order drinks from the bartender or waitstaff, even if someone offers to buy you a drink.
2. Hold your drink on the top, this will make it harder for anyone to slip anything in without you noticing.
3. Always keep an eye on your drink. Do not leave your drink unattended for any time.
4. Look for obvious signs of tampering.
5. Cease drinking anything that tastes funny.

Getting Help

Unfortunately, even if someone takes every precaution, drink tampering can still happen. If you know or think that you have been drugged, here are some things that you can do:

- If you're injured or have been raped, go straight to the emergency room — most medical centers and hospital emergency departments have doctors and counselors who have been trained to take care of someone who has been raped.
- Call 911, a friend, a family member, or someone you feel safe with and tell them what happened.
- If you want to report the rape, call the police right away. Preserve all the physical evidence. Don't change clothes or wash.
- Write down as much as you can remember about the event.
- If you aren't sure what to do, call a rape crisis center.