

Spiking

Scan for personal safety advice.



Common types of date rape drugs.

- **GHB** (gamma-hydroxybutyric acid) is a depressant type of drug which effects the signals to the brain resulting in symptoms like feeling sleepy, forgetful, weak, and can cause seizures. GHB is commonly used in liquid form. But also available in tablets. It has no odour or taste making it incredible difficult to notice.
- **Rohypnol** is a powerful sedative that effects the nervous system resulting in a sense of relaxation. It can lead to amnesia, loss of inhibitions and loss of consciousness. It is usually found in white, blue, and pale green tablet form.
- **Ketamine** is a 'disassociate' type of drug which means it can make you feels detached from reality. It is commonly used in the medical and veterinarianian field but has also become associated with 'date rape' incidents in recent years as it is still popular with young people in the party/night club scene.

What is spiking?

So-called 'spiking' is when someone puts alcohol, or another mind-altering substance into a person's drink without their knowledge or consent. In many cases, to make it easier to rape or sexually assault them. Someone who has been spiked cannot consent to sexual activity.

How to avoid drink spiking:

- Buy your own drinks and watch it being poured.
- Don't accept drinks from strangers.
- Never leave your drink unattended.
- Don't drink or taste anyone else's drink.
- Throw it away if it tastes strange.
- Use one of the many anti-spiking devices now available to protect from spiking.

What to do if you think you have been spiked:

- Make sure you trust the person you are asking to help you, don't ask a stranger or someone you don't know very well.
- If you start to feel strange or suspect your drink has been spiked, tell a friend or staff to take you out the venue, call a friend or family member to take you home or to hospital if feeling unwell.
- Tell the police what has happened as soon as possible. Call 999 - This may be scary, but the police are there to help you and to prevent this kind of crime.