# Date Rape Drugs

## What you need to know

### What are date rape drugs?
Date rape drugs are substances that are misused to involuntarily sedate individuals for the purpose of sexual assault. Below is a list of some of the substances that are used as date rape drugs, their common/street names, and their side effects.

<table>
<thead>
<tr>
<th>Drug</th>
<th>Street Names</th>
<th>Form</th>
<th>Effects</th>
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</thead>
<tbody>
<tr>
<td>Rohypnol</td>
<td>Rophy, Ruffles, Roofies, Ruffies, Ruff Up, Rib, Roach 2, R2, R2-Do-U, Roche, Rope, Ropies, Circles, Circes, Forget It, Forget-Mepill, Mexican Valium</td>
<td>Rohypnol comes in a pill form and can be crushed and dissolved in any drink (including water). The small white pill is cross-scored on one side with the word 'ROCHE' and a number 1 or 2 on the other side.</td>
<td>disinhibition and amnesia, decreased blood pressure, memory loss, drowsiness, visual disturbances, semi-consciousness, dizziness, confusion, stomach upset, and urinary retention</td>
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<tr>
<td>GHB (Gamma Hydroxy Butyrate)</td>
<td>EZ Lay, Liquid Ecstasy, Ellie, Clear X, Liquid X, X-rater, XTC, Chemical X, Liquid Dream, Scoop, Scoop Her, Get-Her-to-Bed</td>
<td>GHB is an odorless, colorless liquid that is illegal. It is often made in illegal drug labs, or by amateur chemists in their homes.</td>
<td>In lower doses: drowsiness, nausea, and hallucinations. In higher doses: unconsciousness, seizures, severe respiratory depression, coma.</td>
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<tr>
<td>Ketamine Hydrochloride</td>
<td>Special K, Super K, K, OK, KO, Vitamin K, Kid Rock, Ket Kat, Make-Her-Mine</td>
<td>Ketamine looks like a white or off-white powder and may cause a drink to look cloudy if dissolved in liquid. It is a drug that is used legally as a veterinary sedative.</td>
<td>delirium, vivid hallucinations, cardiac excitement, mild respiratory depression, confusion, violent or aggressive behavior, vertigo, slurred speech, delayed reaction time, euphoria, altered body image, analgesia, amnesia, and coma</td>
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What should I do to reduce my risk of being drugged and sexually assaulted?
- Do not leave beverages unattended at parties or bars
- Do not accept beverages from someone you do not know well and trust
- At the bar, accept drinks only from the bartender or server
- At parties, do not accept open container drinks from anyone
- Be alert to the behaviour of friends and ask them to watch out for you. Anyone who appears extremely intoxicated after consuming only a small amount of alcohol may be in danger

What should I do if I think I’ve been drugged and sexually assaulted?
- If you feel dizzy, confused or have other unexplained symptoms after drinking a beverage, get to a safe place immediately. Call a family member, friend, the police, or 911.
- If you think you have been drugged and sexually assaulted, go directly to a hospital emergency room or call a rape crisis hotline (Avalon Centre 425-0122) for information and support.
- Determine whether or not you want to report the incident to the police. If there is any chance that you do want to report the incident, you should not shower, bathe, douche or change clothes.
- If you want to report the incident, you can call the police before going to the hospital to have medical evidence collected or the police can be contacted from the hospital. Once at the hospital, tell staff that you may have been drugged.
- Try to keep a sample of the beverage for analysis.