

## What are date rape drugs?

- ✦ These are drugs that are sometimes used during sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include touching that is not okay; putting something into the vagina; rape; and attempted rape.
- ✦ Date rape drugs are powerful and dangerous. They can be slipped into your drink when you are not looking. The drugs often have no color, smell, or taste, so you can't tell if you are being drugged. The drugs can make you become weak, confused, or even pass out — so that you cannot consent to sex. If you are drugged, you might not remember what happened while you were drugged. Date rape drugs may be used on both females and males.
- ✦ These drugs also are known as "club drugs" because they tend to be used at dance clubs, concerts, and "raves."
- ✦ The term "date rape" is widely used. But most experts prefer the term "drug-facilitated sexual assault." These drugs also are used to help people commit other crimes, like robbery and physical assault. They are used on both men and women. The term "date rape" also can be misleading because the person who commits the crime might not be dating the victim. Rather, it could be an acquaintance or stranger.

## What are the most common date rape drugs?

- **The three most common date rape drugs are:**
  - ✦ **Rohypnol (roh-HIP-nol).** Rohypnol is the trade name for flunitrazepam (FLOO-neye-TRAZ-uh-pam). Abuse of two similar drugs appears to have replaced Rohypnol abuse in some parts of the United States. These are: clonazepam (marketed as Klonopin in the U.S. and Rivotril in Mexico) and alprazolam (marketed as Xanax). Rohypnol is also known as:
    - Circles
    - Forget Pill
    - LA Rochas
    - Lunch Money
    - Mexican Valium
    - Mind Erasers
    - Poor Man's Quaalude
    - R-2
    - Rib
    - Roach
    - Roach-2
    - Roches
    - Roofies
    - Roopies
    - Rope
    - Rophies
    - Ruffies
    - Trip-and-Fall
    - Whiteys

✚ **GHB, which is short for gamma hydroxybutyric (GAM-muh heye-DROX-ee-BYOO-tur-ihk) acid.** GHB is also known as:

- |                   |                             |
|-------------------|-----------------------------|
| -Bedtime Scoop    | -Great Hormones             |
| -Cherry Meth      | -Grievous Bodily Harm (GBH) |
| -Easy Lay         | -Liquid E                   |
| -Energy Drink     | -Liquid Ecstasy             |
| -G                | -Liquid X                   |
| -Gamma 10         | -PM                         |
| -Georgia Home Boy | -Salt Water                 |
| -G-Juice          | -Soap                       |
| -Gook             | -Somatomax                  |
| -Goop             | -Vita-G                     |

✚ **Ketamine (KEET-uh-meen),** also known as:

- |             |                     |
|-------------|---------------------|
| -Black Hole | -K-Hole             |
| -Bump       | -Kit Kat            |
| -Cat Valium | -Psychedelic Heroin |
| -Green      |                     |
| -Jet        | -Purple             |
| -K          | -Special K          |

### What Do the Drugs Look Like?

- ✚ **Rohypnol** comes as a pill that dissolves in liquids. Some are small, round, and white. Newer pills are oval and green-gray in color. When slipped into a drink, a dye in these new pills makes clear liquids turn bright blue and makes dark liquids turn cloudy. But this color change might be hard to see in a dark drink, like cola or dark beer, or in a dark room. Also, the pills with no dye are still available. The pills may be ground up into a powder.
- ✚ **GHB** has a few forms: a liquid with no odor or color, white powder, and pill. It might give your drink a slightly salty taste. Mixing it with a sweet drink, such as fruit juice, can mask the salty taste.
- ✚ **Ketamine** comes as a liquid and a white powder.

## What Effect Do These Drugs Have on the Body?

### **Rohypnol**

The effects of Rohypnol can be felt within 30 minutes of being drugged and can last for several hours. If you are drugged, you might look and act like someone who is drunk. You might have trouble standing. Your speech might be slurred. Or you might pass out. Rohypnol can cause these problems:

- Muscle relaxation or loss of muscle control
- Difficulty with motor movements
- Drunk feeling
- Problems talking
- Nausea
- Can't remember what happened while drugged
- Loss of consciousness
- Confusion
- Problems seeing
- Dizziness
- Sleepiness
- Lower blood pressure
- Stomach problems
- Death

### **GHB**

GHB takes effect in about 15 minutes and can last 3 or 4 hours. It is very potent: A very small amount can have a big effect. So it's easy to overdose on GHB. Most GHB is made by people in home or street "labs." So, you don't know what's in it or how it will affect you. GHB can cause these problems:

- Relaxation
- Drowsiness
- Dizziness
- Nausea
- Problems seeing
- Loss of consciousness
- Seizures
- Can't remember what happened while drugged
- Problems breathing
- Tremors
- Sweating
- Vomiting
- Slow heart rate
- Dream-like feeling
- Coma
- Death

### **Ketamine**

Ketamine is very fast-acting. You might be aware of what is happening to you, but unable to move. It also causes memory problems. Later, you might not be able to remember what happened while you were drugged. Ketamine can cause these problems:

- Distorted perceptions of sight and sound
- Lost sense of time and identity
- Out of body experiences
- Dream-like feeling
- Feeling out of control
- Impaired motor function
- Problems breathing
- Convulsions
- Vomiting
- Memory problems
- Numbness
- Loss of coordination
- Aggressive or violent behavior
- Depression
- High blood pressure
- Slurred speech

## How Can I Protect Myself from Being a Victim?

- ✚ Don't accept drinks from other people.
- ✚ Open containers yourself.
- ✚ Keep your drink with you at all times, even when you go to the bathroom.
- ✚ Don't share drinks.
- ✚ Don't drink from punch bowls or other common, open containers. They may already have drugs in them.
- ✚ If someone offers to get you a drink from a bar or at a party, go with the person to order your drink. Watch the drink being poured and carry it yourself.
- ✚ Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- ✚ Have a nondrinking friend with you to make sure nothing happens.
- ✚ If you realize you left your drink unattended, pour it out.
- ✚ If you feel drunk and haven't drunk any alcohol — or, if you feel like the effects of drinking alcohol are stronger than usual — get help right away.

## Are There Ways to Tell if This Has Happened To Me?

- ✦ It is often hard to tell. Most victims don't remember being drugged or assaulted. The victim might not be aware of the attack until 8 or 12 hours after it occurred. These drugs also leave the body very quickly. Once a victim gets help, there might be no proof that drugs were involved in the attack. But there are some signs that you might have been drugged:
  - You feel drunk and haven't drunk any alcohol — or, you feel like the effects of drinking alcohol are stronger than usual.
  - You wake up feeling very hung over and disoriented or having no memory of a period of time.
  - You remember having a drink, but cannot recall anything after that.
  - You find that your clothes are torn or not on right.
  - You feel like you had sex, but you cannot remember it.

