



Drug Facilitated Rape and Sexual Assault

Drug facilitated rape and sexual assault can happen to anyone at anytime. There is always a risk, but you can use risk-reduction strategies in order to better protect yourself and those that you care about. Know what to do if you are at a party, if you feel strangely after drinking a beverage, and if you think you have been assaulted. Education and awareness are excellent tools for taking the power away from those who are trying to harm us.

Risk-Reduction Strategies

- Never leave a beverage unattended. If you think your drink has been left alone, pour it out. Better to lose a few bucks than to be sorry later.
- Don't accept a drink from someone you don't know and trust.
- At a bar, accept drinks only from a bartender or server. At parties, don't accept any open container drinks from anyone and don't drink anything out of a punch bowl or cooler.
- Try to personally observe any drink you have being prepared or mixed.
- Be alert to your friends' behaviors. Anyone appearing disproportionately intoxicated to the amount of alcohol they have consumed may be in danger.
- Share this information with your friends and loved ones. Create a plan to protect each other in potentially dangerous situations.

If you feel strange, dizzy, or confused after drinking a beverage:

- Get to a safe place.
- Call someone you trust with your life.
- Go to a hospital emergency room immediately. Some drugs when mixed with alcohol can be fatal for some people.
- Try to keep some of the beverage for testing if possible.
- Notify appropriate law enforcement (campus or community police).

If you think you have been raped or sexually assaulted after ingesting a drug-laced beverage:

- Call a rape crisis center. The NWA Rape Crisis center hotline is 1-800-794-4175 and the Benton County Rape Crisis Center hotline is 1-800-775-9011.
- Contact the police.
- If you decide to file a police report, do not shower, bathe, douche, change clothes, or brush your teeth until medical and legal evidence can be collected.
- Get to a hospital or clinic to receive treatment for any internal/external injuries (whether or not you see any – they may be undetectable to you), testing for pregnancy or STD's, treatment for pregnancy or STD's, and to receive support.
- Request a urine test and/or a blood test to detect the presence of drugs as soon as possible. Traces of many drugs can be detected up to 24 hours after ingestion. This is often the MAXIMUM time, however; most drugs only remain in the system 8 hours or less.

Information adapted from *Drug-Facilitated Rape: Be Aware and Be Prepared*, by Sonia A. Kiszka, Med, RN-ANPC, Director of Skidmore College Health and Wellness Center and The Aurora Center for Advocacy and Education of the University of Minnesota