



Reduce the risk:

Date rape drugs are often slipped into drinks (alcoholic or non-alcoholic). Follow these simple tips to reduce the risk of being victimized:

- Don't drink beverages that you did not open yourself.
- Don't share or exchange drinks.
- Don't take a drink from a punch bowl.
- Don't drink from a container that is being passed around.
- If possible, bring your own drinks to parties.
- If someone offers you a drink at a club or party, accompany the person to the bar to order your drink, watch the drink being poured, and carry the drink yourself.
- Don't leave your drink unattended while talking, dancing, using the restroom, or making a phone call.
- If you realize that your drink has been left unattended, discard it.
- Don't drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).
- Watch out for friends who appear to be under the influence or who seem to be more intoxicated than the amount of alcohol would warrant.



Important Numbers

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252 575-7722
CAPS 24 hr Hotline (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
UA Pat Walker Health Center	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Sexual Assault Recovery and Prevention Agency	927-1020
Project for Victims of Family Violence	442-9811
The Crisis Center	756-2337



For more information, contact

STAR Central

Office of Support, Training, Advocacy,
& Resources on Sexual Assault and
Relationship Violence

University Health Services
University of Arkansas
525 North Garland
Fayetteville, AR 72701

Phone (479) 575-7252 or
(479) 575-7722
Fax (479) 575-7438
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A member of the Division of Student Affairs

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Date Rape Drugs



STAR Central

University Health
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(479) 575-7252 or
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What are date rape drugs?

More than 20 different drugs have been associated with the perpetration of sexual assault, but alcohol by far is the most common rape drug.

Any substance administered with the intent to lower sexual inhibitions and to increase the possibility of unwanted sexual intercourse is a potential date rape drug. Other than alcohol, drugs more commonly cited as rape-facilitated drugs include Rohypnol, GHB, Ketamine, and MDMA or Ecstasy.

Alcohol

On college campuses, alcohol use contributes greatly to sexual victimization. A majority of the sexual assaults experienced by college students occur in situations involving drinking by the victim, the assailant, or both.

Interviews of college men conducted in one study revealed that alcohol is the “major tool used to gain sexual mastery over women.”^a Furthermore, a national study of college women found that alcohol was a major factor in the majority of sexual victimizations.^b

^a Martin, P. Y. & Hummer, R. A. (1995). Fraternities and rape on campus. In P. Searles & R. J. Berger (Eds.), *Rape and society: Readings on the problem of sexual assault* (pp. 139-151). Boulder, CO: Westview Press.

^b Ullman, S. E., Karabatsos, G., & Koss, M. P. (1999). Alcohol and sexual assault in a national sample of college women. *Journal of Interpersonal Violence*, 14(6), 603-625.

Rohypnol

Often colorless, odorless, and tasteless when dissolved in drinks, Rohypnol, upon ingestion, causes sedation, muscle relaxation, and a hypnotic effect or rapid induction of sleep. It is fast acting with the onset of its effects occurring within 20 to 30 minutes after ingestion. Victims raped under the influence of Rohypnol tend to feel as though they quickly became intoxicated and then suffer amnesia as to what happened afterwards. New additives to this drug used by prescription in other countries as a pre-surgery anesthesia tend to turn clear drinks bright blue and dark drinks to appear murky.

GHB (Gamma Hydroxybutyrate)

Usually GHB is a white, powdery substance that quickly dissolves in drinks. It is also available as a liquid. Although it is colorless and odorless when dissolved, it can have a salty taste. Its effects are similar to Rohypnol and rapidly occur within 15 to 30 minutes after ingestion.

Ketamine

A powerful anesthetic with tranquilizing effects, Ketamine's effects occur within about 20 minutes after ingestion. It is available as a liquid, powder, or pill.

Ecstasy (MDMA)

Readily absorbed and quick acting, usually within 30 to 60 minutes, Ecstasy causes euphoria, disinhibition, and dizziness. It is commonly available in a pill form.

Signs that you may have been drugged:

- You feel a lot more intoxicated than your usual response to the amount of alcohol you consumed.
- You wake up very hung over, feeling "fuzzy," experiencing memory lapse, and unable to account for a period of time.
- You remember taking a drink but cannot recall what happened for a period of time after you consumed the drink.
- You feel as though someone had sex with you, but you can't recall any of or the entire incident.

What to do if you suspect a drug was used:

- Get help immediately.
- Call the police.
- Get medical care. Go to a hospital emergency department or a specialized forensic clinic as soon as possible for an examination and evidence collection. Most rape drugs metabolize quickly. The sooner you receive medical care, the more likely it is that evidence can be found that will help you identify any substances used to drug you.

NOTE: The exact effects of these drugs on any specific person are difficult to predict because the effects vary depending on the drug used, if alcohol was also used, the person's gender, weight, metabolism, and other factors.

