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AUSTRALIAN FEDERAL POLICE

Drink spiking



Rohypnol and GHB have both been associated with sexual assault cases, where people report being drugged and assaulted, waking up the next morning with no memory of what went on.

Maybe someone buys you a drink. Or you go to the toilet or the dance floor and lose sight of your drink. It only takes a second to drop in an aspirin-sized pill – and in a noisy club, or at a party, and especially if you've been drinking, you probably wouldn't notice.

This is not one of those urban myths. It happens.

Part of what makes going out fun is leaving behind the restrictions and inhibitions of daily life. You have a few drinks, meet people, fool around. It's fun. But things can go very bad, very fast.

Facts:

- Alcohol is one of the most common drugs used to spike drinks.
- Dissolved in your drink, Rohypnol or GHB can be colourless, tasteless and odourless.
- It can start to come on in ten minutes and you could be out of it for hours.
- The effects of some drugs peak around eight hours after ingestion; by that time you'll probably be unconscious and incapable of defending yourself, or even remembering what happened later.
- As the drug takes effect, you could feel sleepy, uninhibited, relaxed, and open to suggestion – which makes it that much easier to get into a really dangerous situation.

- So if you start feeling strange, don't hope it'll pass. Get help from a friend, someone you trust. And if you see a friend behaving oddly, help them stay out of trouble.

What happened last night? If you've been drugged, you might not know. Maybe there's something wrong with your clothes or your body. But you just can't remember.

Sexual assault is a crime. What makes it worse is that you can't really be sure what went on – or if you could have done anything about it.

It's hard to come to terms with something you're not sure even happened, but there are some things you can do, if you need to know, if you want to do something about it – and to try to make sure it doesn't happen to someone else.

Alcohol, Rohypnol and GHB leave your system quickly: a urine test needs to be performed within 24 hours if you want to know if you were drugged. You shouldn't wash yourself or go to the toilet if you want to preserve possible evidence for an examination.

Whatever you decide to do, talk to someone – don't keep it bottled up. There's help available.

If you or someone you know thinks they've been drugged, there are people to talk to. Call the police on 131 444 or the Rape Crisis Centre on 6247 2525. For more information, go to www.afp.gov.au/__data/assets/pdf_file/5400/drugrapemay02.pdf. Go out, have fun. But watch yourself, watch your friends.