



**BLUE EARTH
COUNTY**

**Department of
Human Services**

Government Center
410 South Fifth Street
Mankato, Minnesota 56001

Telephone: 507-304-4319
Fax: 507-304-4387

svrc@co.blue-earth.mn.us
www.co.blue-earth.mn.us/svrc

Sexual Violence Resource Center

Dedicated to helping all survivors of sexual violence



Drug Facilitated Sexual Assault Packet



Drug Facilitated Sexual Assault

What are date rape drugs?

These are drugs that are sometimes used to assist in a sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include inappropriate touching, vaginal penetration, sexual intercourse, rape, and attempted rape. Because of the effects of these drugs, victims may be physically helpless, unable to refuse sex, and can't remember what happened. The drugs often have no color, smell, or taste and are easily added to flavored drinks without the victim's knowledge.

There are at least three date rape drugs:

- **GHB** (gamma hydroxybutyric acid), street terms include: Liquid Ecstasy, Liquid X, Easy Lay, Scoop, Georgia Home Boy, Goop. GHB has become popular among teens and young adults at dance clubs and raves; referred to as a "club drug." Body builders sometimes use GHB to "bulk up."
- **Rohypnol** (flunitrazepam), street terms include: roofies, R-2, Mexican Valium, circles. Rohypnol is also a "club drug."
- **Ketamine** (ketamine hydrochloride), street terms include: Special "K", K, green, cat Valium. Ketamine is also a "club drug."

Although we use the term "date rape," most experts prefer the term "drug-facilitated sexual assault." Experts refer to "date rape drugs" as "predatory drugs." These drugs have been used to help people commit other crimes, like robbery and physical assault, and have been used on both men and women.

What do the drugs look like?

- GHB has a few forms: a liquid with no odor or color, white powder, and pill.
- Rohypnol is a pill and dissolves in liquids. New pills turn blue when added to liquids. However, the old pills, with no color, are still available.
- Ketamine is a white powder.

What effects do these drugs have on the body?

The drugs can affect you quickly. The length of time that the effects last varies. It depends on how much of the drug is taken and if the drug is mixed with other substances, like alcohol. Alcohol can worsen the drug's effects and can cause more health problems. Also, one drug - GHB - can be made by people in their homes, so you don't know what's in it.

GHB GHB can cause these problems:

- | | | |
|--|----------------------|-------------------|
| ▪ can't remember what happened while drugged | ▪ drowsiness | ▪ slow heart rate |
| ▪ coma | ▪ nausea | ▪ sweating |
| | ▪ problems breathing | ▪ tremors |
| | ▪ problems seeing | ▪ unconsciousness |



- death
- dizziness
- dream-like feeling
- relaxation
- seizures
- vomiting

Rohypnol Rohypnol can cause these problems:

- can't remember what happened while drugged
- confusion
- difficulty with motor movements
- dizziness
- drunk feeling
- loss of consciousness
- lower blood pressure
- muscle relaxation or loss of muscle control
- nausea
- problems seeing
- problems talking
- sleepiness
- stomach problems

Ketamine Ketamine can cause these problems:

- aggressive or violent behavior
- convulsions
- distorted perceptions of sight and sound
- dream-like feeling
- feeling out of control
- hallucinations impaired
- motor function
- loss of coordination
- lost sense of time and identity
- memory problems
- numbness
- out of body experiences
- problems breathing
- slurred speech
- vomiting

Are these drugs legal in the United States?

Some of these drugs are legal, but that doesn't mean they're not going to hurt you. Even if they're legal, you should not use them unless your health care provider prescribes them.

- *Rohypnol* is NOT legal in the U.S. It is legal in Europe and Mexico and prescribed for sleep problems and as an anesthetic (medicine given during surgery so you don't feel pain). It is brought into the U.S. illegally.
- *Ketamine* is legal in the U.S. for use as an anesthetic for humans and animals. It is mostly used on animals. Veterinary clinics are often robbed for their Ketamine supply.
- *GHB* was recently made legal in the U.S. to treat problems from insomnia (a sleep problem).

Is alcohol a date rape drug?

While GHB, rohypnol, and ketamine are considered "date rape drugs," there are other drugs that affect judgment and behavior, and can put a person at risk for unwanted or risky sexual activity. Alcohol is one of those drugs. When a person is drinking alcohol:

- It's harder to think clearly and evaluate a potentially dangerous situation.
- It's harder to resist sexual or physical assault.
- Drinking too much alcohol can also cause black-outs and memory loss.

But remember: even if a victim of sexual assault drank alcohol, they are not at fault for being assaulted.



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 large, common, open containers. They may already have drugs in them.
- Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- Have a non-drinking/sober friend with you to make sure nothing happens.
- If you think that you have been drugged and raped, go to the police station or hospital right away.
- Get a urine (pee) test as soon as possible. The drugs leave your system quickly. Rohypnol leaves your body 72 hours after you take it. GHB leaves the body in 12 hours.
- Don't urinate before getting help.
- Don't douche, bathe, or change clothes before getting help. These things may give evidence of the rape.
- You also can call a crisis center or a hotline to talk with a counselor. One national hotline is the National Domestic Violence Hotline at 800-799-SAFE or 800-787-3224 (TDD). Feelings of shame, guilt, fear, and shock are normal. It is important to get counseling from a trusted professional.

All information provided by the U.S. Department of Health and Human Services (<http://www.hhs.gov>) and the Drug Enforcement Administration, DOJ (<http://www.usdoj.gov/dea>)

For more information, Contact the National Women's Health Information Center at 1-800-994-9662 or the following organizations:

Drug Enforcement Administration, DOJ

Phone: (202) 307-1000
<http://www.usdoj.gov/dea>

National Institute on Drug Abuse, NIH, HHS

Phone/Hotline: (800) 662-4357
Spanish Language Hotline: (800) 662-9832
<http://www.drugabuse.gov>

Food and Drug Administration, OPHS, HHS

Phone: (800) 332-4010
Consumer Information Hotline:
(888) 463-6332
<http://www.fda.gov/>

Office of National Drug Control Policy

Phone: (800) 666-3332
(Clearinghouse)
<http://www.whitehousedrugpolicy.gov>

Men Can Stop Rape

Phone: (202) 265-6530
<http://www.mencanstoprape.org>

National Center For Victims of Crime

Phone: (800) 394-2255
<http://www.ncvc.org>

Rape, Abuse, and Incest National Network

Phone: (800) 656-4673
<http://www.rainn.org>