



How to Avoid Date Rape Drugs

Why is this important for you to know? Whether you go to a party or are on a trip with friends, it is important that you are aware of date rape drugs, how these drugs are used and how you can protect yourself. While often associated with alcoholic beverages, they can also be slipped into a non-alcoholic drink. Here is some advice you about how to avoid date rape drugs:

1. **Don't drink anything that you did not see poured**, open yourself or that someone else gave you (other than a waiter), no matter how good-looking they are.
2. **Always watch your drink.** If you leave it unattended for ANY amount of time, dump it and get a fresh drink.
3. Roofies and GHB may have a bitter taste when dissolved in a drink; **be alert for a strange taste.**
When placed in a light-colored drink, the newer roofies will turn the beverage blue. Dump it immediately and be especially alert.
4. **Go out in groups.** Three or more people is best. Friends should take care of friends and be observant of any strange behavior, such as slurred speech and lack of alertness.
5. **If you think you have been drugged, ask for help IMMEDIATELY** (preferably not from a stranger) and get yourself to a public place if you are not currently in one. You may have only a few minutes of alert behavior.
6. If you think a friend has been drugged, **do not leave them alone.** Seek help immediately.

(Some of these tips are reprinted with permission from Iona College. Additional information on this page is from the National Institute on Drug Abuse (NIDA), National Institutes of Health, NIDA [*InfoFacts Report: Rohypnol and GHB*](#), June 2004.)

WHERE TO SEEK MEDICAL TREATMENT

If you suspect you have been drugged, go to the nearest emergency room within 72-hours of the assault. After 72-hours have passed, traces of a drug will be undetectable. San Francisco General Hospital located at 1001 Potrero Avenue (at 23rd Street) has specially trained nurses who are experienced at conducting post-rape exams.

24-hour
free & confidential
Crisis Hotline
415-647-RAPE
(415-647-7273)

COMMONDRUGS

Rohypnol

Flunitrazepam or Rohypnol, most commonly known as a date-rape drug, continues to be abused among teenagers and young adults, usually at raves and nightclubs. It belongs to a class of drugs known as benzodiazepines. Rohypnol can incapacitate victims and prevent them from resisting sexual assault. It can produce "anterograde amnesia," which means individuals may not remember events they experienced while under the effects of the drug. Also, Rohypnol may be lethal when mixed with alcohol and/or other depressants

APPEARANCE

Rohypnol occurs in the form of round white tablets, oblong green tablets. The green tablets dissolve more slowly and will leave particles at a beverage's surface or will turn the drink blue.

EFFECTS

Sedates and intoxicates, makes a person feel drowsy, dizzy, confused, sight-impaired, etc. Psychological Effects: can cause a person to forget most or all of what happened while under influence of the drug.

SLANG

Rophy, ruffles, roofies, ruffies, ruff up, rib, roach 2, R2, R2-Do-U, roche, rope, ropies, circles, circes, forget it, forget-me-pill, and Mexican Valium.

GHB

GHB is the most commonly used abbreviation for the drug Gamma-Hydroxybutyric acid. It was initially used by body builders to stimulate muscle growth. In recent years it has become popular as a recreational drug among club kids and partygoers. This "designer" drug is often used in combination with other drugs, such as Ecstasy.

APPEARANCE

GHB is synthesized from a chemical used to clean electrical circuit boards, and is available in clear liquid, white powder, tablet and capsule form. GHB is odorless and nearly tasteless.

EFFECTS

Users report that it induces a state of relaxation. The effects can be felt within 5 to 20 minutes after ingestion and can last up to four hours. It sedates/relaxes the body by affecting the central nervous system and can make a person feel intoxicated/drunken or euphoric. An overdose can cause drowsiness, nausea, vomiting, headache, loss of consciousness, loss of reflexes, impaired breathing, etc. GHB users risk many negative physical effects including vomiting, liver failure, potentially fatal respiratory problems, and tremors and seizures, which can result in comas.

SLANG

Cherry Meth, Easy lay, GBH, Gamma Oh, G-riffic, Goop, Great hormones at bedtime, Hawkers, Jib, Grievous bodily harm, Georgia home boy, Liquid E, Liquid ecstasy, Liquid G, Liquid X, Organic Quaalude, Salty water, Scoop, Sleep, Somatomax, Vita-G.

KETAMINE

Ketamine hydrochloride, or "Special K," is a powerful hallucinogen widely used as an animal tranquilizer by veterinarians. Users sometimes call the high caused by Special K, "K hole," and describe profound hallucinations that include visual distortions and a lost sense of time, sense, and identity. The high can last from a half-hour to 2 hours. The Drug Enforcement Administration reports that overt effects can last an hour but the drug can still affect the body for up to 24 hours.

APPEARANCE

Special K is a powder. The drug is usually snorted, but is sometimes sprinkled on tobacco or marijuana and smoked. Special K is frequently used in combination with other drugs, such as ecstasy, heroin or cocaine. It can also be found in clear liquid form.

EFFECTS

Use of Special K can result in profound physical and mental problems including delirium, amnesia, impaired motor function and potentially fatal respiratory problems.

SLANG

Big K, Cat Valium, D-rod, Green, Horse, Horsey P, Jet, Powder, Lady K, K, Kakol, Ket, Kitty, Special K, Spangle, Super Acid, Vitamin K, Angel Dust (Much more commonly associated with PCP), Vet, Kevin, Black Hole Special, Rocky Balboa, Shatner, Kirsten, Monkey Tennis, Disco Smack, Monk (Pronounced M Oink with a soft I), Wobbly, Regretamine, Forgetamine, Corn Flakes, Wizard Dust, Powdered Horse, Kit-Kat, Heath.

Any drug is a potential rape drug: alcohol, crack cocaine, ecstasy, etc. Any chemical may be used as a weapon in committing a sexual assault, the same way a gun or a knife can be. **No matter what drug was taken, voluntarily or non-voluntarily, rape was not your fault/is not the survivor's fault**