

8. Not drinking alcohol or using other drugs may help you stay safe.

- ✓ If you have been drinking or using drugs, you may have a more difficult time keeping yourself safe.
- ✓ If you are sober and in control, it may be harder for someone to force you to have sex or give you a drug.
- ✓ If you have been drinking and are attacked, the rape is still not your fault!

9. If you suspect you were sexually assaulted, but can't remember...

- ✓ You may have been given a drug.
- ✓ Most rape crisis centers and hospitals can run a test to see if you were given a date rape drug.



10. If you have been raped, you can get help.

- ✓ Tell a friend or relative you trust.
- ✓ Call a rape crisis center. They can help you deal with your feelings and give you advice on where to get other types of care.
- ✓ See a doctor right away – before you shower, if possible.
- ✓ Consider reporting the rape to the police.

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10 THINGS YOU SHOULD KNOW

Alcohol, Drugs and Date Rape



PROTECT YOURSELF

What do alcohol and other drugs have to do with rape? Plenty. Many date and acquaintance rapes happen when people have been drinking. Plus, today there is the added risk of date rape drugs. Here's what you need to know about alcohol, drugs and date rape.

1. Alcohol and other drugs are often involved in date and acquaintance rape.

- ✓ Date rape is when a person is raped by someone they are dating. Acquaintance rape is when someone you know but are not dating rapes you.
- ✓ In many cases of date and acquaintance rape, alcohol or other drugs play a part.
- ✓ Being around people who are drinking or using drugs may put you at risk.

2. Rape is never the victim's fault.

- ✓ Rape is not the victim's fault – even if the person has been drinking or using drugs.



3. Getting someone drunk or high in order to have sex is rape.

- ✓ Having sex with someone when they are too drunk or high to make a decision is rape. It is illegal.



4. The use of date rape drugs is on the rise. Be careful.

- ✓ The most common date rape drug is alcohol. If someone is encouraging you to drink a lot, he or she may be trying to get you drunk enough to have sex.
- ✓ Other date rape drugs include Rohypnol (roofies), GHB (liquid ecstasy), and Ketamine (special K).
- ✓ These drugs can cause you to lose all ability to make decisions. They can also make it hard to remember what happened.
- ✓ Someone can put one of these date rape drugs into a soda, beer or another drink without your knowing.

5. Date rape drugs can kill.

- ✓ Date rape drugs like Rohypnol, GHB and Ketamine do more than make it easy for the person to be raped. They can also cause the body to shut down.
- ✓ People have died from date rape drugs. Even a very small amount can kill some people.

6. Go out with friends you trust.

- ✓ When you go to a party or club, go with a friend. Watch out for each other.
- ✓ If you suspect someone has been drugged, call 911 or your local emergency number right away. It could save the person's life.

7. Do not give someone the chance to put drugs in your drink.

- ✓ Do not leave a drink, including soda or water, where someone could put drugs into it.
- ✓ Open cans and bottles yourself. If you use a cup, pour your own drink.
- ✓ Do not drink anything that looks, smells or tastes suspicious.
- ✓ Do not drink from punch bowls.

