

DRINK SPIKING

Where can you get help?

- No one has the right to assault you.
- If you think a stranger or someone you know has assaulted you or a friend, contact the police, sexual assault service or hospital.
- Ask your family or friends to help you.
- In an emergency situation ring 000.

Need more info?

Check out these websites

www.sexualassault.net.au

www.aboutdatrape.nsw.gov.au

www.reachout.com.au

NEW SOUTH WALES
DEPARTMENT
OF EDUCATION
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Act Now
Taking a stand against drugs
through education

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Women's Health Unit - Eastern Zone, SSWAHS

Designed by The Millennium Group

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Drug Prevention Programs

What you need to know about drink spiking



What is drink spiking?

- > Drink spiking is where alcohol or other drugs are added to a person's drink (alcoholic or non-alcoholic) without their knowledge or consent.
- > Alcohol is the most likely drug to be used in drink spiking and is the drug most often associated with sexual assault.
 - > Other drugs such as tranquillisers, special K, amphetamine and GHB may also be used in drink spiking. Many of these drugs may have no colour, taste or smell.
 - > Drink spiking is illegal.

Drink spiking is not a joke or a game.

Playing a prank on someone by adding alcohol or other drugs to their drink, with the intention of getting them drunk, is drink spiking and is illegal.

Drink spiking can happen to anyone. It can happen anywhere including parties, homes, pubs and clubs. It is dangerous and a crime. Offenders can be fined and jailed.

What are the risks?

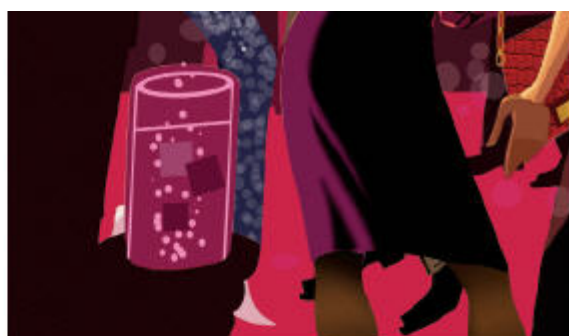
- > You may become dizzy, feel unwell, let your guard down and do things you would not usually do.
- > You may become unconscious, not able to defend yourself or not remember what happened.
 - > You may be robbed or sexually assaulted.

What if a friend is drunk, feeling sick, stumbling, confused or faints?

- > Their drink may have been spiked.
- > Stay with them. Take them to a safe place.
 - > Tell another friend, the host of the party, the bar or security staff.
 - > If they collapse, ring an ambulance on 000 immediately.

Feel drowsy or suddenly 'out of it'?

- > Don't wait and hope it'll pass. Have someone you trust take you to a safe place.
- > If you suspect your drink has been spiked or you have been assaulted, go to a doctor or hospital emergency department.



Safe partying tips

DRINK SPIKING

Getting ready

- > Plan where you are going.
- > Tell someone where you are going.
- > Decide on a place to meet at the end of the night.
- > Carry friends' mobile numbers.

When you're out

- > Never accept drinks from strangers or leave drinks unattended (such as when you go to the dance floor, the toilet, or become involved in a conversation).
- > If someone offers you a drink, go with them to the bar or the place where the alcohol is being served. Make sure you can watch the drink being poured or opened.
- > Look out for each other. Many people become more trusting as the night goes on.
- > If you are unsure about your drink don't drink it.
- > Tell the host of the party or bar staff if you see spiking happening.

Getting home

- > Let your friends know you are leaving.
- > If you see a friend leaving with someone new, see if they are OK.
- > It could be unsafe to go home alone or with someone you have just met.
- > Walk in a group.
- > Keep to main streets and well lit areas.