

Is alcohol a date rape drug?

While GHB, Rohypnol and Ketamine are considered “date rape drugs,” there are other drugs that affect judgment and behaviour, and can put a person at risk for unwanted or risky sexual activity. Alcohol is one of these drugs. When a person is drinking alcohol:

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

But Remember: even if a victim of sexual assault drank alcohol, she/he is NOT at fault for being assaulted.

Resources

If you feel you may have been drugged because your body reacted differently than normal to alcohol or if the following day you have little memory of the previous night, you can call:

- **Sexual Assault Treatment Program at the Ottawa Hospital Civic Campus** 613-738-3762
- **Ottawa Rape Crisis Centre** 613-562-2333
- **Sexual Assault Support Centre of Ottawa** 613-234-2266
- **Campus Safety** 613-520-3612
- **HCS** 613-520-6674

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Date Rape Drugs GHB, Rohypnol (Roofies) and Ketamine



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What are date rape drugs?

These are drugs that are sometimes used to assist 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, anal penetration, sexual intercourse, rape and attempted rape. Victims may be physically helpless, unable to refuse sex, and can't remember what happened because of the effects of these drugs. The drugs often have no colour, smell, or taste and are easily added to flavoured drinks without the victim's knowledge.

There are at least three date rape drugs:

- **GHB** (gamma hydroxybutyric acid): liquid with no odour or colour, white powder or a pill
- **Rohypnol** (flunitrazepam): a pill that dissolves in liquids
- **Ketamine** (ketamine hydrochloride): a white powder

Although we use the term "date rape," most experts prefer to use the term "drug facilitated sexual assault." These drugs are also used to help commit other crimes such as robbery and physical assault, and are used on both men and women.

Know the facts...

What effects do these drugs have on the body?

GHB can cause: relaxation, drowsiness, dizziness, nausea, problems seeing, unconsciousness (black outs), inability to remember what happened while drugged, problems breathing, tremors, sweating, vomiting, slow heart rate, dream-like feeling, coma and death.

Rohypnol can cause inability to remember what happened while drugged, lower blood pressure, drowsiness, muscle relaxation or loss of muscle control, drunk feeling, nausea, problems talking, difficulty with motor movements, unconsciousness, confusion, problems seeing, dizziness, confusion and stomach problems.

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

Are these drugs legal?

- Rohypnol is NOT legal in Canada or the U.S. It is legal in Europe and Mexico and is prescribed for sleep problems and as an anesthetic.

- Ketamine is legal in Canada and the U.S. for use as an anesthetic for humans and animals. It is mostly used on animals. Veterinary clinics are robbed for their Ketamine supply.
- GHB was recently made legal in the U.S. to treat narcolepsy problems (a sleep disorder). GHB is NOT legal in Canada. GHB can be made from chemicals available in stores.

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 be drugged.
- Don't drink anything that tastes or smells strange. Sometimes GHB tastes salty.
- Have a non-drinking friend with you to make sure nothing happens.
- Call the police station or go to the hospital right away if you think you have been drugged and raped.

