



DRINK SPIKING

WATCH YOURSELF
WATCH YOUR FRIENDS

**DRUG ASSISTED RAPE AND SEXUAL ASSAULT CAN HAPPEN
TO ANYONE REGARDLESS OF AGE, SEX, OR SEXUALITY.**

REMEMBER IT IS NOT YOUR FAULT IF THIS HAPPENS.

THERE ARE THINGS YOU CAN DO TO HELP KEEP YOURSELF SAFE.

Tiakina ko koe, tiakina ō hoa





DRINK SPIKING

Alcohol is the most common drug used to assist sexual assault. It can affect your actions and reactions.

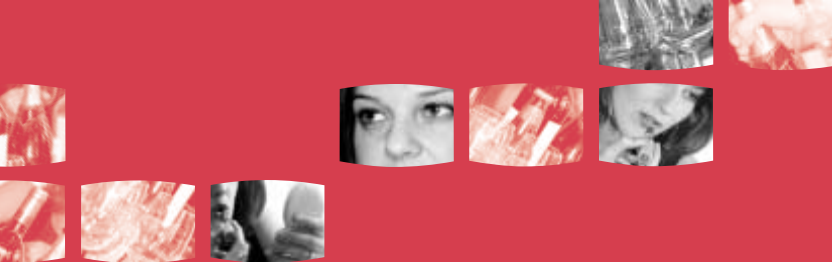
Drinks can also be spiked. This is when a drug is added to your drink without you knowing. These drugs may have no colour, taste or smell. Your drink may look cloudy or change in colour/consistency – but mostly it won't seem different.

It only takes a second to drop in an aspirin-sized pill, some powder or a few drops of liquid into your drink.

If you are in a noisy pub or club or at a party, you probably wouldn't notice, especially if you have been drinking.

The effects of these drugs can start to come on in 10 to 20 minutes. As the drug takes effect you could feel dizzy, sleepy, uninhibited, relaxed and open to suggestion. This is when you can be at risk of drug rape and sexual assault. Later, as the effects peak you might be unconscious and not able to defend yourself, or even remember what happened.





keep safe

To reduce the risk of sexual assault and keep you and your friends safe, think ahead and avoid risky situations.

Drink spiking is a crime

Remember you are not to blame

GETTING READY

when heading out

- Take your mobile phone.
- Make sure someone else knows where you are going.
- Plan how you and your friends will get home – keep aside money for bus fare or a taxi.
- If you are driving, decide who is going to be your sober driver.
- Decide on a meeting point for the end of the night.





AT THE PUB/CLUB/PARTY

watch your drinks

- Buy your own drinks – think twice before accepting drinks from strangers or people you don't know very well, even if they seem really genuine.
- Avoid sharing drinks.
- Watch your drink being poured or the bottle or can being opened at the bar.
- Keep an eye on your drink and your friends' drinks at all times - when dancing, going to the toilet or talking to other people.
- If your drink looks cloudy, or changes in colour/consistency, or doesn't taste right, don't drink it.
- Keep any suspicious drinks for evidence – tell the bar manager.
- If you start to feel drowsy or suddenly 'out-of-it' don't hope it'll pass – have a friend or someone you trust take you to a safe place.





watch your friends

- Keep an eye on your friends.
- Stay with a friend who is drunk, feeling sick, uncoordinated, confused or faint. Don't leave them alone.
- Take them to a safe place and tell someone else if you are worried (such as your other friends, the bar or security staff).
- If someone collapses and is unconscious call an ambulance immediately [Ring 111].





GETTING HOME

end of the night

- It could be unsafe to go home alone or with someone you have only just met.
- Let your friends know you are leaving so they don't worry if they can't find you.
- Keep to main streets and well-lit areas.
- Don't get in the taxi if you are uneasy about the driver. Sit in the back seat.
- Ask the bus driver to drop you near your house.
- Walk with a friend or in a group rather than by yourself.





WHAT IF?

if you suspect a drug assisted sexual assault

Fear, shame, anger, frustration, panic, guilt, despair and embarrassment are all normal reactions.

- Avoid showering or washing to preserve any evidence.
- Go to a doctor or the emergency department at the local hospital.

- A urine test, within 24 hours, could prove whether you were drugged.

Remember you are not to blame – the perpetrator is always 100% responsible. Rape and sexual assault are crimes.

New Zealand
POLICE
Nga Pirihimana O Aotearoa

Developed in association with Drug Rape Trust NZ, Rape Crisis, Hospitality Association of NZ and the Sexual Abuse HELP Foundation.



