



**I'm in control.
I protect myself from HIV AIDS.
I don't do drugs.**



DATE RAPE

What are "date rape" drugs?

These are drugs used in a sexual assault. When they are used, the victim may:

- ▶ Be physically helpless
- ▶ Be unable to refuse sex, and
- ▶ Not remember what happened

The drugs often have no colour, smell, or taste and are easily added to flavoured drinks without the victim's knowledge. All traces of the drugs leave the body within 72 hours of ingestion and are not found in any routine toxicology screen or blood test.

These drugs have been used on both men and women.

- ▶ GHB (gamma hydroxybutyric acid) has a few forms:
a liquid with no odour or colours, white powder, and pill
Street names "Liquid G", "G", "Georgia Home Boy", "Easy Lay", and "Grievous Bodily Harm"
- ▶ Rohypnol (flunitrazepam) is a pill and dissolves in liquids
Street names "roofies" or "roaches"
- ▶ Ketamine (ketamine hydrochloride) is a white powder.
Street names "K", "Vitamin K" or "Special K"

How can I protect myself from being a victim of date rape drugs?

- ▶ Don't accept drinks from other people.
- ▶ Open bottles, cans and containers of your drinks 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 have drugs in them.
- ▶ Be aware of your surroundings.
- ▶ Listen for the street names of the drugs (listed above).
- ▶ Trust your instincts. If you feel ill, get help immediately.
- ▶ 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.

(Reference www.4women.gov)



Helplines

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SPYM Centre, 111/9,

Opp. Sector B-4, Vasant Kunj, New Delhi-110070

Ph.(011) 2689 3872 Fax: (011) 2689 6229

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Bapu Nature Cure Hospital & Yogashram (BNCHY)

Gandhi Samarak Nidhi, Patparganj, Delhi-110 091

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Fax:(011) 2279 5254

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E-453, Greater Kailash II, New Delhi 110048

Ph.(011) 29219147

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Sharan

W- 127, Greater Kailash II, New Delhi- 110048

Ph (011) 41642311, 41642322

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Sanjivini,

A-6, Qutab Institutional Area,

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Defence Colony Centre

H Block (North) Under Defence Colony Flyover

Jangpura Side, New Delhi-110024

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Navjyoti Delhi Police Foundation,

Drug Demand Reduction Training Institute

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