

Date Rape Drugs

An English major at the University of California, San Diego, attended a concert one night with a friend. They were not romantically involved. The student had 3 glasses of wine that night. At least one glass of wine was consumed in the parking lot of the theater where the concert was taking place. That's when the student started feeling strange. The student didn't remember the concert. The student didn't remember how she got home. The student didn't remember getting into bed. The next thing the student recalled was waking up the next morning naked and in a pool of vomit. "I was so sick when I woke up," the student said. "I could hardly hold my head up and I couldn't remember anything. I noticed there was vomit on the bed and stuck on my hair. I was lying in it. I could have choked on it and died. We were naked. I guess we made love?" (as reported by the Houston Chronicle 1/1/96).

Two drugs have been associated with sexual assault, Rohypnol and Gamma Hydroxybutyric Acid (GHB).

Rohypnol tablets (also called "roofies", "roaches", "La Rochas") are white, and contain the name "Roche" and an encircled 1 or 2 on one side plus a single or cross score on the other side. The tablets are often sold in their original bubble wrap packaging. Generally, sedative effects are felt within 20 to 30 minutes.

GHB (also called Liquid X, Liquid Ecstasy, or Georgia Homeboy) can have effects for three to four hours, and can take affect in any kind of drink, including water.

Both Rohypnol and GHB are available in odorless, colorless, and tasteless forms. They are usually put into an unsuspecting person's drink, and will render the consumer unconscious, or near unconscious, for 6 to 8 hours. Unfortunately, even though both of these drugs are illegal in the United States, people continue to acquire these drugs in other countries or on the black market.

Effects of Date Rape Drugs

- Impaired judgment
- Impaired motor skills
- Disinhibition
- Amnesia
- Dizziness
- Confusion
- Excitability and aggressive behaviors in some users

Symptoms of Rohypnol mild overdose:

- Drowsiness
- Mental confusion
- Lethargy

Symptoms of Rohypnol serious overdose:

- Poor coordination
- Reduced reflexes
- Dangerously low blood pressure
- Coma (rare)
- Death (extremely rare)

Symptoms of GHB overdose

- liver failure
- seizures
- potentially fatal respiratory problems
- vomiting
- tremors an seizures, which can result in comas

How to avoid becoming a victim

Important prevention strategies include:

- **NEVER GO OUT ALONE.** Friends are truly your best weapon against this drug. Anyone appearing disproportionately drunk in relation to the amount of alcohol they have consumed may be in danger.
- Do not leave beverages unattended. Cover your drink by drinking out of a container with a top or a lid.
- Do not take any beverages, including alcohol, from someone you do not know well.
- At a bar or club, accept drinks only from the bartender or wait staff.

What to do if a “Date Rape” drug has been used on you or someone you know

Anyone who believes they have consumed a sedative-like substance should:

Be driven to a hospital emergency room or should call 911 for an ambulance

Keep a sample of the beverage for analysis

Get tested - TIME IS CRUCIAL rohypnol can be tested with a urine test during the first 60-72 hours depending on the dose given. A blood test can detect Rohypnol for up to a week. The sooner you get tested the easier it is to detect the drug in your system.

What are the legal consequences to date rape?

Two felony charges will be brought against the perpetrator - sexual assault and drug possession charges. This will result in a prison term of up to 20 years and a large fine.

For More Information:

Student Health Services	619-594-5281	San Diego Police	619-531-2000
Health Promotion.	619-594-4133	Escort Service.	619-594-6659
Visit Our Website at	http://shs.sdsu.edu	Public Safety (SDSU campus police).	619-594-1991
Facebook/Twitter.	AZTEChealth	Women’s Resource Center.	619-594-5430
SDSU Counseling & Psychological Services .	619-594-5281	After Hours Nurse Line.	858-225-3105
Rape Crisis line.	619-233-3088		