

## Date Rape Drugs

From: [www.womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.html](http://www.womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.html)

### 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. These drugs are powerful and dangerous. They can be slipped into your drink when you are not looking. The drugs often have no color, smell, or taste, so you can't tell if you are being drugged. The drugs can make you become weak and confused — or even pass out — so that you are unable to refuse sex or defend yourself. If you are drugged, you might not remember what happened while you were drugged. Date rape drugs are used on both females and males. The term "date rape" is widely used, but most experts prefer the term "drug-facilitated sexual assault." These drugs also are used to help people commit other crimes, like robbery and physical assault. The person who commits the crime might not be dating the victim. Rather, it could be an acquaintance or stranger.

The three most common date rape drugs are:

**Rohypnol** (roh-HIP-nol). Rohypnol is the trade name for flunitrazepam (FLOO-neye-TRAZ-uh-pam). Abuse of two similar drugs appears to have replaced Rohypnol abuse in some parts of the United States. These are: clonazepam (marketed as Klonopin in the U.S. and Rivotril in Mexico) and alprazolam (marketed as Xanax). Rohypnol is also known as: Circles, Forget Pill, LA Rochas, Lunch Money, Mexican Valium, Mind Erasers, Poor Man's Quaalude, Roofies (and many more).

**GHB**, which is short for gamma hydroxybutyric (GAM-muh heye-DROX-ee-BYOO-tur-ihk) acid. GHB is also known as: Bedtime Scoop, Cherry Meth, Easy Lay, Energy Drink, Georgia Home Boy, G-Juice (and many more).

**Ketamine** (KEET-uh-meen), also known as: Black Hole, Bump, Cat Valium, K-Hole, Kit Kat, Special K (and many more)

### What do the drugs look like?

Rohypnol comes as a pill that dissolves in liquids. Some are small, round, and white. Newer pills are oval and green-gray in color. When slipped into a drink, a dye in these new pills makes clear liquids turn bright blue and dark drinks turn cloudy. But this color change might be hard to see in a dark drink, like cola or dark beer, or in a dark room. Also, the pills with no dye are still available. The pills may be ground up into a powder. GHB has a few forms: a liquid with no odor or color, white powder, and pill. It might give your drink a slightly salty taste. Mixing it with a sweet drink, such as fruit juice, can mask the salty taste. Ketamine comes as a liquid and a white powder.

## What effects do these drugs have on the body?

These drugs are very powerful. They can affect you very quickly and without your knowing. The length of time that the effects last varies. It depends on how much of the drug is taken and if the drug is mixed with other drugs or alcohol. Alcohol makes the drugs even stronger and can cause serious health problems — even death.

**Rohypnol** can be felt within 30 minutes of being drugged and can last for several hours. If you are drugged, you might look and act like someone who is drunk. You might have trouble standing. Your speech might be slurred. Or you might pass out.

**GHB** takes effect in about 15 minutes and can last 3 or 4 hours. It is very potent: A very small amount can have a big effect. So it's easy to overdose on GHB.

**Effects are similar and can include:** Muscle relaxation or loss of muscle control, Difficulty with motor movements, Drunk feeling, Problems talking, Nausea, Can't remember what happened while drugged, Loss of consciousness (black out), Confusion, Problems seeing, Dizziness, Sleepiness, Lower blood pressure, and Death.

**Ketamine** is very fast-acting. You might be aware of what is happening to you, but unable to move. It also causes memory problems. Later, you might not be able to remember what happened while you were drugged. Ketamine can cause these problems: Distorted perceptions of sight and sound, Lost sense of time and identity, Out of body experiences, Dream-like feeling, Feeling out of control, Impaired motor function, problems breathing, convulsions, vomiting, memory problems, numbness, aggression, depression, slurred speech, etc.

## How can I protect myself from being a victim?

- Don't accept drinks from other people. Don't share drinks. **[including non-alcoholic drinks]**
- Open containers yourself.
- Keep your drink with you at all times, even when you go to the bathroom.
- Don't drink from punch bowls or other open containers. They may already have drugs in them.
- If someone offers to get you a drink from a bar or at a party, go with the person to order your drink. Watch the drink being poured and carry it yourself.
- Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- Have a non-drinking friend [like a sober designated driver] keep an eye out to help make sure nothing happens. Make a clear plan that this friend will intervene if needed.
- If you realize you left your drink unattended, pour it out.
- If you feel drunk and haven't had any alcohol — or, if you feel like the effects of drinking a small amount of alcohol are stronger than usual — get help right away.