

WHERE CAN YOU GET HELP?

- Ask your family or friends to help you.
- In an emergency situation ring 000.
- Remember, no one has the right to assault you and if you think someone has assaulted you or a friend, contact the police, sexual assault service or hospital.

NEED MORE INFO?

CHECK OUT THESE WEBSITES

www.sexualassault.net.au

www.aboutdaterape.nsw.gov.au

www.reachout.com.au



**Education
& Training**



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Enquiries: drug_prevention@det.nsw.edu.au

For more information on drug education in
NSW government schools refer to
www.schools.nsw.edu.au/learning/yrk12focusareas/druged/index.php

Who is watching



What you need to know about drink spiking

Drink spiking is when alcohol or other drugs are added to a person's drink (alcoholic or non-alcoholic) without their knowledge or consent.

Alcohol is the most likely drug to be used in drink spiking and is the drug most often associated with sexual assault.

Other drugs such as tranquillisers, ketamine, amphetamine and GHB may also be used in drink spiking.

Drink spiking is illegal.

It can make people sick or even be life threatening. It's not a joke or a game!

It can happen to anyone, anywhere

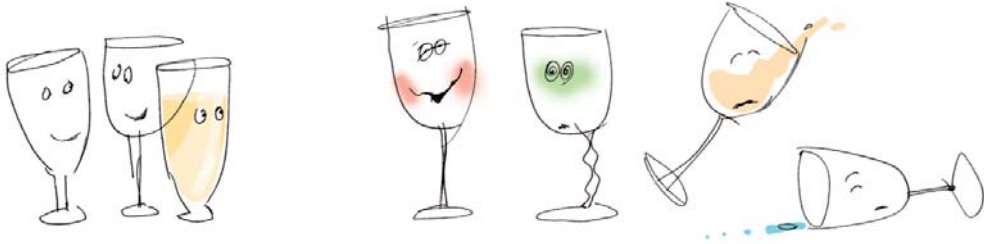
- at parties, homes, pubs and clubs.

It is dangerous and a crime

- offenders can be fined and jailed.

WHAT ARE THE RISKS?

- You may become dizzy, feel unwell, let your guard down and do things you would not usually do.
- You may become unconscious, not able to defend yourself or not remember what happened.
- You may be robbed or sexually assaulted.



WHAT IF A FRIEND IS DRUNK, FEELING SICK, STUMBLING, CONFUSED OR FAINTS?

- Stay with them. Take them to a safe place.
- Tell another friend, responsible adult or the police.
- If they collapse, ring an ambulance on 000 immediately.
- Their drink may have been spiked.

FEEL DROWSY OR SUDDENLY 'OUT OF IT'?

- Don't wait and hope it'll pass. Have someone you trust take you to a safe place.
- If you suspect your drink has been spiked or you have been assaulted, go to a doctor or hospital emergency department immediately.

Safe partying tips

Getting Ready

- Plan where you are going.
- Tell someone where you are going.
- Decide on a place to meet at the end of the night.
- Carry friends' mobile numbers.

When you're out

- Never accept drinks from strangers or leave drinks unattended (such as when you go to the dance floor, the toilet, or become involved in a conversation).
- If someone offers you a drink, go with them to the bar or the place where the alcohol is being served. Make sure you can watch the drink being poured or opened.
- Look out for each other. Many people become more trusting as the night goes on.
- If you are unsure about your drink don't drink it.
- Tell the host of the party or bar staff if you see spiking happening.
- Keep track of how much you are drinking.

Getting home

- Let your friends know you are leaving.
- If you see a friend leaving with someone new, see if they are OK.
- It could be unsafe to go home alone or with someone you have just met.
- Walk in a group.
- Keep to main streets and well lit areas.