

DID YOU KNOW?

31% of all sexual assaults happen in dating or acquaintance relationships

60% OF COLLEGE AGE MALES SAID THEY WOULD COMMIT SEXUAL ASSAULT IF THEY WERE CERTAIN THEY WOULD NOT GET CAUGHT

1 OUT OF EVERY 2 WOMEN IN CANADA HAS BEEN PHYSICALLY OR SEXUALLY ASSAULTED AT LEAST ONCE

97% of teen victims know their attacker

FEW DATE RAPE CASES ARE EVERY REPORTED

The average cost of one dose of any date rape drug is between \$3 - \$5.

* Statistics Canada, 1998

What can I do if I think I have been assaulted?

- ◆ Remember, it's not your fault.
- ◆ It is important to get help immediately.
- ◆ Save any and all physical evidence.
- ◆ Do not shower, bathe, douche or change your clothes.
- ◆ Seek medical help within 24 hours.
- ◆ If you think you have been drugged keep a sample of the drink if possible.

Who can I call for help?

- ◆ Emergency 911
- ◆ Sexual Assault Crisis Centre 675-1323
- ◆ Sudbury Regional Police 675-9171
- ◆ Domestic Violence/Sexual Assault Treatment Program - St. Joseph's Health Centre 675-4743
- ◆ Sudbury & District Health Unit (Sexual Health Clinic) 522-9200 ext. 202
- ◆ O.P.P. 1-888-310-1122

or contact:

- ◆ Your local walk-in clinic.
- ◆ Your family doctor.
- ◆ Any family member or friend you can talk to.

This message is brought to you by the Sudbury & District Health Unit. We would like to acknowledge the work of Laurentian University School of Nursing, Year III students.



Going Out?

Protect Yourself

What you need to Know...

- ◆ Date Rape
- ◆ Date Rape Drugs
- ◆ Alcohol and Date Rape

What is date rape?

- ◆ Date rape is unwanted or forced sexual contact between two people who know each other. Without consent, it's sexual assault and sexual assault is a crime. Consent given out of fear or under the influence of drugs or alcohol is not consent.
- ◆ Contact can be:
 - Intimate touching
 - Groping
 - Oral sex
 - Sexual intercourse
- ◆ Contact can happen between:
 - Casual acquaintances
 - Friends
 - Partners
 - Husbands/wives

Who is at risk?

Both males and females are at risk...

- Because date rape drugs are:
- inexpensive;
 - easy to get;
 - hard to detect in your drink;
 - mimic the signs of being drunk;
 - and victims are commonly targeted in clubs, bars and house parties.

... **YOU could be a risk**

What are date rape drugs?

- ◆ **The number one date rape drug is alcohol!**
- ◆ Others are sedatives, tranquilizers, and anesthetics that knock you out and leave you helpless.
- ◆ They include drugs such as GHB and Rohypnol, more commonly known as Roofies, Rope, Forget Pill, Ecstasy, Easy Lay Pill et Liquid Love.
- ◆ Date rape drugs are both pills and liquids.
- ◆ They are inexpensive and easy to get.
- ◆ They can be tasteless, odourless, colourless and easily mixed into a drink.

What do these drugs do?

- ◆ Alcohol lowers your inhibitions, clouds your judgement, and makes you vulnerable to attacks.
- ◆ While drugs are in effect:
 - you may feel drunk;
 - you become disoriented;
 - you are unable to speak clearly;
 - your arms and legs become heavy and hard to move.
- ◆ After drugs wear off:
 - you may feel "woozie" and nauseous;
 - you will have loss of memory;
 - you will have an overall feeling of weakness.

Are alcohol and other date rape drugs a dangerous mix?

YES...

- ◆ Alcohol increases the potency and dangers of date rape drugs.
- ◆ When drinking you are an easy target.
- ◆ It is easy to mistake being drugged for feeling drunk.

Ways to Protect Yourself

- ◆ Limit the amount of alcohol you consume.
- ◆ Don't "go out" alone, make sure you are with at least one friend you know and trust.
- ◆ Never accept a drink from someone you don't know.
- ◆ Never leave your drink unattended.
- ◆ Be cautious about accepting opened or mixed drinks.
- ◆ If you suspect you have been drugged, get to a safe place. Do not leave without someone you trust.