

AWARENESS.....

Anyone can be at risk regardless of their sex or sexual orientation.

There is no fool proof way to protect ourselves from violent crime.

Things to consider are:

- Having your drink opened or prepared in front of you
- Taking your drink with you or leaving it with someone you trust
- Having a designated non-drinker in your group
- Watching the person who is making your drink

Most importantly, remember that whether you follow these tips or not, if someone sexually assaults you, it is not your fault. You are never to blame for someone else's actions.

Who Can Help

Advocacy and Counselling:

Sexual Assault Crisis Program 786-8631
TTY Deaf Access 784-4097
Toll Free in Manitoba 1-888-292-7565

Offers information, crisis intervention, and short term counselling to sexual assault victims and those close to them. 24-hour hospital advocacy.
sacpwpg@clinic.mb.ca

Legal Support:

Winnipeg Police Service
Non-Emergency 986-6222

Provides assistance to individuals affected by crime.

Sex Crimes 986-6245

Provides assistance to individuals affected by sexual assault.
www.winnipeg.ca/police

Victim Service Section 986-6350

Offers assistance to crime victims.
www.winnipeg.ca

Outside Winnipeg:
Call your local RCMP

Medical Support:

Health Links-Info Sante 788-8200
Toll Free in Manitoba 1-888-315-9257

Provides health related information and referral assistance to callers.
www.wrha.mb.ca

Feel free to make copies of this pamphlet.

**If you can't say
NO, then you
can't say YES**



**DO YOU KNOW
WHAT IS IN YOUR
DRINK?**

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The story goes like this.....

You meet someone who offers you a drink. Without your knowledge a drug is slipped into it.

The drug is tasteless, odorless and colorless. Within a few minutes you begin to feel dizzy, confused and sick to your stomach. You have trouble talking and walking.

The person who gave you the drink offers to help you home. To those around you, it appears that you've had too much alcohol.

You lose awareness of where you are and what is happening. You are sexually assaulted.....

Later, you have a blurred memory of the events. What happened? Why can't I remember? Was I drugged? Was I sexually assaulted? Will anyone believe me? Who should I tell? What about HIV and other sexual transmitted infections (STI)? What about pregnancy, and Emergency Contraception (plan B)? Where can I go for help?

How would I know:

Some signs that you may have been drugged and sexually assaulted are: waking up with clothes missing or put on differently, soreness in the genital or anal areas, physical indications such as marks or bruises on the skin, and abnormal discharge.

Because date rape drugs are tasteless, colorless, odorless, and fast acting often survivors have little recollection or awareness that they have been drugged. Other signs that may suggest drugging are: dizziness, confusion, sleepiness, forgetfulness, impaired mobility and blackouts. These drugs can even cause coma or death.

All date rape drugs are processed by the body quickly and are difficult to detect. When testing for rape drugs the closer to the time of drugging is best. After 72 hours detection will be virtually impossible. Regardless of the amount of time it is very important to get medically checked.

Common Date Rape Drugs are:

***Alcohol** is the # 1 date rape drug but other drugs can be slipped into your drink.

* **Rohypnol** a.k.a. Roofies (a sedative) comes in pill form.

* **GHB** a.k.a. Liquid Ecstasy (works on central nervous system) comes in liquid, powder, or capsule form.

* **Ketamine** a.k.a. Special K (tranquilizer) comes in liquid, powder or pill form.

Other common sedatives or medications may have been used. Rohypnol and GHB are illegal in Canada and the U.S.

What can I do:

*Tell someone you trust

*Call your local sexual assault centre

*Talk to a health care provider about your need for and options around medical care. Things to consider are: Emergency Contraception (plan B), being checked for STI and having an overall assessment of your physical being.

*Inform the Police. If you are wanting to make a report you may want to preserve any evidence you can. Try not to bath, shower, douche, urinate, or change your clothes until you talk to the police.

The use of date rape drugs clearly illustrates that sexual assaults are planned and premeditated. The Criminal Code of Canada (Section 271.3) clearly outlines that consent for sexual activity cannot be obtained when an individual is incapable of consenting.

“If you can't say NO, then you can't say YES”

