Keeping Yourself Safe and Watching out for Your Friends

There are a number of things you can do to protect yourself from rape drugs. The first and most important is being aware of what you drink, this means:

- Don’t drink beverages that you didn’t open yourself
- Don’t drink from a common container, like a punch bowl
- Don’t drink from a container that is being passed around
- Don’t leave your drink unattended; if you have to, don’t drink from it again
- If someone offers you a drink, go with them to watch the drink being poured and carry it yourself
- Bring or buy your own drinks if possible
- Don’t drink anything that looks or tastes unusual (e.g. salty taste, excess foam, unexplained residue)
- DO NOT mix drugs and alcohol

For other tips, see Keeping Yourself Safe, and Party Safety.

It’s also important to watch out for your friends, and have them watch out for you. This makes it easier for everyone to stay safe.

- Appoint a sober person who will check in with everyone to make sure that they are okay. Check up on each other.
- If a friend seems to be extremely intoxicated, gets sick after drinking a beverage, or displays any of the other symptoms described above (dizziness, confusion, slurring, difficulty walking, difficulty breathing, nausea/vomiting, behaving in an uncharacteristic way) take steps to ensure their safety. You may have to call 9-1-1 or take them to an emergency room.

Resources

If you have been or think you may have been sexually assaulted using a rape drug, it is important to talk to someone. As with any other sexual assault you may feel frightened, traumatized, angry or depressed and need help in recovering from the assault. Assault with a rape drug may increase the feelings of helplessness, especially if you are not able to remember what happened. Counselors and therapists are available at a number of locations, both on and off campus, to help you with your recovery or to provide additional information. Please drop-in to the Student Health Center for confidential counseling with a staff member.
Much of the information in this section comes directly from these websites:
http://www.911rape.org/drugs/index.html
http://www.mckinley.uiuc.edu/health-info/sexual/daterape/drape.html