



DATE RAPE PREVENTION

STAYING IN CONTROL

HOW TO AVOID DATE RAPE DRUGS AND REDUCE YOUR RISK OF RAPE AND SEXUAL ASSAULT

Here are a few ways to keep you from becoming a victim. With these simple tips, you'll stay in control and reduce your risk.

- *Keep from being drugged*

Don't leave drinks unattended or drink from a punch bowl. Don't drink anything you didn't open yourself. Keep your drink in your possession. "Date rape drugs" can be put in drinks and cause intense drunkenness and memory loss. They can also physically impair you — you cannot walk, talk or escape assault.

- *Avoid drinking too much and using drugs*

Excessive drinking or use of drugs can make you vulnerable and distort your judgment. This can make it harder to stay in control of the situation. There are rapists out there looking to take advantage of women under these influences.

- *Keep friends close*

Don't go out alone with someone you don't know well. There is strength in number; go out with a group instead. Watch out for one another. If a friend looks like she has had too much to drink or is under the influence of drugs, help her and don't let her leave with anyone.

- *Stay in control*

Know when you or the person you are with is starting to cross the line and stop it immediately. Trust your instincts. If a situation feels unsafe, you are probably right. Get help or go home as soon as possible.

- *Remember—Rape is never the victim's fault*

You have nothing to feel ashamed or guilty about.

- *Rape is rape*

Rape by someone you know is the same as rape by a stranger. It is just as real, just as dangerous...and just as serious.

COMMUNITY RESOURCES

Emergency/Crimes in Progress
9-1-1

Police Non-Emergency
(801) 799-3000

Fire Department Non-Emergency
(801) 799-4231

Police General Information
(801) 799-3100

Community Information Line
2-1-1

DATE-RAPE DRUGS

- GHB (gamma hydroxybutyric acid), ketamine and rohypnol are the most common date-rape drugs.

- Street names for GHB include Grievous Bodily Harm, Liquid G, Liquid Ecstasy, Somatomax, Cherry Meth, Easy Lay and Gamma 10.

- Street names for ketamine include Special K, Ket and K, Vitamin K, Kit Kat, Keller, Cat Valium, Purple and Super C.

- Street names for rohypnol include Roofies, R2, Roofenol, Roche, Roachies, La Rocha, Rope, Rib, Circles, Mexican Valium, Roach-2, Roopies, Ropies, Forget Pill, Trip-and-Fall and Mind Erasers.