

Alcohol is frequently associated with many violent crimes, such as homicides and serious assaults, as well as a high percentage of sex-related crimes. Sedative drugs can be mixed in an alcoholic drink (or non-alcoholic beverage) without your knowledge, rendering you incapacitated.

How You Can Protect Yourself

Because the drugs either are in liquid form or in a powder that dissolves quickly, it is hard to detect if you have been drugged. Looking at your drink, or even tasting it, might not help you.

In order to protect yourself, you need to take some preventive steps to try to keep your drink from being dosed.

- Don't leave your drink unattended at the table or bar while you are dancing, talking with friends, or in the bathroom, etc.
- Only drink from un-opened bottles or cans, or drinks that you've seen poured.
- Avoid "group" drinks. Punch bowls, or containers that are "passed around", are the easiest to drug.

If You Think You've Been Drugged

Get to safety before the drug takes full effect.

- If you notice something is wrong with your drink – there seems to be some powder on the glass or it has a funny taste, throw it away immediately.
- If you suddenly feel really tired or really drunk and you don't know why because you haven't had that much to drink, you may be feeling the effects of a drug.
- Tell someone immediately. The key is to get to a safe place. Tell someone what you think has happened to you, and tell them that you need their help or medical attention.

Friends Being There for Friends

Keeping each other safe is a great thing a friend can do for a friend. Especially since the person who has been drugged may not be able to take care of themselves.

- Watch each other's drinks. If someone gets up and leaves and can't take their drink, keep an eye on it for them.
- If your friend looks drunk or ready to pass out, don't assume "everything will be OK". Check to see if they are all right.
- If you came together, leave together. Don't leave a friend behind. If someone tells you "She's upstairs sleeping, don't worry about it," go find out. Don't leave without someone unless you know for sure.
- You see someone dosing someone's drink, or hear about a "drugged" punch bowl, confront the behavior. Warn the people they are trying to drug. Turn the predator into Public Safety or the Area Coordinator on duty.

More detailed information on predatory drugs and alcohol can be found at WesWell. Please visit our resource room on the first floor of the Davison Health Center for more information or set up an appointment to speak with a Health Educator by calling 860-685-2466.