

# If you have been raped

## Get safe.

- Call 911 if you are hurt or in danger. Call a friend, family member or rape crisis center to help you.

## Get medical attention.

- Do not shower or clean yourself before going to a hospital or clinic or school health center. Instead, seek medical attention to be examined.

## Report the attack.

- Report the attack to law enforcement, university or college officials regardless of whether you plan to file charges.

## Consider filing charges.

- Consider whether you want to file charges with the police or campus authorities if the rapist is a student. Ask a victim advocate from law enforcement, the state attorney's office, university or local rape crisis center for help.

## Get help and support, such as counseling.

- Call a rape or crisis hotline and seek crisis-intervention counseling or therapy. Free individual and group counseling is available in most areas.

# Helping a friend

## Be supportive.

- Your friend needs someone to listen to fears, thoughts, and feelings. Rape victims commonly fear that they will not be believed or they will be blamed. Don't be judgmental.

## Encourage action.

- The number on the back of this pamphlet will connect your friend with a rape crisis center in your area. Encourage your friend to contact them for information and support.

## Be reassuring.

- Assure your friend that the rape was not their fault.

**No one deserves to be raped, no matter how it happened.**

# Alcohol & Club Drugs

For information about sexual violence & your nearest rape crisis center, contact:  
**1-888-956-RAPE (7273)**  
**www.fcasv.org**

**RAPE**  
talk about it  
**PREVENT IT**

Trust your instincts.

Avoid people who ignore your feelings or act intimidating.

Let a roommate or friend know where you'll be going.

Know how to get help.

Always go out with a group of friends & watch out for each other.

Be aware of your surroundings.

Only accept a drink from people you know.

U should find out about the person who asked you out.

Talk about the reality of sexual assault with your friends.

Identify your limits and clearly state them.

Trust your instincts.

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Talk about it.

Florida Department of Health  
Sexual  
Violence  
Prevention  
Program

<http://www.doh.state.fl.us/Family/svpp/index.html>

## Drug Facilitated Rape

### Rohypnol



- Rohypnol is a potent tranquilizer that produces a sedative effect, amnesia, muscle relaxation, and slowing of psychomotor response.
- It takes effect about 10–20 minutes after ingestion.
- It is odorless and tasteless. Sometimes it bubbles when it dissolves and discolors drinks.
- Rohypnol can last 2–8 hours, but when added to alcohol, its effects are increased and can last 8–24 hours.
- Other names: Roofies, Rope, Ruffies, R2, Ruffles, Roche.

### Gamma Hydroxy Butyrate (GHB)



- GHB is an odorless, colorless, liquid or powder.
- GHB takes effect 10–15 minutes after ingestion and lasts 2–3 hours, but can last 20–30 hours with alcohol
- Large doses can cause sleep within 5–10 minutes.
- Other names: Liquid Ecstasy, Liquid X, Scoop, Easy Lay.

### Ketamine Hydrochloride



- Ketamine is a powerful anesthetic that is used as an animal tranquilizer.
- It is produced in liquid, powder, or pill form.
- Ketamine can take effect immediately and last for up to 12 hours.
- Ketamine is a psychedelic that causes paralysis, hallucinations, amnesia, and dissociation (a feeling where the mind seems separate from the body).
- Other names: K, Special K, Vitamin K, Ket.

### Ecstasy



- It is produced in pill and capsule form. The pills are commonly imprinted with images to distinguish the brands.
- The effects of Ecstasy usually last 4–6 hours.
- Other names: Adam, XTC, bean, E, M, roll.

### Alcohol



- Alcohol and drug use are the number one factors that contribute to acquaintance rape.
- Alcohol consumption may place a person at increased risk for rape or sexual assault.

# Myths & Facts

**MYTH:** You will know if someone puts GHB in your drink.

**FACT:** GHB is odorless and colorless. It blends immediately when added to liquids and is virtually undetectable.

**MYTH:** Alcohol and drug use cannot be directly linked to sexual violence.

**FACT:** 85% of reported rapes involve alcohol/drug use and 90% of campus rapes involve alcohol.

**MYTH:** Ketamine will not kill you, no matter how much you take.

**FACT:** Ketamine is an animal tranquilizer and can kill a human being if 1 gram or more is ingested.

**MYTH:** Alcohol is rarely used as a date rape drug.

**FACT:** Alcohol is the most commonly used date rape drug.

**MYTH:** GHB is a safe recreational drug.

**FACT:** When mixed with alcohol, GHB can cause coma or death.

**MYTH:** Rohypnol and Valium are essentially the same drug.

**FACT:** Rohypnol is 10 times more powerful than Valium.

**MYTH:** There are no negative long-term effects from using Ecstasy.

**FACT:** Long-term use of Ecstasy can damage the neurons that transmit serotonin in the brain, causing depression and memory problems.

**MYTH:** Ketamine is a legal drug.

**FACT:** The only legal use is as an animal tranquilizer.

**MYTH:** Ecstasy can only make you happy.

**FACT:** Ecstasy can cause psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia during and after taking the drug.

**MYTH:** There are no negative effects from using Rohypnol.

**FACT:** Rohypnol can cause decreased blood pressure, memory impairment (amnesia), drowsiness, visual disturbances, dizziness, confusion, gastrointestinal disturbances, urinary retention, and excitability or aggressive behavior.

## Rape: Know the Facts

■ Somewhere in the US, a woman is raped or sexually assaulted **every 2 minutes**.

■ 1 out of 3 rapes occur during **daylight hours**.

■ 2 out of 3 rapes occur **after 6:00 p.m. in living quarters** such as homes, apartments, or dormitories.

■ 8 out of 10 rape or sexual assault survivors **knew their attacker**.

■ **Alcohol** is the most common substance used in drug-assisted rapes.

■ Rape happens to men—**9% of rape survivors are male**.

■ **1 out of 6 boys** will be sexually assaulted by age 16.

■ 90% of campus rapes involve **alcohol**.

