

Healthy Living

Drug-related rape can be avoided with tips

The Halton Rape Crisis Centre has an ongoing campaign on date rape drug awareness in Halton's high schools.

The date rape drug is actually various sedating drugs known on the street as 'mickey finns,' Liquid Ecstasy, Liquid X, Grievous Bodily Harm, Easy Lay, Special K (ketamine), Roofies, Roachies, La Rocha or the 'forget pill,' which are dropped in unsuspecting people's drinks rendering the victim helpless against sexual assault.

"We're receiving about two calls a week from women victims, and calls from men who have been sedated by other men," said Lynda Levins, an education co-ordinator at the Halton

Rape Crisis Centre.

These drugs may come in the form of liquid and powder, but it's usually a small tablet that is dropped into a drink or coffee when people aren't looking. In addition, they are tasteless and odorless once dissolved.

According to a pamphlet distributed by the Halton Rape Crisis Centre:

- Never leave your drink unattended while in a bar.
- Never accept a drink from somebody you don't know at a party.
- Don't accept drinks which have been opened at a social gathering.
- At a bar, accept drinks from the bartender or server only.
- Be aware of the behavior of friends and ask them to watch out for

you. Anyone appearing to extremely intoxicated after consuming only a small amount of alcohol may have been drugged.

If you think you, or a friend, has been sexually assaulted, call 911 and get to a hospital emergency room. Also call the Halton Rape Crisis Centre's 24-hour crisis line, 875-1555.



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