

drug rape

Drug rape drugs can be
colourless odourless
and tasteless
but there are some steps that
you can take to help protect
yourself...



'drug assisted
sexual assault'



'date rape'



'spiking'



'drug rape'

- Try to avoid leaving your drink unattended or exchanging drinks.
- If you return to your drink and it has been moved, looks different, appears to have been topped up or tastes strange, throw it away - don't take a chance.
- Think before you accept a drink from anyone.
- Drinking from a bottle and keeping your thumb over the top is a good idea, but remember if you leave it unattended you may not be able to see if anything has been put into it.
- If you start to feel drunk when you shouldn't, turn to someone you trust.
- Keep an eye on how much you are drinking - alcohol can be used in assaults too.
- Remember that drug rape can happen to both men and women.

be aware - look after
yourself, look after
your friends
(and enjoy yourself)

drugs education training

If you feel that you and your colleagues could benefit from up to date training on drugs issues contact us on 029 20 761396 or visit our website www.drugstraining.com

K, ketamine,

special k

Ketamine has become an increasingly popular recreational drug over the last few years - particularly on certain club scenes.

The drug is used in hospitals and by vets as a powerful anaesthetic and painkiller - but it can also have the effect of "separating" mind from body. This can lead to trip-like experiences often referred to as "entering the 'k' hole".

The effects of k can be very unpredictable depending on the amount taken, the other drugs the user is also taking, or the state of mind they are in at the time.

Ketamine has led to serious problems for some people including:

- ❑ Injuring themselves badly (but not being aware of it).
- ❑ Slipping into unconsciousness and inhaling vomit.
- ❑ Completely "losing it" and becoming psychotic.

The long term effects of recreational ketamine use are not yet fully understood.

TAKE CARE.

THINK IT THROUGH.

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driving

on

drugs?

We are all aware of the dangers of driving after drinking alcohol - but getting behind the wheel after taking street drugs such as cannabis, ecstasy or ketamine could be just as dangerous.

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Drugs can have unpredictable effects and may lead to problems such as:

- Slower reaction times when driving.
- Altered perceptions of distance and time.
- Blurred or distorted vision.

If you drive after taking drugs you may not only be putting yourself and others at danger - but you also stand the chance of prosecution and losing your license.

The penalties are exactly the same as for 'drink driving'.

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