

HOUSATONIC COMMUNITY COLLEGE
 “WELLNESS IN A MINUTE ”

Valentine's
 Day
 Edition



What Are Date Rape Drugs?

What You Need To Know About Date Rape Drugs

- Date rape drugs are any type of drug or alcohol used to make rape or sexual assault easier.
- People can slip these drugs into someone's drink without them knowing.
- The person who commits the crime of “date rape” might not even be in a relationship, or on a date, with their victim.
- They can be someone you know well, someone you know through friends, or someone you just met in person or online.
- The type of drugs used in date rape situations often have no color, smell, or taste, like Rohypnol aka “Roofies”, GHB, Sedatives, or even Fentanyl which is extremely dangerous.
- These drugs as well as alcohol can make a person confused about what is happening, less able to defend themselves against unwanted sexual contact, or unable to remember what happened.
- Both male and female college students have been victims of date rape drugs.



Tips To Stay Safe

- Stay Sober and Alert
- Know Your Alcohol Limits
- Never Leave Your Drink Unattended.
- Watch Who's Making Your Drink
- Use the Buddy System
- Look Out For Each Other
- Pay Attention To The Other Person's Behavior. Watch Out For Red Flags!
- Trust Your Gut! Leave Get To Safety

**If You Need Help or Think You Have
 Been A Victim of Sexual Assault
 Call HCC Counseling and Wellness
 203-332-5285**

**Or
 CT Sexual Assault Hotline
 1-888-999-5545**