

# DATE RAPE DRUG TEST KIT USER'S GUIDE

Protect yourself, your friends and family from date rape drugs  
secretly added to your drink.

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# Fact Sheet: Drug Facilitated Sexual Assault

Imagine, you're out having a drink. Halfway through your drink you start to feel really drunk. You are dizzy, light-headed and you start to lose your inhibitions. You start dancing and hanging on all the guys. You don't notice women giving you looks that could kill. And the guys are like, "Hey check her out – she wants it bad!" Your drink has been spiked with gamma-hydroxybutyrate or GHB, a colorless and odorless knock out drug. Someone put it in your drink for a reason.

The next thing you remember is waking up with your face plastered against the dirty carpet of some cheap dive motel room. You are naked and cold. Your clothes are scattered around the room. You can't remember how you got there. Your head throbs and your body feels battered and bruised. You are sure that you were raped. But you don't remember. It could have been one guy or ten.

This happens many times every day.

In recent years, drug-facilitated sexual assault has exploded. Hospitals are recording a 5,000% increase in date rape drug cases. A number of drugs have become known as 'Date Rape' drugs or 'predatory drugs' because they are used to knock out people for the purposes of committing a crime, often sexual assault.

Alcohol is most commonly associated with sexual assault, but perpetrators using other drugs are on the rise. These drugs, also called "club drugs" because of their popularity in dance clubs and bars, can be secretly given to a victim, make them wildly intoxicated and then knock out the victim, and prevent him/her from resisting during a sexual assault or other crime. They can also produce memory loss, causing a victim to be unclear of what, if any, crime was committed.

These drugs are particularly dangerous when combined with alcohol. As with any sexual assault, victims of drug-facilitated sexual assault cannot protect themselves from HIV, other sexually transmitted diseases, or unintended pregnancy.

## **What is Date Rape?**

The title 'Date Rape' is a very general term, which can mean different things. It can be the attack and rape of a person by someone they know intimately or just as a casual acquaintance. It can happen on a first date, or by someone the victim has come to know and trust.

The term "date rape" has also describes another disturbing variation of rape. It is drug-facilitated sexual assault, and it has been growing at an alarming rate. As with most rape, most crimes are not reported, so it is difficult to know the full impact of this crime.

This form of 'Date Rape' happens when a drug, legal or illegal, is put into an unaware victims' food or drink without their prior knowledge or consent. This drug has several properties. First, it must be relatively odorless, colorless and tasteless so it will not raise suspicion. Second, it must knock out the

victim in a semi-comatose state so that the perpetrator can do what he wants to the victim. It generally works well effect with alcoholic drinks.

One recent case in the news is about Andrew Luster, an heir to the Max Factor fortune. He was convicted of spiking women's drinks with GHB and then raping and sodomizing their unconscious bodies. He videotaped his sexual attacks on these women for his private viewing later on. One woman was a steady girlfriend of Mr. Luster; another was just a casual acquaintance. He was convicted of attacks on three different women, but there may have been many more. In the middle of his trial he skipped out on one million dollars in bail and left the country. He was found months later by a bounty hunter at a beach resort area in Mexico. He is now behind bars for the rest of the century.

Consider how alcohol has been a primary factor in many rape cases. It lowers victim's inhibitions, and messes with their power to reason, sometimes leaving them in life threatening situations. More than 70,000 college students are victims of alcohol related sexual assault or rape every year, according to a report on student drinking. But, alcohol alone is not a drug facilitated sexual assault agent. It is nearly impossible to forcibly give someone alcohol without them being aware.

The same holds true for many of the so-called 'Club Drugs', which have gained notoriety in the media recently. The drug MDMA or as it is better known as ecstasy has grown to become the illegal drug choice with club goers throughout the United States in recent years. There have been reported cases of assault against people while they were under the influence of MDMA, but these victims unfortunately knowingly took the drug. Also, ecstasy doesn't fit the requirements of a true 'Date Rape' drug. It does not dissolve well in water and alcohol based beverages, even when crushed.

Potentially there are thousands of drugs, which could be used to commit date rape. Fortunately, there are really but a few which seem to be abused the most. It wouldn't be wise to list every possible 'Date Rape' drug, first because most are nearly impossible to find for the common perpetrator, and second, listing them might give the bad people ideas. Drink Safe Technologies, Inc. has developed a safe, relatively fast diagnostic test to detect the most abused 'Date Rape' drugs. This does not mean they are the only drugs it tests for. It just isn't appropriate to announce them at this time. Also, if and when another drug rises to the infamous status of the major drugs, you can be sure that the test will be redesigned to accommodate them.

## **Date Rape Information**

### ***Statistics***

According to the U.S. Department of Justice, "Date Rape", is one of the fastest growing crimes in America today. In most cases, this is how it happens: drugs are secretly slipped into the drinks of unsuspecting victims at dance parties, bars or nightclubs. These drugs are colorless, tasteless and odorless so the victim has absolutely no way of knowing that the drink he or she is about to drink will cause severe impairment and leave him or her defenseless. The victim is then left at the mercy of the perpetrator, led away to somewhere private and ultimately assaulted.

Trinka Porrata of the non-profit Project GHB used to hear of a case of drug-assisted rape once a week on average, she now several reports almost every day. The US Drug Enforcement Administration (DEA) has cracked down on the worst of the date rape drugs, GBH. In a nationwide sweep on September 18, 2002, 115 people in 84 cities were arrested.

## **The Drink Safe Story**

In the early fall of 2000, a close friend of Francisco Guerra's fell victim to a sexual predator. She was slipped an unknown drug in her drink while she had a glass of wine at the hotel bar after a business conference. Several hours later, she awoke to find herself in a seedy hotel room, naked, confused and sexually violated. And even though she had a pretty good idea as to the person who did it, she couldn't remember a single thing about the last several hours.

Although she lived through the ordeal, she has since gone through months of therapy, and may never be the same again.

Outraged that such a thing could happen, Guerra set out to find or create a product that could detect the presence of drugs in any kind of beverage, alcohol enhanced or not.

With the help of Scientific Coordinator Dr. Brian R. Glover, Drink Safe Technologies invented a patent pending device that signals when a drink has been contaminated with one of the most commonly abused 'Date Rape' drugs.

## **Safe Drinking – What YOU can do to keep yourself from this crime**

### ***Date Rape Drugs can show up anywhere***

More recent date rape drinking crimes are now occurring outside of a bar scene and alcoholic drinks. A soda at an office luncheon or barbecue could possibly be tainted with a date rape drug. News articles over the past year alone have shown that it is possible bosses, co-workers, friends, ex-boyfriends and other people you may even know are using Date Rape Drugs. This means one basic thing: always remain alert to your safety no matter where you are. Don't fall into a false sense of security just because you're not going to a party at a bad neighborhood downtown. Date rape drugs are being found and used everywhere.

### ***A total Personal Safety Plan is the best defense***

#### **1) Become aware of Date Rape Drugs.**

Today there is great awareness about date rape drugs. TV programs, news articles, magazines and websites are now devoting more content to this very important personal safety issue. The fact that you are reading this guide is a wonderful start to your Personal Safety Plan. These drugs can taste salty in some drinks and cause you to experience vomiting, dizziness, breathing problems, or even a possible black out for a duration of time.

## **2) Understand your body's reaction to alcohol.**

Because most Date Rape Drug crimes occur using alcohol, know your drinking limit. If you know you can only handle two beers before losing concentration or coordination, hold to that limit. The more alcohol you drink, the more difficult it will be to determine if you feel you have ingested any Date Rape Drugs. On the other hand, if you are sipping your first drink and already feeling dizzy or ready to pass out, this may be a strong alert that you were possibly drugged.

## **3) Use the buddy system.**

When you are going out, consider bringing a friend who will watch the social surroundings for possible date rape situations. This includes appearing drunk and deciding to leave with person you've just met. A buddy system will also help watch the flow of drinks being offered to you. A buddy knows your normal social habits and can alert you when you are acting out of character, possibly due to being drugged.

## **4) Consider the use of date rape drug test strips or coasters.**

Drink Safe Technologies offers a patent for test strips and coasters that can detect GHB in a drink. These strips can easily fit into your purse or bag and should be carried with you at all times. This way you will have an extra tool of defense against being a victim of date rape drugs. Date Rape Drug Test Kits are available at [http://www.mainstreetsafetystore.com/college\\_personal\\_safety.htm](http://www.mainstreetsafetystore.com/college_personal_safety.htm) . Note that for the best overall defense against date rape drugs, we recommend that you consider ALL of the items listed in the Personal Safety Plan.



## **5) Be present when your drink is being poured.**

Whether at a party, restaurant or bar, make sure you see your drink being poured and then given directly to you. Don't allow for any possible time for anyone to handle your drink before it is placed before you. Even if someone offers to buy or get you a drink, walk with them to where the drink is being poured and accept it there.

## **6) Don't leave your drink alone.**

Similar to the item listed above, the point here is to always know the status of your drink and not allow anyone else access to your drink. If you are leaving the table or going to the restroom, take the drink with you or leave it and get a new drink when you return.

## What to do if you are possibly a victim of date rape drugs

Date Rape Drugs enter your system very quickly so plan ahead for securing help should this happen to you. When entering a social event, know where the manager or host is located. Keep your buddy close at hand to watch the drinks and behavior and be accountable to one another. This way if you feel you have been drugged, these people will be immediately available to help you. This includes calling 911 or going directly to the hospital emergency room. Date Rape Drugs can have serious side effects and should be attended to by a medical professional. Do not just “sleep it off”. If possible, try to save evidence, which means saving your clothing and not taking a shower. Note that GHB can be detected in urine samples so if possible, try to save a container close to the time you were possibly drugged. This drug can pass through your system quickly; so the sooner you can save the sample, the better it will be for detection by the police. Ask them to specifically test for date rape drugs such as GHB and Rohypnol. Research your local area for date rape victim support groups and consider their services.

## Date Rape in the News

Everyday across the country, date rape drug incidents are making headlines. Here is a sample listing.

- TOURISTS ARE DRUGGED AND VICTIMIZED - 7, 2003  
[www.TravelSafetyBlog.com](http://www.TravelSafetyBlog.com)
- LUSTER VICTIM LEARNED OF RAPE FROM VIDEO - 7, 2003  
[www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- DATE RAPE DRUGS ON THE RISE - 7, 2003 [www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- 1 IN 4 COLLEGE WOMEN WILL BE SEXUALLY ASSAULTED 7, 2003  
[www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- A COED’S CHILLING STORY - 7, 2003 [www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- AT FIRST SHE DIDN’T CALL IT RAPE 7, 2003 [www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- RAPISTS AND ROBBERS HAVE A NEW WEAPON 6, 2003  
[www.TravelSafetyBlog.com](http://www.TravelSafetyBlog.com)
- DATE RAPE DRUG USED IN ASSAULT - 4, 2003 [www.CollegeSafeBlog.com](http://www.CollegeSafeBlog.com)
- 6, 2001, CLUB DRUGS ON THE PROWL
- ABC NEWS, GOOD MORNING AMERICA, June 8, 2000, RAPE VICTIMS KAREN POMER, ANDREA ROBERT, ERIN FRAWLEY AND KELLIE GREEN TALK ABOUT RAPE AND THEIR STRUGGLE TO RECOVER
- CBS News, 48 HOURS, April 3, 2001, GHB SPELLS TROUBLE; GHB CAUSING THE DEATH OF 22-YEAR-OLD GENEVIEVE SQUIRES
- CBS News, 48 HOURS April 6, 2001, GHB SPELLS TROUBLE; DATE RAPE DRUG TURNING UP ON COLLEGE CAMPUSES AND NIGHTCLUBS
- ABC NEWS, GOOD MORNING AMERICA February 10, 2000, NATION'S FIRST TRIAL IN DEATH LINKED TO DATE RAPE DRUG UNDER WAY
- ABC NEWS, GOOD MORNING AMERICA March 17, 2000, JUDI CLARK TALKS ABOUT THE DATE-RAPE DRUG THAT KILLED HER 15-YEAR-OLD DAUGHTER, SAMANTHA REID

- ABC NEWS, GOOD MORNING AMERICA, March 15, 2000, FOUR YOUNG MEN FOUND GUILTY IN CONNECTION WITH DATE-RAPE DRUG DEATH OF MICHIGAN TEEN-AGER
- ABC NEWS, 20/20 DOWNTOWN March 2, 2000, A PARTY GONE BAD; TEEN-AGE GIRL DIES AFTER BOYS SLIP DATE-RAPE DRUG IN HER SODA

## **The Most Common Date Rape Drugs**

### ***GHB***

GHB stands for gamma hydroxybutyrate, a central nervous system sedative often referred to by other names such as "Grievous Bodily Harm" and "Liquid Ecstasy."

GHB was once sold in health food stores as a performance enhancer for body builders because it was believed to stimulate the production of human growth hormone. In 1990, the FDA banned the use of GHB because of reports of severe, uncontrollable side effects.

GHB can produce drowsiness, dizziness, nausea, unconsciousness, seizures, severe respiratory depression, and coma. Overdose of GHB can occur quickly and can be fatal. Since 1990, there have been 5,700 documented cases of GHB abuse and almost one sexual assault a day is attributed to this drug.

Most of the GHB used today is a "homemade" mix of various chemical ingredients, including solvents and the corrosive agent found in many drain cleaners. Homemade GHB is dangerous in part because there are significant differences in potency, purity, and concentration. The same amount taken from two separate batches can have very different effects.

GHB is available both in liquid and powder forms. It is odorless and in liquid form, looks like water. One dose can knock someone out for four hours or longer. After 12 hours GHB is virtually undetectable in the body.

### ***Ketamine***

Ketamine is an injectable anesthetic that has been approved for both human and animal use in medical use since 1970. About 90 percent of the ketamine legally sold today is intended for veterinary use. Its slang or street names are Special K, K, Vitamin K or Cat Valiums.

Ketamine gained popularity for abuse in the 1980s, when it was realized that large doses cause reactions similar to those associated with use of phencyclidine (PCP), such as dreamlike states and hallucinations. Ketamine is produced in liquid form or as a white powder that is often snorted or smoked with marijuana or tobacco products.

At higher doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems. Low-dose intoxication from ketamine results in

impaired attention, learning ability, and memory. Because it is often colorless, tasteless, and odorless, it can be added to beverages and ingested unknowingly.

Emergency room mentions of ketamine rose from 19 in 1994 to 396 in 1999. Recent use has been reported more frequently among white youth in many cities, including Atlanta, Baltimore, Boston, Chicago, Minneapolis/St. Paul, Newark, New York City, Phoenix, San Diego, Texas, and Washington, DC.

### ***Rohypnol***

Rohypnol is a brand name for Flunitrazepam, a powerful sedative that is often referred to by other names such as "roofies" and "roach." In fact, the nickname "roofies" has come to be synonymous with all 'Date Rape' drugs. Like its sister compound Valium, it is a member of the benzodiazepam class of drugs, but it is estimated to be better than 10 times more powerful.

Rohypnol is not legally available for prescription in the United States but is legal in 60 countries for the treatment of insomnia. Rohypnol may cause users to feel intoxicated; they may have slurred speech, impaired judgment, and difficulty walking. The effects are often felt within 10 minutes and can last up to eight hours. Rohypnol can cause deep sedation, respiratory distress, and blackouts that can last up to 24 hours. There is a potential for overdose or death to occur, especially when mixed with alcohol or other drugs. Rohypnol is available in small white tablets that can be taken orally, ground up in a drink, or snorted. Rohypnol is easily available in Mexico and is routinely abused during spring break in Cancun and other popular destinations south of the boarder.

In 1997, Hoffman Laroche, the only legal manufacturer of Rohypnol, changed the formulation of its product to combat the growing trend in 'Date Rape' abuse. New Rohypnol pills are much less soluble in beverages, and now impair a blue/green color to any drink they are added to.

### **Information and Resources about Date Rape Drug Prevention**

For additional updates on date rape drug issues and important information about protecting yourself, friends and family, check out the resources at [www.CollegeSafe.com](http://www.CollegeSafe.com) and subscribe to the free CollegeSafe.com email newsletter. The latest safety tips and real life stories are included in our e-book "***The College Safety Guide***" that you can order and download immediately.

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Be Alert.  
Be Safe.**

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<http://www.collegesafe.com/test>