

Safer partying

About drink spiking

- Drink spiking occurs when somebody puts a substance, usually alcohol, into another person's drink without their knowledge. Other substances may also be used such as ecstasy, rohypnol, gamma hydroxy butyrate (GHB), ketamine, sleeping pills and antihistamines.
- These substances can be tasteless, colourless and odourless, making them difficult to detect.
- They can also be fast acting causing incapacitation, lack of coordination, confusion, drowsiness, nausea, dizziness, loss of consciousness, blackouts and loss of memory.
- Spiking a person's drink with a substance is being used to facilitate sexual assaults.
- Adding alcohol or drugs to a person's drink is a crime and is punishable by law

Watch out for your friends

- Look out for your friends. If they seem too "intoxicated" leave the party or venue with them.
- Check your friends are OK before they leave a party or venue with anyone. Obtain the other person's telephone number, if possible.
- Have a designated non-drinker for the night.

Safety tips

- Buy your own drinks. Only accept drinks from someone you know.
- Do not share or exchange drinks.
- If your drink looks different or tastes strange, TURF IT.
- Always carry money for a phone call and taxi. Ask doormen or bar staff to ring a taxi. Do not hail it in the street.
- If you feel light headed, tell a friend or the venue staff.
- Be aware of what is going on around you. Listen to your instincts.
- Don't be afraid to ask for help, speak to a friend or venue staff if you believe your drink has been spiked.
- Let a friend know if you are going to leave the party or a venue. Give them your telephone number if possible.