

# Avoiding drink spiking

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## HOW DO I KNOW IF MY DRINK HAS BEEN SPIKED?

The effects of drink spiking depend on a number of things. It depends on how much alcohol you have to drink, the combination of drugs and alcohol used, and other factors such as your height and weight. You can become unconscious, unable to defend yourself, or remember what happened. People may spike your drink as a prank or with the intent to assault, rob or sexually assault you.

It may be hard to tell if your drink has been spiked if you can't smell, taste or see the substance used to spike it.

If you notice any of the following warning signs, tell your friends. If they can't be found, let the bar or event staff know immediately. Effects include feeling sick, sleepy, intoxicated or confused (even if you haven't drunk much) and passing out.

If you wake up not knowing where you are or how you got there and with memory blanks about the night before, your drink may have been spiked. You may also have injuries that you don't remember getting.

Excessive consumption of drugs or alcohol can place you at risk of being a victim of sexual assault. Being drunk or taking drugs may impair your judgement and affect your ability to give informed consent. Any concerns you have in relation to acts of assault should be reported to the police.

## WHAT SHOULD I DO IF MY DRINK HAS BEEN SPIKED?

If you think your drink has been spiked, tell a friend and ask them to stay with you and look after you.

If you can't find your friends, tell the bar or security staff, or the police. Don't let strangers look after you as they may take advantage of you in your state.

Doctors can perform tests for the presence of drugs through urine or blood tests, if taken within 24 hours. This is the only way to confirm if your drink was spiked.

If you think that you were assaulted or raped, it's important you tell a friend or family member, and go to a doctor, hospital or counselling centre such as CASA as soon as possible. Visit our [Sexual Assault](#) page for more information.

## HOW CAN I AVOID DRINK SPIKING?

Here are some tips to help you avoid drink spiking:

- don't accept drinks from strangers
- don't leave your drink unattended
- find ways to cover your drink using either your hand if drinking from a glass or extra straws if drinking from a premixed bottle or can (e.g. Bacardi Breezer)
- if someone offers you a drink, go to the bar with them, watch them pour the drink or ask them to make it front of you
- always watch your drinks - buy your own and know what you are drinking
- don't drink something you did not open, or see opened or poured
- if you're unsure about your drink, leave it
- if you feel dizzy or sick, ask someone you trust to take you to a safe place
- if you're on a date with someone you don't know, arrange for a friend to call you during the evening and/or pick you up. Meet in a public space and arrange your own transport
- keep an eye on your friends - if someone collapses and is unconscious, call an ambulance immediately - but don't leave them alone

## DRINK SPIKING AND THE LAW

Drink spiking is illegal. A person whose drink has been spiked is vulnerable to being assaulted or robbed. Their body also suffers physical trauma. To spike someone's drink, even as a prank, and introduce a drug (such as GHB or alcohol) into another person's body without their knowledge or consent is a very serious offence.

## **RELATED LINKS**

### **[Reach Out! - Drink spiking](#)**

Explains what drink spiking is, what kinds of drugs are used, how to avoid drink spiking and what to do if your drink has been spiked.

### **[DrugInfo Clearinghouse - Drink spiking, why it's not funny](#)**

Information about drink spiking, how to avoid it, what kind of drugs are used, how you know if your drink has been spiked and the legalities of drink spiking.