



# SUBSTANCE ABUSE AND SEXUAL ASSAULT

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EMERGENCY: CALL 911

## Ways to Protect Yourself

- Never leave beverages unattended while talking, dancing, using the restroom, or making a phone call.
- Never drink beverages you did not open yourself.
- Never take any beverages from someone you do not know well.
- Do not drink from a container that is being passed around.
- Never share or exchange drinks with anyone.
- Accept drinks only from the bartender or staff when at a club or bar.
- Always be alert to behaviors of friends. Any acting unusual or seeming disproportionately intoxicated may have been drugged.
- Anyone who suspects that they have ingested a tampered drink should be taken to the hospital immediately or call 911.
- Do not drink anything that has an unusual taste or appearance (*e.g., salty taste, excessive foam, unexplained residue*).

## CAMPUS CONTACTS

**Escort Service** (*Dusk – 1:00am*)  
(310) 794-WALK

**Evening Van Information**  
(310) 825-9800

## STUDENT PSYCHOLOGICAL SERVICES

**Mid-Campus Office**  
(310) 825-0798

**South Campus Office**  
(310) 825-7985

## ARTHUR ASHE HEALTH & WELLNESS CENTER

**Information**  
(310) 825-4073  
(*Option 1, Option 1*)

**Health Education**  
(310) 825-6385

## OTHER RESOURCES

**Greeks Advocating Mature Management of Alcohol**  
(310) 825-6322

**Santa Monica Rape Crisis Center**  
(310) 319-4000

**Bruin Resource Center**  
(310) 825-3945

**UCLA Police Department  
Crime Prevention Unit**  
(310) 825-6111

## What is Sexual Assault?

Sexual assault is the act of having non-consensual sex with another person. This involves any act of sexual violence including:

- Date Rape
- Spousal Rape
- Stranger Rape
- Unwanted touching of an intimate part of the body

Sexual assault and acquaintance rape are types of violence that are most likely to occur in social settings that foster rape-supportive attitudes and norms.

## How Drugs and Alcohol Play a Role

When under the influence of drugs and/or alcohol your thinking can get distorted. Therefore, you can miss important signals such as voice or behavioral changes. Also, you are less likely to avoid or talk your way out of conflict.

Communication is very important. Individuals who consume alcohol and/or drugs are more likely unable to communicate what they “**want**” or “**do not want**” out of a sexual relationship. Being under the influence of alcohol and/or drugs increases the odds that saying “**maybe**” or “**no**” to sexual activity can be misinterpreted.

Some perpetrators may even push others to drink so the victim will be less likely to resist physical or emotional pressure to engage in sexual activity.

Regardless of how much an individual drinks, there is no justification in forcing sex if the other party resists, says “**NO**”, or is under the influence of alcohol and/or drugs.

## Rohypnol, GHB, Ecstasy, Ketamine

**Rohypnol, GHB, Ecstasy, and Ketamine are known as “Club Drugs”. These drugs can be used in sexual assault crimes.**

**Rohypnol** is a very potent tranquilizer a.k.a. “Roofies”, “Roche”, “R-2”, “Rib”, and “Rope”. It produces a sedative effect, amnesia, muscle relaxation, and a slowing of psychomotor responses. It is commonly used in rape and is usually slipped into the victims drink while they are not looking. The

victim will blackout and not have any recollection of the events that occurred.

Side effects commonly begin 20-30 minutes after taking the drug and peak within two hours, lasting up to 8 hours. They can look like:

- Loss of Memory
- Tiredness
- Vision Problems
- Nervousness
- Dizziness/Confusion
- Black-outs
- Aggressive Behavior
- Disorientation
- Nausea
- Fearlessness
- Disinhibition
- Muscle Relaxation

**GHB (Gamma-Hydroxybutyrate)** is an anesthetic a.k.a. “G”, “Liquid X”, “Liquid E”, “Scoop”, “Soap”, “Gook”, “Georgia Home Boy”, “Gamma 10” or “Easy Lay”. It is usually tasteless, but may be recognized by a salty taste. It appears to be less commonly used in rape cases but this may be due to the fact that it is harder to detect in the victim.

The Federal Drug Administration issued a warning in 1990 to consumers to stop using GHB because of its numerous deleterious effects. Side effects occur within 5 to 15 minutes of ingestion and last 2 to 3 hours. Effects are unpredictable varying on dose. They can look like:

- Vomiting
- Diarrhea
- Giddiness, silliness
- Dizziness
- Sleep-walking
- Temporary amnesia
- Intense drowsiness
- Seizure
- Interference with mobility and coherence
- Decreased heart rate
- Slower, deep respiration
- Coma
- Death

**Ecstasy** is a very toxic stimulant and hallucinogenic drug a.k.a. “E”, “X”, “X-TC”, “Hug Drug”, “Adam”, “CK”, “Clarity”, “Lover’s Speed”, “M&M’s”. Ecstasy reduces anxiety and produces extreme relaxation. It enhances one’s sense of touch and may make one

have extremely positive feelings for others, regardless of who they are. The dissociative effects of Ecstasy may make a person feel detached and therefore take away their ability to sense danger and leave them unable to protect themselves from a rapist.

Ecstasy’s effects can last between 4 to 6 hours and it is usually taken orally in pill form. These effects include:

- Confusion
- Depression
- Anxiety
- Sleeplessness
- Muscle tension
- Involuntary teeth clenching
- Nausea
- Blurred vision
- Tremors
- Rapid eye movement
- Sweating or chills

**Ketamine** is a dissociative general anesthetic with hypnotic, stimulant, and hallucinogenic properties. a.k.a. “K”, “Special K”, “Vitamin K”, “Blackhole”, “Bump”, “Jet”, “Kit-Kat”, and “Purple”. Because of its dissociative effects, a person may feel detached from their own body and their surroundings, a state sometimes referred to as “conscious sedation.” One may be aware of what is happening to them, but unable to move. Victims lose consciousness abruptly. It is especially dangerous when it is mixed with alcohol and other drugs.

Ketamine is fast acting. The overt hallucinatory effects of ketamine are relatively short acting, lasting approximately one hour or less. However, the user’s senses, judgment, and coordination may be affected for up to 24 hours after the initial use of the drug. Some of the adverse effects are:

- Dizziness
- Depression
- Amnesia
- Confusion
- Disorientation
- Hallucinations
- Agitation
- Impaired motor skills
- High blood pressure
- Potentially fatal respiratory failure