

DRINK SPIKING



LOOKING AFTER YOU AND YOUR MATES

AT THE PUB, CLUB OR PARTY

Buy your own drinks. Be wary of accepting drinks from strangers or people you don't know very well including bar staff, even if they seem really genuine.

Avoid sharing drinks.

Watch your drink being poured, or the bottle/can being opened at the bar.

Keep an eye on your drink and your friends' drinks at all times – when dancing, going to the toilet or talking to other people. If your drink looks cloudy, or changes in colour/consistency, or doesn't taste right, don't drink it.

Keep any suspicious drinks for evidence and tell the bar manager or police.

If you start to feel drowsy or suddenly 'out-of-it' don't just hope it will pass – have a friend or someone you trust take you to a safe place.

WATCH YOUR MATES

Keep an eye on your friends.

If a friend is drunk, feeling sick, uncoordinated, confused or faint, stay with them. Don't leave them alone.

WHERE TO GET HELP

New Zealand Police – there are police officers specially trained to work with sexual assault situations.

Local hospital emergency centre – staff are used to dealing with all types of physical assault.

Rape Prevention Education (www.rpe.co.nz) provides information for those affected by sexual violence. It also provides education and promotion/prevention activities.

The Alcohol Drug Helpline can answer questions you have about the use of alcohol and other drugs. It can also provide interventions and tools to help you change. Visit the Alcohol Drug Helpline website (www.alcoholdrughelp.org.nz/).

Remember that your friends and family are also there to help you.

In any emergency call 111.