

SPIKING



FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple

Top Tips

- Keep an eye on your drink – never leave it unattended
- Be extra careful when drinking with strangers
- Stick with friends
- If you start to feel strange or unwell get help immediately

- Police officers always carry identification and can always be asked for verification.
- They are used to providing that reassurance.
It would be rare for an officer in plain clothes to be working alone. If they are, you can request they call for another officer to join them.
- Officers should be carrying their radio and can allow you to seek verification from the force control room using this.
- Officers should be tolerant of those who wish for reassurance and explain who they are, what they are doing and why.

PREVENT CRIME

PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY



Spiking, where someone adds drugs or alcohol to a drink without them knowing, is illegal.

Whether it is done as a prank or with the intent to steal from or assault the victim here are some ways to avoid this happening to you or your friends.

Never lose sight of your drink

It can take only minutes for someone to feel the effects of a spiked drink. Memory loss can be a side effect of many of the drugs used to spike drinks. Many victims are unaware of what has happened to them, and have very little memory of the incident, if any at all.

If someone you don't know or trust offers to buy you a drink either decline or accompany them to the bar and watch that nothing is added, and do not leave drinks unattended.

If you or your friends start to feel strange or unwell then you should get help and seek medical advice straight away.

Be vigilant if you're drinking with strangers

When you go out for an evening you never know who you're going to meet. If someone appears to be over-friendly and eager to get you to drink, be vigilant.

If you get separated from your friends in a bar, pub or club, let them know where you are. If you happen to meet new company and they ask you to go on somewhere.

Be a drink buddy

If you're out with a friend, or friends, keep an eye out for them. If they appear to be

more drunk than you'd expect, dizzy or slurring their words, take control and make sure they're okay. If you're concerned, make sure they either get medical help or get home safely.

For further information about spiked drinks, visit [Drink Aware](#).

Symptoms of spiking

The effects of drink spiking vary depending on what you've been spiked with. Your symptoms could include:

- Lowered inhibitions
- Loss of balance
- Feeling sleepy
- Visual problems
- Confusion
- Nausea
- Vomiting
- Unconsciousness

The symptoms will depend on lots of factors such as the substance or mix of substances used (including the dose), your size and weight, and how much alcohol you have already consumed.

If you or a friend start to feel strange or more drunk than you should be, then get help straight away.

What to do if you think YOU have been spiked

- As soon as you suspect you might have been spiked, do not drink any more.
- Tell someone you trust immediately. Substances can take effect quickly and can make it harder to communicate.
- Be cautious when asking strangers for help. If you are alone, ask security staff or venue staff to help you.
- If you need urgent help, call 999 or have the person caring for you take you to A&E, telling them you think you've been drugged.
- Tell a bar manager, bouncer or member of staff
- Stay with them and keep talking to them
- Call an ambulance if their condition deteriorates
- Don't let them go home on their own
- Don't let them leave with someone you don't know or trust
- Don't let them drink more alcohol - this could lead to more serious problems

If you think you or your friend may have been spiked it is important to contact the police as this is illegal.

The police may ask for a sample of your blood or urine to test, to find out if drugs have been used.

It is important you are tested as soon as possible if you think your drink was spiked as most drugs leave your body within 12 – 72 hours.

How to help a friend who you think has been spiked

If you think a friend has had their drink spiked, and they are showing any of the symptoms described above there are a few things you can do to help:

What to do if you think you've been assaulted

One of the effects of date rape drugs can be amnesia, or loss of memory. That means it's possible that you won't be sure if you've been assaulted. But if you suspect you've been physically or sexually assaulted it's important to tell someone. Try to confide in someone you trust like a friend or family member.

You can go to the police or hospital accident and emergency department. If you don't feel able to do that right away, there are Rape Crisis charity helplines you can call for support and advice:

- England and Wales: 0808 802 9999 (12–2.30pm and 7-9.30pm every day)

If you, or someone you know, have been affected by crime, including sexual harassment or any sort of sexual harm, help and support is available. Victim Support is an independent charity for victims and witnesses of crime. They offer free, confidential help to anyone who's been affected by sexual harassment. Call 08 08 16 89 111 or [Visit the Victim Support website](#)

Penalties for Spiking

Drink spiking is illegal and carries a sentence of up to ten years in prison. If a robbery, sexual assault or other criminal behaviour has taken place, the sentence may be even longer. For rape the penalty can be life imprisonment. Offenders will also be placed on the sex offenders register.

Sexual activity without consent

Sexual activity without consent is [sexual violence](#).

If someone says "no" to any type of sexual activity, they do not consent.

If someone is asleep, unconscious, drunk or drugged, they cannot consent to sexual activity.

Offenders could the maximum statutory imprisonment time of the magistrate's

court or ten years if you attend the crown court.

[Alcohol support services](#)

If you are concerned that you or someone you care about has a problem with alcohol there is a lot of help available. On the above link you can find useful links and phone numbers to get the support you need.

Take a look at #spikeaware on twitter