



# WAS I DRUGGED AND SEXUALLY ASSAULTED?

What you should  
know and where  
you can go

## SEXUAL ASSAULT

Sexual assault is any form of sexual activity without your permission. It includes (but is not limited to): kissing, grabbing, fondling and rape (i.e. anal, oral and vaginal sex). Sexual assault is an act of violence and is a crime. Sexual assault is often committed by someone the victim knows, such as a friend or acquaintance.

## SEXUAL ASSAULT AND DRUGS

Alcohol and/or drugs often play a role in sexual assault. This may include intentional drink spiking or knowingly using these substances. This type of assault is called **Drug Facilitated Sexual Assault**.

## WAS I DRUGGED AND SEXUALLY ASSAULTED?

You may know that you have been sexually assaulted or you may wake up feeling that something is wrong. You might not remember, you might feel really hungover or sick, your clothes might not be right, you might be hurt, or feel like someone has had sex with you.

If you believe you were sexually assaulted when you were drunk or high, **it is not your fault!** It is not okay for someone to have sex with you when you are drunk or high; it is a crime.

## SEXUAL ASSAULT SERVICES

The Sexual Assault and Domestic Violence Treatment Centres of Ontario are available to help women, men and children who believe they have been sexually assaulted.

Services are:

- available 24/7
- available across the province
- wheelchair accessible
- available in sign language and with cultural interpretation
- safe, supportive and non-judgmental

Staff at the centre can:

- provide crisis counseling and support
- test for drugs
- examine and treat injuries
- offer you medicine to prevent pregnancy
- offer you antibiotics to prevent sexually transmitted infections
- collect forensic evidence
- help you call the police, if you want
- arrange follow-up testing

Find a service near you by visiting: [www.sadvtreatmentcentres.net](http://www.sadvtreatmentcentres.net) or by calling the Assaulted Women's Helpline: 1.866.863.0511 or 1.866.863.7868 (TTY) or by going to your nearest hospital emergency department.

## GETTING HELP

Don't wait to get help. You are not alone. Getting help can provide you with crisis counseling and health care options. Medicines and testing work best soon after the assault.

Even if you wait to get help, some evidence can still be collected and crisis counseling and healthcare will still be available.

If you are thinking about being tested for drugs or having evidence collected, it is best if you **DO NOT**:

- eat
- drink
- brush your teeth
- change your clothes
- wash
- use the washroom: if you have to pee - try to collect it in a container and bring it to the centre for testing

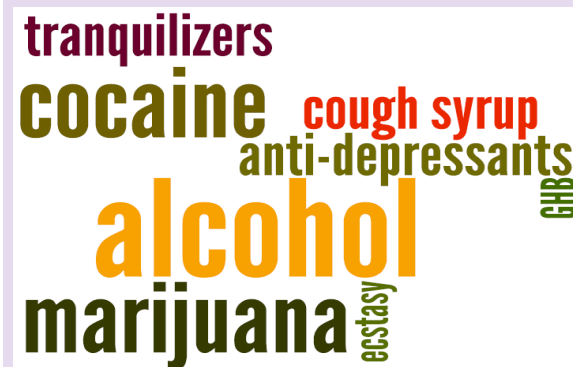
If you have been examined, you will be given a change of clothes and a room where you can wash.

**BUT! Even if you have peed, washed or changed, you are still encouraged to come to the centre for care and support.**

## COMMON DRUGS USED IN SEXUAL ASSAULT

Alcohol is the most common drug used in sexual assault.

Substances can be used to make you drunk or high so that you are more vulnerable to sexual assault. Someone who sexually assaults you may buy you a lot of drinks or might put too much alcohol in your drinks. They might slip a drug or medicine into your drink so that you become drunk or high. Some perpetrators look for someone who is already drunk or high.



When drugs are mixed with alcohol they can make us especially vulnerable. These drugs may be taken for fun, such as marijuana, cocaine, ecstasy or GHB. They may also be over-the-counter medicines, such as cough syrup, or those prescribed by a doctor, such as anti-depressants, and tranquilizers.