

SBEICIO DIODYDD DRINK SPIKING



Report and
Support

How do I know if I've been spiked?

Unfortunately you might not be able to see, smell or taste if your drink has been spiked. The drug may be colourless, odourless and may not affect the taste of your drink. Although symptoms will vary depending on the drug used, warning signs include:

- lowered inhibitions
- difficulty concentrating or speaking
- loss of balance and finding it hard to move
- visual problems, particularly blurred vision
- memory loss (amnesia) or "blackouts"
- nausea and vomiting
- feeling confused or disorientated, particularly after waking up (if you've been asleep)
- paranoia (a feeling of fear or distrust of others)
- hallucinations (seeing, hearing or touching things that aren't there) or having an "out of body" experience
- unconsciousness

Most date rape drugs take effect within 15-30 minutes and symptoms usually last for several hours. However, if you pass out it will be hard to know the full effect. You may still feel some of the symptoms of a date rape drug after a night's sleep.

What should I do if I suspect I've been spiked?

- If you start to feel strange or more drunk than you think you should be, get help immediately by telling a friend, bar or security staff or the police.
- If you aren't with anyone, call someone you trust and get to a safe place as soon as you can. Ask to use a phone if yours has been stolen.
- If you need urgent help call 999.
- Be wary of accepting help from a stranger and don't leave with someone you don't know.
- Your doctor can test for the presence of traces of certain drugs through urine or blood tests within 24 hours.

I suspect my friend was spiked?

If your friend is showing any of the signs described above there are few things you can do to help:

- If you are in a bar, pub or nightclub, tell a bar manager, security or member of staff.
- Stay with your friend and keep talking to them.
- Try and discourage them from drinking more alcohol.
- Call an ambulance if their condition deteriorates, they collapse or are unconscious.
- Don't let them go home on their own.
- Don't let them leave the venue with someone you don't know or trust.

Get them to a safe place as soon as possible.

76%

Of students who have reported a suspected spiking have not reached out to additional wellbeing support

I suspect my friend was assaulted following an incidence of spiking what should I say?

- Demonstrate belief (e.g. thank you for sharing what happened)
- Validate their experience (e.g. that is not okay)
- Explain their options (e.g. we can go to the police)
- Check you've understood what you have been told
- Ask about any physical injuries or urgent medical needs

Do not forget as a friend you can support someone and sign post them to relevant services but it is not your responsibility to deal with the situation alone. Reach out to services that can help and take time to process what has been disclosed to you.



Where can I go for help?

- Union Advice Service – Email union.advice@aber.ac.uk or call 01970
- Dyfed Drug and Alcohol Service (DDAS) - 03303 639997 | confidential@d-das.co.uk
- New Pathways - call 01970 610124 | www.newpathways.org.uk
- A&E / GP
- Police - in an emergency call 999, you can also contact Dyfed Powys Police directly here <https://www.dyfed-powys.police.uk/contact/af/contact-us/>

We highly encourage you to reach out to wellbeing support services following an incidence of spiking even if you don't feel able to report the incident to the police.

What about needle spiking?

If your skin is pierced or punctured with a used needle, follow this first aid advice immediately:

- Encourage the wound to bleed, ideally by holding it under running water
- Wash the wound using running water and plenty of soap
- Do not scrub the wound while you're washing it
- Dry the wound and cover it with a waterproof plaster or dressing

You should also seek urgent medical advice - call 111 or go to A&E

What action is the SU taking?

- Informational materials – we are working in collaboration with the University and Police to produce materials for local venues warning perpetrators of the consequences of spiking.
- local venues – we are contacting local venues to sign our anti-spiking pledge and commit to increased spiking awareness.
- Free anti-spiking kits - these include spikies, reporting QR codes and testing kits (pick up from SU Reception)
- Additional Night Team shifts - A Teamers will be in town for Halloween weekend

Have questions? Get in touch
union@aber.ac.uk

