Resources:

U of T Sexual Assault Counsellor/Educator
T: 416-978-0174

Sexual Assault Centres:

Toronto Rape Crisis Centre
T: 416-597-8808

Women's Sexual Assault Help Line
T: 416-213-7499, 1-800-263-6734

Scarborough Hospital, Grace Division
T: 416-495-2555
Website: http://www.sacc.ca

Emergency Contraceptive Pill
T: 1-866-ECP-1-ECP
Website: http://www.womenshealthmatters.ca/ecp/

Mississauga Hospital
T: 905-848-7493

Lakeridge Health - Oshawa
T: 905-576-8711

Scarborough Grace Hospital
T: 416-495-2555

Women's College Campus
T: 416-323-6040

York Central Hospital
T: 1-800-521-6004

Date Rape Drugs

Safety on Campus

The University of Toronto Scarborough (UTS) Campus Police Services is dedicated to creating a safe, secure and equitable environment for students, staff, faculty and visitors.
One of the benefits of attending the University of Toronto Scarborough is its location in the largest city in Canada, with close proximity to cultural events and an active night life. While going out with friends in the evening can be a great source of enjoyment, care must still be taken to ensure that you do not fall victim to a "Date Rape Drug" should you decide to attend one of the many local clubs or bars.

Common drugs used for this purpose are Rohypnol and Ecstasy. These drugs are very different in appearance, with Rohypnol being a small white pill about the size and colour of an aspirin and Liquid Ecstasy usually being a colourless, odourless liquid, but both are virtually undetectable when unsuspectingly placed in a drink, the usual method of drugging a victim.

Once ingested, the drugs begin to take affect within 20 minutes and can result in a number of symptoms including quick intoxication, drowsiness, dizziness, disorientation, impaired judgment, memory loss, difficulty in speaking or moving, loss of inhibitions, nausea, unconsciousness, coma and memory loss. A victim may experience any or all of these symptoms depending on the dose, whether alcohol was involved and how soon medical assistance is received.

Although the campus is a very safe community we must recognize that no single location is completely immune to wrongful acts taking place.

As with most matters, the best defense against becoming a victim of a Date Rape Drug is prevention and knowledge. Following is a list of suggestions to help identify if you may have been the victim of this crime, what to do afterwards and finally, steps that you can take to help keep yourself safe.

**You May Have Been Drugged If:**

- You feel a lot more intoxicated that your usual response to the amount of alcohol you consumed
- You wake up feeling confused, experiencing memory lapse and cannot account for a period of time
- You took a drink but can't remember what happened to you after you drank it
- You feel that someone had sex with you but you can’t remember any or all of the incident

**If It Happens To You:**

Tell someone you trust.

- Get medical attention as soon as possible.
- Report the incident to the Campus Police, your local police, Health Services or the hospital emergency department.
- Talk to a counsellor for support. Your emotional and physical health is important.
- Believe in yourself. No one invites, causes or deserves to be sexually assaulted.

What happened to you is a criminal offence. You are not to blame!

**Avoid Becoming A Victim:**

- Do not accept open drinks at bars or parties, particularly from strangers. If you’re drinking from a bottle, open it yourself or watch the bartender pour it.
- Never leave your drink unattended.
- Never go out to a bar, party or social event alone. Go with a trustworthy friend.
- Be aware of what is happening around you. Be suspicious of persons who handle your drink, or insist that you take a drink provided by them.
- Never leave a bar or club with someone you have just met, especially if you are feeling intoxicated.
- If you believe you may have ingested a drug, tell your friends and seek medical attention immediately.
- Don’t drink anything that has an unusual taste or appearance (i.e. salty taste, has excessive foam or residue).
- Do not mix drugs and alcohol.
- Before you go to the bar, have a plan regarding how you will get home. Do not deviate from that plan during the evening.