



How to lower your risk of drug-facilitated rape

1. Always remember, these type of drugs dissolve in alcoholic or non-alcoholic drink.
2. Avoid going to a tavern alone. Go with someone you trust.
3. Be aware of your surroundings and trust your instincts.
4. Avoid accepting a drink from anyone and watch as the bartender makes your drink.
5. Avoid drinking out of large open containers, such as punch bowls.
6. Avoid sharing or exchanging drinks.
7. Never leave your drink unattended.
8. Be cautious about someone who is encouraging you to drink a lot.
9. Beware of someone that wants you to go outside for fresh air.
10. If you engage in conversation where your attention might be diverted, place your hand over your drink.
11. Know your alcohol limits. If you feel you are becoming intoxicated after one or two drinks, get help.
12. Never leave a tavern or party with someone you just met, especially if you are feeling intoxicated.