

how to protect yourself and get help

minimize your risk

It's hard to protect yourself from predators, but there are a few things you can do to minimize your risks of being a victim of drug-facilitated rape.

- Since most predators add these drugs to people's drinks, try to watch your drink when socializing and keep it covered. Avoid drinking anything out of a shared punch bowl.
- Help your friends stay safe, especially if they seem more intoxicated than their consumption would warrant. Make agreements with your friends to check in with each other during and after social events to ensure everyone's safety. Stick together!
- Avoid accepting a drink from someone you don't know.

what to do if you think you've been drugged and raped

- Get safe: call a friend, family member or rape crisis center to help you. This is not the time to be alone. You deserve emotional support and help in handling this crisis.
- Get medical attention. Do not shower or clean yourself first in case you want to gather evidence to help with reporting the crime. As soon as possible, go to a hospital or school health center to be examined. Tell them you think you may have been drugged. They will test your blood and urine, evaluate you for injuries (you may have internal injuries which you are not aware of), and treat you for possible sexually transmitted diseases and pregnancy. If you decide to press charges, physical specimens collected soon after the rape will be valuable evidence.
- Report the attack to police and university or college officials, whether or not you plan to file charges. (Reporting a rape does not commit you to filing charges. You can make that decision later.) Have someone go with you.
- Consider whether you want to file charges with the police and with the campus authorities if the rapist is a student. Ask for the help of a Victim Advocate in the police department, the State Attorney's office or from the rape crisis center. She can help you understand the investigation, and can help you receive help from the Victim Compensation Fund for expenses related to the crime.
- Get help and support, such as counseling. Call a rape or crisis hotline and seek crisis intervention counseling or therapy. Free individual and group counseling is available in most areas. Your school counseling center, student health center, or local health department also may be of help. Whether you are seeking help for something that happened recently or a long time ago, you have been through a profound trauma and deserve help to deal with the situation and with your feelings.

finding help

- Call **1-888-956-RAPE** for information and phone numbers for your nearest rape crisis program.
- Call **1-800-656-HOPE** for immediate connection to your local rape crisis hotline.
- For more information about sexual violence prevention or survivor recovery services, visit the Florida Council Against Sexual Violence website at **www.fcasv.org**.

rape is a crime.
always.