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Program Support Notes

Junior – **M**iddle **S**econdary

29 mins

Drink Spiking Awareness and Avoidance

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Suitable for:

Health and Welfare

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Drink Spiking – Awareness and Avoidance

For Teachers:

Introduction

This program aims to raise awareness of the issue of drink spiking, and how to recognize and avoid situations that may increase susceptibility to drink spiking. It explores the prevalence and nature of drink spiking and demonstrates, through case studies, situations where it is likely to occur, and how easily and randomly victims are chosen.

The substances commonly used in drink spiking, their street names and potential physical, emotional and social affects are explored. The serious health consequences to the victim and a warning about the legal consequences to the perpetrator are also presented by expert presenters such as Dr Helen Parker, a forensic physician from the Victorian Institute of Forensic Medicine, and Jeff Monroe, the Director of The Australian Drug Foundation.

Program Timeline

00:00:00	Introduction
00:00:49	What is Drink Spiking?
00:05:51	Consequences for the Victim
00:10:42	Drugs and their Effects Part 1
00:16:06	Drugs and their Effects Part 2
00:20:11	Awareness and Prevention
00:23:28	Consequences for the Perpetrator
00:27:33	Conclusion
00:28:12	Credits
00:29:19	End program

Website References

- www.usdoj.gov
- www.drugfree.org

Other Relevant Programs available from VEA

- Risky Situations
- A to Z of Risk
- Party Drugs
- Binge Drinking
- Stuff you need to about Party Drugs

Please visit our website for more relevant programs www.veavideo.com

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Drink Spiking – Awareness and Avoidance

Student Worksheet:

Before Viewing the Program

1. As a group exercise, read out the following statements. Class members move to stand on a continuum line from 'strongly agree' at one end, to 'strongly disagree' at the other end at the point that best represents how they feel about the following statements.
 - a) "Drink spiking means putting alcohol into someone else's drinks"
 - b) "Only females have their drinks spiked"
 - c) "Drink spiking is usually done by someone you do not know"
 - d) "Drink spiking only occurs in nightclubs"
 - e) "You can die from drink spiking"
 - f) "When someone has had their drink spiked they will be dizzy and may vomit"
 - g) "You can do something to stop someone from spiking your drink"
 - h) "Drink spiking is a harmless practical joke"

Drink Spiking – Awareness and Avoidance

While Viewing the Program

1. What is drink spiking?

2. What is the most commonly used substance in drink spiking?

3. List reasons why someone would want to spike another person's drink?

4. List some of the physical health consequences associated with a person having their drink spiked.

5. Explain the psychological consequences for the victims of drink spiking?

6. The Australian Institute of Criminology conducted a report on drink spiking during a 12-month period. What significant findings did they make?

Drink Spiking – Awareness and Avoidance

7. Why is it difficult to establish more accurate statistics about the number of drink spiking incidences that occur?

8. How can you prevent your drink from being spiked?

9. What should you do if you believe your drink has been spiked?

10. How soon after a drink spiking incident are you aware of the effects on the body?

11. What are the penalties if you are found guilty of drink spiking?

12. Why are females more likely to be a target for drink spiking?

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After Viewing the Program

1. Research a drug mentioned in the program that is commonly used in drink spiking. Present your research in a PowerPoint presentation to the class.
2. A number of case studies where drink spiking occurred were presented during the program. Create your own realistic scenario of a drink spiking incident and:
 - a. Explain how the incident could have been prevented or avoided.
 - b. Explain how the incident could have been managed more effectively.

This can be scripted in a story board format or role played.

3. Develop a promotional campaign to help make young people in your local community aware of the consequences of drink spiking. Make sure you include information on:
 - a. How drink spiking can occur
 - b. How it can be prevented
 - c. The legal consequences for those involved in drink spiking.

Prepare posters for the school notice board or film a 'mock-u-mentary' using Microsoft Movie Maker to show at a school assembly.

Drink Spiking – Awareness and Avoidance

Suggested Student Responses

1. What is drink spiking?

Drink spiking is when a drug or alcohol is added to an alcoholic or non alcoholic drink without the person knowing. It is also known as “slipping someone the Mickey”. It is considered an offence when the perpetrator intends to harm the victim who is unaware their drink contains another substance

2. What is the most commonly used substance in drink spiking?

The USSC Rape Prevention Education in America claims that alcohol is the most commonly used drug in drug-related rape, it is also the most common substance used in drink spiking.

3. List reasons why someone would want to spike another person’s drink?

- **For malicious intent, predatory behaviour, physical or sexual power, robbery, assault or rape**
- **As a laugh, a joke, or to liven up a party**
- **Humiliation and embarrassment**

4. List some of the physical health consequences associated with a person having their drink spiked.

- **Early onset signs are light-headedness, nausea, dizziness**
- **Carefree feeling, overtly happy, amnesic effects, no memory loss**
- **Loss of control of body movements and thoughts**
- **Affects the central nervous system, brain functioning – lack of inhibition**
- **Can cause a feeling of paralysis, aware of the body but unable to move**
- **Can cause poisoning**
- **Drug-related rape and sexual abuse**
- **Causes sleepiness, weariness, unconsciousness, and can stop breathing**

5. List the psychological consequences for the victims of drink spiking?

- **Depression and anxiety**
- **Unable to trust people, more nervous about being able to go out to a party or club**
- **Unable to feel comfortable and relaxed in new surroundings, or be able to meet new people**
- **Long term mental illness**

6. The Australian Institute of Criminology conducted a report on drink spiking during a 12-month period. What significant findings did they make?

The Australian Institute of Criminology conducted a report which estimated during a 12-month period that between 3000 and 4000 suspected incidences of drink spiking occurred in Australia. Approximately one third of the cases involved sexual assault and one half of the victims were under 24 years of age, and four out of every five victims were female.

Drink Spiking – Awareness and Avoidance

7. Why is it difficult to establish more accurate statistics about the number of drink spiking incidences that occur?
- **A lot of incidents do not get reported; often victims have no recollection of the incident because of high levels of alcohol intake.**
 - **A negative test doesn't mean a victim has not been given something, it is hard to identify the substances being used, and often drugs leave the system within a few hours of being taken.**
 - **Symptoms of the victims vary a great deal and so many people are not aware if the symptoms they are displaying are from drink spiking or the alcohol itself.**
8. How can you prevent your drink from being spiked?
- **Be aware of the movement of your friends, as the drink spiker could be one of them.**
 - **Don't drink anything unless you have opened it or poured it yourself.**
 - **Never leave a drink unattended.**
 - **Buy your own drinks and watch the person pour it.**
 - **Never accept a drink from a stranger.**
 - **Purchase drinks in bottles and ask for the lid so you can place the lid back on when you feel like dancing.**
 - **If you feel unsure about the drink, throw it away.**
 - **If you go on a date with someone, tell someone else what time you expect to be home.**
9. What should you do if you believe your drink has been spiked?
- If you believe your drink has been spiked you should tell someone you trust immediately, and report drink spiking and any assault or sexual assault to the police as soon as possible.**
10. How soon after a drink spiking incident are you aware of the effects on the body?
- The effects of drink spiking can be felt as early as 20 minutes after the substance has been taken, although reactions can vary a great deal between people. If you start to feel dizzy at any stage after a drink, you should tell someone immediately.**
11. What are the penalties if you are found guilty of drink spiking?
- If you are found guilty of drink spiking, it is treated as a criminal offence. Punishment differs in different countries.**
- **In Victoria, Australia, the penalty includes a heavy fine and imprisonment ranging from one to 25 years.**
 - **In New South Wales, Australia, drink spiking is a stand-alone offence with up to two years imprisonment and fines of up to \$11,000.**
 - **In the United Kingdom, someone who maliciously administers a dangerous substance to another can face up to 10 years imprisonment. Further issues such as theft, assault, rape and murder incur greater consequences**
 - **In the United States, a perpetrator can face imprisonment of up to 20 years and fines.**
12. Why are females more likely to be a target for drink spiking?
- Females are more likely to be a target for drink spiking as it a tool used by males seeking to gain physical/sexual power over others. The United States Department of Justice conducted a national study on drug-facilitated rape, and they estimated that 3 million women have been the victims of this type of crime. For 160,000 women, this occurred at college. In the United States 'date rape' is one of the fastest growing drug-facilitated sexual assault crimes in America.**