

# RECOGNISE THE SIGNS AND SYMPTOMS OF DRINK SPIKING:

## Symptoms of spiking:

- Feeling more drunk than usual
- Blurred vision
- Confusion, especially after waking up
- Difficulty breathing
- Dizziness
- Hallucinations
- Loss of balance
- Loss of memory
- Muscle spasms or seizures
- Nausea and vomiting
- Paranoia
- Difficulty speaking and walking
- Tiredness
- Unconsciousness

## Signs of drink spiking:

- Foggy appearance
- Excessive bubbles
- Sinking ice
- Change in colour

## Signs of spiking by injection:

A small red bump, pinprick, drawing blood from a small hole, scratching or pinching sensation and the symptoms of spiking.

# SEXUAL ASSAULT SUPPORT SERVICES:

## For anyone:

The Survivors Trust  
[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

## For women:

### Rape Crisis

0808 802 9999  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

## Use this link to find your nearest

### Rape Crisis centre:

[rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/](http://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/)

## For men:

### West Yorkshire Survivors UK

02035983898  
[www.survivorsuk.org.uk](http://www.survivorsuk.org.uk)

## For the LGBTQ+

### community:

### Galop

0800 999 5428  
[www.galop.org.uk](http://www.galop.org.uk)

# NIGHT OUT SAFETY GUIDE

Keep this in your bag or pocket.

# NIGHT TIME SAFETY STEPS:

- Tell someone where you are going, who you are going with and how you plan on getting home. Keep them updated.
- Try and plan a reliable way and trustworthy way of getting home.
- If you are/ witness someone else in an uncomfortable situation, tell a member of staff/ a friend. Some venues offer a 'ask for Angela' scheme, and they will help you out of / solve the situation.
- Keep your valuables in a zipped pocket or bag.
- Look out for your friends.

## DID YOU KNOW?

West Yorkshire Police have an online 101 chat service which can be used to report non-emergencies.

In an emergency, always ring 999.

## Sexual assault and harassment is **never your fault.**

**Sexual Assault** (includes but is not exclusive to: rape, groping, flashing and up-skirting) and **Sexual Harassment** (any form of unwanted behaviour of a sexual nature) are **serious crimes**.

### Consent is a legal requirement.

Consent is **specific** and can be **withdrawn** at any time. When consent is not given people, can make you act against your free will through acts such as sexual coercion and stealthing.

**Sexual Coercion:** When you are pressured, tricked, threatened, or forced in a nonphysical way to have sex. Coercion can make you think you owe sex to someone. No person is ever required to have sex with someone else.

**Stealthing:** When someone removes a condom during sex without you knowing, changing the activity to one you haven't consented to. Stealthing is rape.

### To preserve evidence if you have been sexually assaulted, you should avoid:

- Bathing or showering
- Cleaning the area
- Eating and drinking
- Washing hands
- Brushing teeth
- Smoking
- Using the toilet
- Brushing hair
- Destroying and cleaning clothes

If you have been a victim of sexual assault, call **999**. Or, if you are not ready to report the crime but think you may want to in the future, you can arrange to have your forensic evidence stored at West Yorkshire SARC (Sexual Assault Referral Centre) for 2 years by calling **0330 223 0099**.

Sexual assault and harassment is an awful and traumatic experience. It is common to feel shocked, numb, disoriented, overwhelmed, angry and upset. There is specialised support available to you. **You do not have to go through this alone.**