

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.uk

For women:

Rape Crisis

0808 802 9999
www.rapecrisis.org.uk
You can use this link to find your nearest rape crisis centre:
rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/

For men:

West Yorkshire Survivors UK

02035983898
info@survivorsuk.org
www.survivorsuk.org.uk

For the LGBTQ+ community:

Galop

0800 999 5428
advice@galop.org.uk
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Consent is **specific** and can be **withdrawn** at any time.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 could want to in the future, you can have your **forensic evidence stored at West Yorkshire SARC for up to 7 years** by calling **0330 223 3617** (day)/ **0330 223 0099** (Night).

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.**