

It's unfortunate that we still must give people tips to stay safe.

People should know not to sexually assault.

These aren't meant to shame or victim blame. They're meant to empower, support and remind people to be aware of their surroundings.

- **Trust your gut.** If you start feeling unsafe or uncomfortable, or you get a bad feeling about someone, trust it. Leave or find someone you trust.
- If someone disrespects your boundaries or touches you inappropriately, **you have the right to say no and to leave the situation.**
- Pour your own beverage and always keep it in sight. **Most drugs used in DFSAs are odourless and tasteless.**
- **Don't accept mixed drinks** from containers that could be spiked or overpoured.
- **Try and avoid excessive drinking or drug use.** They can reduce ability to think or communicate clearly (**but it never gives anyone permission to assault someone else**).
- If you're at a party, **stick together** with a friend and avoid isolating yourself.
- **Have a backup plan,** tell someone where you are, plan for a ride home or have money for cab if you want to leave at any time.

Reach out for Free and Confidential Support

Sexual Assault Response Program Help Lines

Available 24/7

Toll-free 1-833-946-1706

Local (250) 931-7712

www.iwav.org

For more information:

Sexual Assault Response
Coordinator
sarc@iwav.org
(250) 931-7712 ext 2

Sexual Assault Counsellor
sacounsellor@iwav.org
(778) 244-8169



Islanders Working Against Violence

WHAT IS DRUG-FACILITATED SEXUAL ASSAULT?



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DRUG-FACILITATED SEXUAL ASSAULT (DFSA)

DFSA occurs when drugs or alcohol reduce someone's ability to give consent to sexual activity.

It could happen when someone:

- purposely drugs someone else without their knowledge and then sexually assaults them
- sexually assaults someone when they're too high or drunk to give consent
- pressures someone else to take more drugs or alcohol than they can handle for the purpose of sexual contact when they're too incapacitated to give consent
- purposely doesn't tell someone how much alcohol is in their drink or what dosage of drugs they have ingested for the purpose of sexually assaulting them

Many people who have had a DFSA have little memory of what happened or they feel that it was their fault because they took drugs or alcohol.

It's never their fault. No one ever chooses to be sexually assaulted, regardless of how much drugs and/or alcohol they've consumed. The only person to blame is the person who assaulted them.

A DFSA can happen to anyone.

Around 25% of all sexual assaults reported involve a survivor being drugged or incapacitated through alcohol or drugs.

In about 80% of sexual assaults, the survivor knows the assailant.

In most DFSAs, **alcohol** was the substance that incapacitated the victim.

What are some signs that someone has been drugged?

Some people may feel:

- very drunk after consuming a small amount of alcohol
- confused, dizzy, drowsy and/or disorientated
- sudden temperature change - like sweating, teeth chattering and/or difficulty breathing
- loss of bladder or bowel control, nausea and/or vomiting
- as though they've had a lapse in memories
- as though they've blacked out and may feel like something sexual has happened

If you notice any of these signs, go to someone you trust and seek medical support at the hospital immediately.

If you notice these signs in a friend, keep them safe and get them medical attention so they can be monitored.