



What can you do to protect yourself against Drink Spiking?

- Never leave drinks unattended
- Buy your own drinks and know what you are drinking
- Watch your drink service closely
- Don't accept drinks from anyone you don't know and trust
- Recognise out of character behaviour and report suspicious behaviour.
- Refuse strong tasting drinks
- Don't drink taste other peoples drinks
- Tell someone where you are going and who with
- If you feel strange tell a friend and go to a safe place
- If you feel strange don't leave the premises with people you don't trust

Most importantly?

- **LOOK AFTER YOUR FRIENDS !!!**
- **MONITOR THEIR BEHAVIOUR**

If you suspect someone is a victim of Drink Spiking.

- Seek medical attention and ask for a urine test
- Report the matter to Police, be it an official report or just for intelligence purposes. (**Police** and the **community** can only act against Drink Spiking if they are aware that it's happening)
- Talk to someone or seek counseling