The Other College Prep

A GIRL SCOUT GOLD AWARD PROGRAM
BY ISABELLA CRUZ

girl scouts

Learn how to protect yourself and navigate through dangerous situations you may face in college. Learn about campus safety, safe alcohol consumption, date-rape drugs, and more.

"The Other College Prep" for High School Students

***THIS PATCH PROGRAM ADDRESSES SERIOUS AND HEAVY TOPICS AND NO IN WAY CONDONES UNDERAGE DRINKING.**

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Campus Safety

LEARN TO STAY SAFE ON CAMPUS

A STRANGER IN MY ROOM

Personal Story

"IT WAS A FRIDAY NIGHT AND I HAD JUST COME BACK FROM THE LIBRARY TO MY DORM ROOM WHILE MY ROOMMATES WERE AT A FRAT PARTY. BECAUSE ONE OF US ALWAYS FORGOT OUR KEY, WE WOULD USUALLY LEAVE THE DOOR UNLOCKED. THE PERSON WHO WAS COMING HOME LAST WOULD USUALLY LOCK THE DOOR, BUT REALISTICALLY IT STAYED UNLOCKED MOST NIGHTS. I HAD JUST TAKEN A SHOWER, PUT MY PAJAMAS ON AND GOTTEN IN BED WHEN SUDDENLY MY DOOR WAS PUSHED OPEN AND A COMPLETE STRANGER RAN INTO MY ROOM. I WAS AN 18-YEAR-OLD GIRL, ALL ALONE AT 1 AM WITH A STRANGER IN MY ROOM. I JUMPED OUT OF BED AND SAW A TALL MAN JUST BLANKLY STARING AT ME. AFTER ABOUT 10 SECONDS, HE TURNED AROUND AND RAN OUT. I QUICKLY RAN TO THE DOOR AND LOCKED IT BUT I WAS SHAKING. I THINK THAT THE MAN WAS JUST CONFUSED AND WENT INTO THE WRONG DORM ROOM, BUT I WILL NEVER REALLY KNOW. ALTHOUGH THANKFULLY NOTHING HAPPENED TO ME, THAT DAY IS ONE THAT I WILL NEVER FORGET BECAUSE IT TAUGHT ME HOW NOT LOCKING YOUR DOOR JUST ONCE COULD CHANGE YOUR LIFE. I AM SO THANKFUL THAT THE STRANGER WHO ENTERED MY ROOM WAS MOST LIKELY A CONFUSED COLLEGE BOY WHO WAS TOO DRUNK TO KNOW HIS OWN ROOM NUMBER AND NOT SOMEONE WITH BAD INTENTIONS. PLEASE TAKE THIS AS A LESSON TO ALWAYS LOCK YOUR DOOR, BECAUSE YOU NEVER KNOW WHO CAN WALK INTO YOUR ROOM."

-VICTORIA C.
SOUTHERN METHODIST UNIVERSITY

Campus Safety
-Staying Safe-

WHAT WILL THIS TOPIC COVER?

1. DORM SAFETY
2. SELF-DEFENSE ITEMS
3. HOW TO STAY ALERT WHILE WALKING AT NIGHT

1. DORM SAFETY

YOUR DORM IS MEANT TO BE A PRIVATE, SAFE SPACE WHERE YOU CAN EXPRESS YOURSELF FREELY AND COMFORTABLY. FOLLOWING VICTORIA'S STORY ABOUT DORM SAFETY, HERE ARE SOME TIPS YOU CAN FOLLOW TO PROTECT YOURSELF AND STAY SAFE.

1. **LOCK YOUR DOOR** AS SOON AS YOU ENTER YOUR DORM. MANY STUDENTS WILL LEAVE THEIR DOORS OPEN DURING THE DAY AND FORGET TO CLOSE THEM AT NIGHT BY HABIT. BY ALWAYS LOCKING THE DOOR, YOU CAN ALWAYS ENSURE YOUR SAFETY.
2. **NEVER GIVE YOUR KEYS TO ANYONE**. EVEN IF IT IS SOMEONE YOU TRUST, YOUR KEYS CAN END UP IN THE WRONG HANDS AND HAVE A COPY MADE OF THEM.
3. **ALWAYS MAKE SURE NO ONE IS FOLLOWING YOU INTO YOUR BUILDING OR DORM ROOM.** IT IS DIFFICULT TO PROTECT YOURSELF IF SOMEONE SNEAKS UP ON YOU AND CORNERS YOU. JUST TAKE A QUICK LOOK BEHIND YOU BEFORE ENTERING YOUR BUILDING. IF YOU NOTICE THAT SOMEONE IS FOLLOWING YOU OR MAKING YOU UNCOMFORTABLE, DO NOT GO TO YOUR ROOM. FIND THE RA, A DORM BUILDING EMPLOYEE, OR CALL 911 AND EXPLAIN YOUR SITUATION TO THEM. NEVER BE SCARED TO ASK FOR HELP. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY!

Campus Safety
-Staying Safe-

2. SELF-DEFENSE ITEMS

IT IS ALWAYS GOOD TO CARRY SELF-DEFENSE ITEMS BECAUSE THEY NOT ONLY MAKE YOU SAFER BUT ALSO MAKE YOU FEEL SAFER! BELOW ARE SOME CREATIVE, CONCEALABLE OPTIONS. TAKE A LOOK!

1. PEPPER SPRAY
   - SPRAY YOUR ATTACKER AND GIVE YOURSELF TIME TO RUN AWAY, AND KEEP IT IN YOUR HAND OR IN YOUR FRONT POCKET FOR EASY ACCESS.

2. SHE'S BIRDIE
   - A CONCEALABLE PERSONAL SAFETY ALARM MADE BY WOMEN, FOR WOMEN. IT HAS A SOUNDING ALARM AND STROBE LIGHTS TO DETER ANY POSSIBLE THREAT.

3. SELF-DEFENSE KEYCHAINS
   - THESE COME IN CUSTOMIZABLE STYLES AND COLORS SO YOU CAN MAKE THEM YOUR OWN! THE KEYCHAIN USUALLY CONTAINS: PEPPER SPRAY, METAL STRIKING OBJECTS, SOUND ALARMS, AND MORE.

4. FISTS
   - LASTLY, NOTHING IS MORE EFFECTIVE THAN FIGHTING BACK, SO USE YOUR FISTS!

DEFENSE

3. STAYING ALERT AT NIGHT

MOST FEELINGS OF UNEASINESS AND FEAR COME AT NIGHT, ESPECIALLY WHEN YOU ARE WALKING ALONE. HERE ARE SOME TIPS TO PREVENT DANGEROUS SITUATIONS BY STAYING ALERT.

1. DO NOT WEAR HEADPHONES AT NIGHT
   - WEARING HEADPHONES PREVENTS YOU FROM HEARING YOUR SURROUNDINGS. ALWAYS BE ATTENTIVE!
2. BUDDY SYSTEM
   - THERE WILL BE TIMES WHEN YOU WILL NEED TO WALK AROUND CAMPUS AT NIGHT. IF YOU CAN, ALWAYS TRY TO FIND A FRIEND TO WALK WITH. IF YOU ARE ALONE, FIND A GROUP OF PEOPLE TO STAY CLOSE BEHIND. THERE IS SAFETY IN NUMBERS!
3. CALL CAMPUS SECURITY FOR AN ESCORT.
   - MOST COLLEGES AND UNIVERSITIES PROVIDE FREE RIDES AND ESCORTS 24 HOURS A DAY. IF YOU FEEL UNSAFE, LOOK FOR A BLUE-LIGHT PHONE AND CALL FOR A RIDE.

Campus Safety Activities

ACTIVITY 1

Research your own cool self-defense items and discuss with your friends why you like them. Choose at least 3 and explain their benefits and possible disadvantages. Some ideas are pepper sprays, whistles, personal sirens, mini tasers/stun guns, personal safety alarms, etc...

ACTIVITY 2

Watch the Youtube video: "7 Self-Defense Essentials to Protect Yourself" and practice them with a partner... but be gentle with them!

Link: https://www.youtube.com/watch?v=CKaa19kpqzM

ACTIVITY 3

Take a self-defense course either online or in person! Below is an amazing resource that teaches about self-defense, specifically for women, in almost all situations!

Link: https://www.womensselfdefense-seps.com/

Uber/Lyft Safety

LEARN HOW TO STAY SAFE AND AWARE
WHEN USING A DRIVING SERVICE

I CANCELED MY UBER RIDE AFTER WHAT HE SAID TO ME...

Personal Story

"I WAS 13 YEARS OLD AND MY PARENTS AND I WERE TAKING AN UBER TO THE AIRPORT FROM OUR HOME. THE UBER DRIVER INTRODUCED HIMSELF AND SEEMED RELATIVELY NORMAL. NO ALARMS IN MY HEAD WERE SOUNDING AS I WAS WITH MY PARENTS, AND THE DRIVER HAD DONE NOTHING TO MAKE ME WARY OF HIM. WE WERE ALL STRAPPED INTO OUR SEATS AND READY TO START OUR DRIVE TO THE AIRPORT WHEN, ALL OF THE SUDDEN, WE NOTICED THAT MY DOG HAD RUN OUT OF THE FRONT DOOR AND WAS NOW RUNNING AROUND THE LAWN. MY PARENTS IMMEDIATELY GOT OUT OF THE CAR TO CATCH THE DOG, AND I WAS LEFT ALONE WITH THE DRIVER. I AM A NATURALLY PARANOID PERSON, SO RIGHT WHEN MY PARENTS EXITED THE UBER, I UN-DID MY SEATBELT JUST IN CASE THERE WAS A SITUATION WHERE I FELT LIKE I NEEDED TO GET OUT OF THE CAR QUICKLY. HIS QUESTION "HOW OLD ARE YOU?" BROKE THE SILENCE. BEING COURTEOUS, I SMILED AT HIM AND SAID "13". HE RESPONDED "YOU SEEM LIKE YOU HAVE GOOD PARENTS" AND I SAID "YES, THEY ARE VERY GOOD PARENTS" IN A SHORT BUT RESPECTFUL MANNER. OUTSIDE OF THE CAR, MY PARENTS HAD STILL NOT CAUGHT THE DOG SO I LET OUT A SMALL, AMUSED LAUGH AT THE SITUATION. ALL OF A SUDDEN THE DRIVER TURNED HIS BODY TOWARDS ME VERY SERIOUSLY AND SAID "I AM GOING TO DRIVE AWAY AND SEE HOW LOUD YOUR MOM SCREAMS". THERE WAS SOMETHING SINISTER ABOUT THIS COMMENT. I KNEW I HAD TO LEAVE THE CAR IMMEDIATELY. WITHOUT GIVING HIM A RESPONSE, I OPENED THE CAR DOOR AND LEAPED OUT, WALKING OVER TO WHERE MY PARENTS WERE AND PRETENDING TO HELP CATCH THE DOG. I DISCREETLY TOLD THEM ABOUT THE COMMENT THE DRIVER HAD JUST MADE TO ME AND THEY WERE STUNNED, FEELING JUST AS UNCOMFORTABLE AS I HAD IN THAT MOMENT. WE ALL WALKED INSIDE THE HOUSE AND IMMEDIATELY CANCELED THE UBER. MY FATHER WENT INTO THE UBER APP AND REPORTED THE MAN FOR INAPPROPRIATE BEHAVIOR. IT IS NOW 5 YEARS AFTER THIS EXPERIENCE, AND I STILL AM EXTREMELY CAUTIOUS WHEN I GET INTO UBERS BECAUSE OF IT. I HAVE TAKEN HUNDREDS OF POSITIVE UBER DRIVES AND LESS THAN A HANDFUL OF NEGATIVE ONES, BUT I NOW KNOW HOW TO HANDLE ANY SITUATION I AM FACED WITH."

-ISABELLA C.
INCOMING COLLEGE FRESHMAN

Uber/Lyft Safety

-Be Aware-

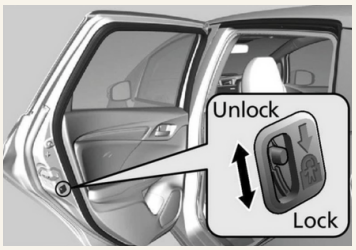
WHAT WILL THIS TOPIC COVER?

1. THE UBER SAFETY CHECKLIST
2. WHAT TO DO IF YOU FEEL UNSAFE

1. THE UBER SAFETY CHECKLIST

BEFORE GETTING INTO AN UBER, COMPLETE THE "UBER-SAFETY CHECKLIST" TO MAKE SURE YOU ARE GETTING INTO THE RIGHT CAR AND STAYING SAFE ON YOUR DRIVE.

1. **CHECK THE LICENSE PLATES**
   MAKING SURE YOU ARE ENTERING THE RIGHT CAR IS SUPER IMPORTANT. PEOPLE WITH BAD INTENTIONS CAN POSE AS UBER DRIVERS TO LURE YOU INTO THEIR CAR.
2. **ASK THE DRIVER WHO THEY ARE PICKING UP.**
   BY ASKING THE DRIVER WHO THEY ARE PICKING UP INSTEAD OF ASKING IF THEY ARE PICKING UP [YOUR NAME], YOU CAN BOTH CONFIRM EACH OTHER'S IDENTITIES AND MAKE SURE A STRANGER IS NOT JUST SAYING THEY ARE YOUR UBER TO GET YOU INTO THEIR CAR.
3. **CHECK THAT THE CHILD LOCK IS NOT ON.**
   IF THE CHILD-LOCK IS ON, THAT PREVENTS YOU FROM BEING ABLE TO OPEN THE DOOR EVEN IF THE DOORS ARE UNLOCKED. THIS CAN BE USED TO FORCIBLY KEEP YOU IN THE CAR.



4. **SHARE RIDE WITH A TRUSTED CONTACT.**
   UBER AND LYFT HAVE A VERY HANDY FEATURE THAT ALLOWS YOU TO SHARE RIDES WITH A CONTACT SO THEY CAN SEE YOUR LOCATION FOR THE DURATION OF THE DRIVE. ALWAYS DO THIS (EVEN IF YOU FEEL SAFE.
5. **BE ATTENTIVE TO THE MAP.**
   MAKE SURE THAT THE DRIVER IS TAKING THE RIGHT TURNS AND IS ON THE RIGHT ROAD. PERIODICALLY, LOOK AT THE MAP ON EITHER YOUR PHONE (OR THE DRIVER'S) TO CONFIRM YOUR LOCATION.

Uber/Lyft Safety

-Be Smart-

2. WHAT TO DO IF YOU FEEL UNSAFE

YOU HAVE THE ABILITY TO CANCEL YOUR RIDE AT ANY POINT ON THE UBER AND LYFT APPS. USE THIS BUTTON IF YOU EVER FEEL UNCOMFORTABLE UNSAFE. IT IS IMPORTANT TO LISTEN TO YOUR GUT. IF YOU FEEL SOMETHING IS OFF, TRUST YOURSELF. IF THE UBER IS NOT ALLOWING YOU TO EXIT THE CAR, IMMEDIATELY CALL 911. THIS IS WHY SHARING YOUR RIDE WITH A TRUSTED PERSON IS IMPORTANT- THEY CAN SERVE AS YOUR LIFE-LINE!

BIGGEST TAKEAWAY:

IF YOUR GUT TELLS YOU SOMETHING IS WRONG, LISTEN TO IT. NO ONE KNOWS YOUR SITUATION BETTER THAN YOURSELF.

NEXT PAGE:

UBER/LYFT SAFETY ACTIVITIES

Uber/Lyft Safety Activities

ACTIVITY 1

Talk to a friend, classmate, or troopmate and teach them about the "Uber Safety Checklist". Then, order an Uber or Lyft and complete the checklist together.

Checklist Review:

1. Check license plates
2. Ask the driver who he is picking up
3. Make sure child lock is off before you enter the car
4. Share the ride with a trusted contact
5. Confirm the drop-off location with the driver and check your surroundings to make the driver is taking your desired location

ACTIVITY 2

Warning - this activity discusses the subject of murder and may distressing for some readers.

Read this article on the murder of college senior, Samantha Josephson, who mistakingly got into a car thinking it was her Uber. Then, watch the video titled "April 2019. Student Killed After Mistaking Suspect's Car for Her Uber" above the article.

Link: https://www.nbcnews.com/news/us-news/student-killed-after-taking-car-she-mistook-uber-was-victim-n1274534

Alcohol Consumption*

Know Your Limit

LEARN HOW TO CALCULATE YOUR BLOOD ALCOHOL CONTENT (BAC) AND WHY IT IS IMPORTANT TO DO SO

THIS PROGRAM DOES NOT CONDONE UNDERAGE DRINKING

Personal Story

IT WAS LAUREN'S FRESHMAN YEAR OF COLLEGE, AND EVERYTHING WAS GOING GREAT. SHE FOUND AMAZING FRIENDS, GOT INTO THE SORORITY OF HER DREAMS, AND HAD A VERY ACTIVE SOCIAL LIFE. LAUREN'S NEW SORORITY DECIDED TO THROW A BIG PARTY TO WELCOME ALL THE NEW FRESHMEN AND LET THEM GET TO KNOW EACH OTHER. ALTHOUGH LAUREN HAD BEEN TO PARTIES AND HAD A FEW DRINKS BEFORE, THEY WERE ALWAYS IN MODERATION AROUND PEOPLE SHE TRUSTED (HER PARENTS, FAMILY, ETC.) LAUREN'S FRIENDS KEPT ARRIVING AND ASKING HER TO DRINK WITH THEM. SWEPT UP IN THE MOMENT AND WANTING TO PLEASE HER FRIENDS, LAUREN DRANK MORE AND MORE, NOT COUNTING THE NUMBER OF DRINKS SHE HAD ALREADY HAD. SHE WALKED ONTO THE DANCE FLOOR WITH HER FRIENDS, AND THAT IS THE LAST THING SHE REMEMBERS. SHE WOKE UP, CONFUSED, IN A HOSPITAL BED WITH IVS IN HER ARMS AND FEELING LIKE SHE HAD BEEN HIT BY A TRUCK. THE DOCTOR TOLD HER THAT SHE HAD DRUNK SO MUCH THE NIGHT BEFORE THAT SHE PASSED OUT AT THE PARTY. WITH LAUREN SEEMINGLY UNRESPONSIVE, HER FRIENDS CALLED THE AMBULANCE AND REALIZED SHE HAD ALCOHOL POISONING, LEADING HER TO HAVE TO GET HER STOMACH PUMPED. LAUREN FELT SO EMBARRASSED ABOUT THIS SITUATION! NOT ONLY HAD SHE FELT AS IF SHE HAD RUINED THE NIGHT FOR HER FRIENDS, BUT SHE ALSO HAD A LARGE HOSPITAL BILL TO PAY. BECAUSE OF THIS SITUATION, LAUREN LEARNED TO NEVER DRINK CARELESSLY AGAIN AND BEGAN TO CALCULATE HER BAC LEVEL TO KNOW WHEN TO STOP DRINKING. UP TO THIS DAY, LAUREN HAS NEVER HAD ANOTHER PROBLEM WITH ALCOHOL CONSUMPTION IN HER LIFE. SHE SAYS THAT IF SHE HAD KNOWN HOW TO CALCULATE HER BAC, SHE WOULD NOT HAVE ENDED UP IN THE SITUATION SHE DID. SHE URGES ALL STUDENTS TO LEARN HOW TO CALCULATE THIS BEFORE GOING TO COLLEGE.

-*LAUREN W.
UNIVERSITY OF FLORIDA

Know Your Limit - B.A.C

WHAT IS B.A.C?

B.A.C STANDS FOR BLOOD ALCOHOL LEVEL AND IS THE AMOUNT OF ALCOHOL IN YOUR BLOOD THAT DEVELOPS FROM DRINKING ALCOHOLIC BEVERAGES. LEVELS CAN RANGE FROM 0% (NO ALCOHOL) TO OVER .4% (A POTENTIALLY FATAL LEVEL).

WHY IS IT IMPORTANT FOR ME TO CALCULATE MY B.A.C?

BY KNOWING HOW TO CALCULATE YOUR BAC, YOU WILL BE ABLE TO LEARN HOW TO DRINK RESPONSIBLY, WHEN TO STOP DRINKING, AND IF/WHEN YOU ARE IMPAIRED BY ALCOHOL. YOU COULD POTENTIALLY SAVE YOURSELF FROM A SCARY SITUATION LIKE LAUREN'S, OE EVEN SAVE YOUR LIFE.

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HOW DO I CALCLATE IT?

THAT IS THE EASY PART! MANY WEBSITES HAVE BAC CALCULATORS, AND THERE ARE ALSO PLENTY OF APPS TO USE TO MAKE IT EASILY ACCESSIBLE TO ALL. FIND ONE YOU LIKE OR USE THE CALCULATOR OR THE CHART BELOW!

BAC CALCULATOR!

HTTPS://WWW.CALCULATOR.NET/BAC-CALCULATOR.HTML

KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	

Know Your Limit Activities

ACTIVITY 1

Practice calculating B.A.C with the charts provided above.
Answer the questions below:

1. Lauren weighs 125 pounds. At a party on Friday night, she consumed two shots and 3 beers. Calculate her B.A.C for Friday night.

2. Calculate your own B.A.C! Use the chart above to see what your B.A.C would be if you were to drink 2 beers and 2 shots. If you are comfortable, compare your numbers with your friends.

ACTIVITY 2

Read this CBS News article of Drinking Culture and watch the short video associated with it.

Link: https://www.cbsnews.com/news/binge-drinking-blacking-out-alcohol-culture-threatening-americas-kids-cbsn-originals/

Drink Spiking & Date-Rape Drugs

WHAT IS DRINK SPIKING? WHAT ARE DATE-RAPE DRUGS?
HOW TO KNOW IF YOU HAVE BEEN DRUGGED

Personal Story

"I HAD AN INTERNSHIP IN NEW YORK, SO MY MOM AND I FLEW THERE TOGETHER. WE DECIDED TO HAVE A MOTHER-DAUGHTER EVENING AND GO OUT TO DINNER TO A REALLY COOL RESTAURANT THAT HAD A BAR. WE EACH ORDERED A DRINK FROM THE WAITER. WHILE WE WAITED FOR OUR FOOD, I DECIDED TO WALK AROUND AND CHECK OUT THE PLACE. I WALKED AROUND THE BAR AREA WITH MY DRINK IN MY HAND JUST LOOKING AROUND BUT AFTER A FEW MINUTES I BEGAN TO FEEL STRANGE & STARTED TO WALK BACK TO OUR TABLE. THAT IS WHERE MY MEMORY ENDS. I DO NOT REMEMBER ANYTHING ELSE FROM THAT NIGHT, BUT MY MOTHER FILLED IN THE GAPS FOR ME. APPARENTLY, ONCE I GOT BACK TO THE TABLE, I STARTED TO SLUR MY WORDS AND COULD NOT KEEP MY EYES OPEN. MY MOM KNEW SOMETHING WAS WRONG AND REALIZED THAT I HAD BEEN ROOFIED. SHE ORDERED A CAB AND HAD TO CARRY ME TO THE HOTEL. I SPENT THE REST OF THE NIGHT THROWING UP. I AM FOREVER GRATEFUL THAT MY MOM WAS THERE BECAUSE, WITHOUT HER, THAT NIGHT COULD HAVE ENDED IN A COMPLETELY DIFFERENT WAY."

-AMANDA E.
HIGH SCHOOL SENIOR

Drink Spiking & Date-Rape Drugs

WHAT WILL THIS TOPIC COVER?

1. WHAT ARE DRINK SPIKING & DATE RAPE DRUGS?
2. HOW TO KNOW IF YOU HAVE BEEN ROOFIED
3. ITEMS & TIPS TO PREVENT GETTING ROOFIED

1.DRINK SPIKING & DATE RAPE DRUGS

DRINK SPIKING IS THE ACT OF SNEAKING DRUGS OR ALCOHOL INTO SOMEONE'S BEVERAGE. MOST CASES OF DRINK SPIKING ARE DONE TO COMMIT SEXUAL ASSAULT OR ROBBERY. ACCORDING TO WIKIPEDIA, DATE RAPE DRUGS ARE "ANY DRUG THAT INCAPACITATES ANOTHER PERSON AND RENDERS THAT PERSON VULNERABLE TO SEXUAL ASSAULT, INCLUDING RAPE". THEY CAN COME IN THE FORM OF A SMALL DISSOLVABLE PILL OR A COLORLESS AND ODORLESS LIQUID. MANY DIFFERENT DRUGS CAN BE USED, BUT THE ONE OF THE MOST COMMON DRUGS IS ROHYPNOL WHICH IS WHY THEY OFTEN CALL IT "BEING ROOFIED".

2. HOW TO KNOW IF YOU HAVE BEEN DRUGGED

IT DEPENDS ON THE DOSING THAT YOU HAVE BEEN GIVEN. THE SAME ROOFIE COULD AFFECT TWO DIFFERENT PEOPLE IN TWO COMPLETELY DIFFERENT WAYS, SO REACTIONS CAN VARY. THE SIDE EFFECTS CAN RANGE FROM FEELING A BIT MORE EASYGOING AND PLAYFUL TO BEING FULLY INCAPACITATED AND NOT HAVING ANY CONTROL OVER YOUR OWN MIND AND BODY. AS WE READ IN AMANDA'S STORY ABOVE, SHE WAS UNABLE TO WALK, THROWING UP, AND HAS NO MEMORY OF THAT NIGHT. ACCORDING TO BANYAN TREATMENT CENTER, BELOW ARE SOME OF THE COMMON REACTIONS TO BEING DRUGGED:

- EXCESSIVE DRUNKENNESS (A MAJOR RED FLAG IF YOU HAVEN'T HAD MUCH TO DRINK
- GAPS IN MEMORY
- SEDATION
- DIFFICULTIES CONCENTRATING OR STAYING FOCUSED
- REDUCED ALERTNESS AND ENERGY
- DISORIENTATION
- DIFFICULTIES MOVING OR FEELING PARALYZED
- LOSS OF MUSCLE CONTROL
- NAUSEA

Drink Spiking & Date-Rape Drugs

3. HOW CAN I PREVENT DRINK SPIKING + HELPFUL TIPS & GADGETS

YOU MAY FIND YOURSELF WONDERING, "CAN I PREVENT GETTING DRUGGED?" AND THE ANSWER IS THAT YOU MOST DEFINITELY CAN! HERE ARE SOME TIPS TO STAY SAFE AND ALERT:

- **NEVER PUT YOUR DRINK DOWN**! IF YOU DO, GO GET A NEW DRINK. SOMEONE COULD HAVE EASILY SPIKED IT WHILE YOU WERE NOT LOOKING. IT ONLY TAKES 1 SECOND FOR SOMEONE TO SLIP IN A PILL OR INVISIBLE LIQUID.
- **KEEP YOUR DRINK COVERED**. EVEN IF YOUR DRINK IS IN YOUR HAND, IT CAN STILL BE SPIKED WITHOUT YOU NOTICING. KEEP IT COVERED! THAT WAY NO ONE CAN DROP ANYTHING IN YOUR DRINK.
- **NEVER ACCEPT A DRINK SOMEONE IS OFFERING YOU**. EVEN IF YOU TRUST THE PERSON, SOMEONE ELSE MAY HAVE SPIKED IT WITHOUT YOUR FRIEND'S KNOWLEDGE.
- **BRING YOUR OWN CUP TO GATHERINGS.** MANY COLLEGE STUDENTS DO THIS TO PREVENT GETTING DRUGGED AT LARGE EVENTS. BRING YOUR OWN TO CUP WITH A LID SO IT IS NOT POSSIBLE FOR ANYONE TO DROP ANYTHING INTO IT.
- **ALWAYS BE AWARE OF YOUR SURROUNDINGS.** IF YOU SEE A PERSON HOVERING AROUND YOU OR SEEMING SUSPICIOUS, WALK AWAY AND STAY VERY ATTENTIVE TO YOUR DRINK. YOU CAN LET SOMEONE NEAR YOU, OR A BARTENDER KNOW OF YOUR SITUATION AND THEY CAN HELP YOU NAVIGATE THROUGH IT.

HELPFUL TIP: IF YOU ARE AT A BAR AND FEEL UNCOMFORTABLE, ORDER AN "ANGEL SHOT" AT THE BAR. THIS IS NOT A REAL DRINK, BUT RATHER A UNIVERSAL TERM THAT BARTENDERS UNDERSTAND WHICH LETS THEM KNOW THAT SOMEONE IS MAKING YOU FEEL UNCOMFORTABLE. THEY ARE TRAINED TO INTERVENE AND WILL HELP YOU STAY SAFE.

+ helpful gadgets

THERE ARE MANY HELPFUL GADGETS THAT HAVE BEEN CREATED TO HELP WOMEN AVOID THESE SCARY AND DANGEROUS DRUGGING SITUATIONS. BELOW ARE TWO EXAMPLES. YOU WILL RESEARCH MORE IN THE ACTIVITY SECTION OF THIS TOPIC.

- "**TEST MY DRINK" TEST STRIPS -** THESE PERSONAL TEST STRIPS ARE DESIGNED TO DETECT THE POSSIBLE PRESENCE OF THE ILLICIT "DATE RAPE DRUGS" GHB AND KETAMINE IN ALCOHOLIC AND NON-ALCOHOLIC BEVERAGES.
- **NIGHT CAP®**-THE NIGHTCAP® SCRUNCHIES AND KEYCHAINS ARE DUALLY FUNCTIONAL PRODUCTS THAT CAN BE USED TO COVER OVER MOST CUPS AND GLASSES TO PREVENT PILLS AND POWDERS FROM BEING DROPPED INTO A DRINK. WHEN READY, PULL DRINK COVER OUT OF THE HIDDEN POCKET, PLACE OVER DRINK, POP IN A STRAW AND ENJOY!

Drink Spiking & Date-Rape Drugs

ACTIVITY 1

a) Many people are not aware of how easy it is to be drugged. Watch this short video which highlights how easy it is for someone to slip something into your drink. It is pretty scary!

Link: https://www.youtube.com/watch?v=19ELHA10HY0

b) After watching the video, select a partner, fill up two glasses with water and take any small item (tic tacs, corn kernels, etc.) to see how stealthily you can drop it into each other's drink. Doing it yourself will help you visualize how possible it is for someone else to do it. Was your partner able to notice?

ACTIVITY 2

a) Go on the internet and research different types of date rape drugs and the form in which they take (pills, liquid, etc). Find someone and educate them on what you learned about the effects of being drugged and how easy it is to spike a drink.

b) Go on the internet and research 5 different devices or gadgets that can either prevent you from being drugged or identify if your drink has been spiked. Share your selections with the troop- tell them which you would use and why.

RESOURCES

Books:

The Gyne's Guide for College Women – How to Have. Healthy, Safe, and Happy Four Years
M. Susan Scanlon, MD
Essential guidebook for all girls going to college! Written by a physician and women's health expert, The Gyne's Guide talks managing stress and depression, and getting enough sleep, to risks of alcohol use, sexual assault prevention, and avoiding date rape drugs and more. All the facts, tips, and suggestions about how to be healthy, safe, and happy in college are explained in detail.

Drink Spiking Prevention Products:

NightCap® Drink Covers- NightCap® was invented by 16-year-old Shirah Benarde from West Palm Beach, Florida. The idea came to her in a dream after hearing about the horrors of drink spiking from friends who experienced it after going off to college. Fortunately, her friends were okay, but Shirah was determined to come up with a solution to this problem to protect her and her friends when they went off to college. She also wanted to make sure the product would be something girls would feel comfortable using.
Available on nightcapit.com or on Amazon.

Test My Drink" Test Strips - These personal test strips are designed to detect the possible presence of the illicit "Date Rape Drugs" GHB and Ketamine in alcoholic and non-alcoholic beverages. Available on testmydrink.com or Amazon.

SipChip - Test your drink for signs of drug tampering anytime, anywhere. SipChip™ is a coin-sized drug test that helps you drink more safely. One drop of liquid is all it takes to see if your drink has been spiked. Get results in as little as 30 seconds. Available on undercovercolors.com

Websites:

https://www.thegynesguide.com/collegeguide - The Gyne's Guide will give you the information you need to safe and healthy, help you stay on track to reach your goals, and make college some of the best years of your life. Offering lectures, workshops and the book "The Gyne's Guide for College Women".

https://nightcapit.com/pages/educate - Great educational resource explaining drink spiking, how to prevent drink spiking, how to recognize if you (or a friend) has been drugged and what to do if you think you've been drugged.

https://www.responsibility.org - Help yourself and those around you make a lifetime of responsible alcohol choices. The Foundation for Advancing Alcohol Responsibility leads the fight to eliminate drunk driving and underage drinking and promotes responsible decision-making regarding beverage alcohol.

https://www.notinmydrink.com/ - The #NotInMyDrink Foundation is an organization whose sole purpose is to raise awareness about the risks and dangers of Drink Spiking and to encourage changes in social behavior for those at risk.
https://www.calculator.net/bac-calculator.html - Calculate your BAC with the BAC Calculator. Just input yur weight, time since first drink , and what you drank to instantly know your BAC.