



Drink Spiking 101: Creating Safer Communities

What is Drink Spiking?

Drink spiking is when someone has added something, like drugs or alcohol, to your drink without you knowing.

Trends around Drink Spiking

Campuses and communities are seeing an increase in drink spiking and drug and alcohol-facilitated sexual violence. **Ensuring all spaces are safe from harm and violations of consent is a collective responsibility.**

Laws around Drink Spiking

Spiking a drink with drugs or alcohol without someone's knowledge and consent is considered a criminal offence.

If you are caught spiking someone's drink, you can be charged with assault causing bodily harm by administering noxious things. These charges come with a maximum sentence of 14 years imprisonment. (Criminal Code, RSC 1985, c C-46, s 241(1))

Drink Spiking and Consent

**Spiking someone's drink violates their consent.
Consent is...**

Informed

This means having all of the information needed to make an informed decision or choice. By spiking someone's drink without their knowledge or consent, that individual lacks the ability to have choice over what happens to them after the spiked drink is consumed.

Freely Given...

Consent cannot be obtained by using pressure, manipulation or deception. **When individuals are not aware their drink has been spiked, this is an act of deception.**



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Drug and Alcohol-Facilitated Sexual Assault

Drug and alcohol-facilitated sexual assault occurs when alcohol or drugs are used to compromise an individual's ability to consent to sexual activity.

Consent is...

Awake and Aware...

Consent cannot be given if someone is **unconscious, asleep, excessively intoxicated, or incapacitated**. Spiking a drink often escalates someone's level of intoxication, and in some cases can render them unconscious, incapable of moving, speaking or being aware of their surroundings. Consent is never possible in this state.

Informed

Informed consent is not possible when individuals are unconscious, asleep, excessively intoxicated, or incapacitated. This is because their ability to make choices is compromised as well as their ability to understand and communicate information.

Risk Awareness

- Do not leave your drink unattended.
- Keep your drink with you at all times.
- Never accept a drink from someone you do not know.
- Never share, swap, or drink any leftover drinks.

The best way to stop drink spiking is never to spike another person's drink.

Reminder: Individuals whose drinks have been spiked are never at fault.



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Respecting Others

- **Don't add anything to anyone's drink without consent.** Don't put someone in a dangerous situation.
- **Watch out for others.** if you see someone put something in someone's drink, let the individual whose drink it is know it may have been spiked.

Being an Active Bystander: What To Do If You See Someone Spike A Drink

If you see someone spike a drink, follow **the 5 D's of Bystander Intervention*** and choose an option to intervene that is safest for you.

Document: Gather as much information as you can about your surroundings and the situation to determine the best approach.

- *Ex:* Who is around you that may be able to help support you in intervening (friends, bartenders, security, managers)?

Distract: Create a distraction with the goal of removing the person whose drink has been spiked from harm.

- *Ex:* Pretend you know them to get to talk to them alone
- *Ex:* Accidentally spill their spiked drink

Delegate: Seek support from others in supporting the person whose drink has been spiked and in addressing the person who has spiked a drink.

- *Ex:* Ask a friend to stay with the person whose drink has been spiked while you seek support from a bar manager in confronting the person who has spiked a drink.

Direct: Directly confront the person who has spiked the drink and let them know what they've done is not okay. It is highly recommended (when possible) to seek support from others for a direct approach.

Delay: Delay your intervention for a more appropriate time or person.

- *Ex:* Wait until the person who spiked the drink is alone to confront them 1-on-1.

*The 5 D's of Bystander Intervention were developed by *Right to Be*



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Know the Signs

Symptoms can develop between 5-20 minutes of having your drink spiked and can last for up to 12 hours. **These can include:**

- Feeling tired or weak
- Dizziness
- Difficulty walking or staying up
- Nausea and/or vomiting
- Blurred Vision
- Amnesia
- Feeling drunk after having a small amount or no alcohol
- Trouble comprehending what others are saying to you

The effects of a spiked drink will vary, depending on the substance used, the combination of substances and how much of the drug is in the body. Alcohol can enhance the effects of other drugs.

Most drugs leave your body within 12-72 hours.

What To Do If You Suspect a Friends Drink Has Been Spiked

While you will often not be able to see, smell or taste a difference in your drink if it has been spiked with drugs or alcohol, you will feel a difference.

Always believe your friend's if they've expressed they are feeling unwell or worry their drink may have been spiked.

If a friend or someone begins to feel strange or seem more intoxicated than they should be, it is important to get help immediately.

- Inform a bar manager, bouncer, staff member, or trusted person
- Stay with the individual and continue talking to them
- Call an ambulance/ seek medical attention if their symptoms get worse
- Try to get them to a safe place
- Don't let them consume more alcoholic beverages



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What To Do If You Need Help

Emergency Resources (Off-Campus)

Police/Paramedics: 911

**Guelph-Wellington Care and Treatment
Centre for Sexual Assault and Domestic
Violence**

519-837-6440 ext. 2758

519-837-6440 ext 2210 (after 5pm)

Guelph Wellington Women in Crisis (24 hour
crisis line for all genders): 1-800-265-7233

Emergency Resources (On-Campus)

Residence - contact RAs on-call
via each residence desk: **519-824-
4120:**

South - ext. 58123;

North - ext. 58122;

East - ext. 58124

**Campus Safety Office: 519-840-
5000 X52000**

Non-Crisis Resources

**Sexual and Gender-Based Violence Support
Coordinator:**

519-824-4120 X53020 or svinfo@uoguelph.ca
(seeking support or disclosing does not mean
you are required to report)

Counselling Services:

519-824-4120 X53244

(Drop-in counsellors available
Mon to Fri between 1pm - 3pm)