



Important things to remember if you are raped:

- DO NOT take a shower, brush your teeth or douche
- DO NOT get rid of the clothing you were wearing during the assault



What to do if you are raped:

If you have been raped, you should get to a safe place, contact law enforcement and go to the hospital.

Call Operation Care's 24-hour crisis line at **209-223-2600** as soon as possible or have someone call for you. A trained advocate will come immediately to be with you and help you every step of the way. From the hospital examination through the court process, we are here to help, and you will not be alone.



Tel: 209-223-2897

**24-Hour Sexual Assault
Help Line:
209-223-2600**



Tel: 209-223-2897

**24-Hour Crisis Line:
209-223-2600**

Toll free: 800-675-3392

619 New York Ranch Road
Jackson, CA 95642
Fax: 209-223-2987
www.operationcare.org

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This project was financially assisted by grants through Office of Emergency Services RC# 06091628 and Department of Health Services # 05-45599

Our Mission

To provide domestic violence and sexual assault support services, crisis intervention and education to our community.

Our Vision:

We believe in the value and dignity of individuals, and that people have a right to live in a safe, secure environment, free from violence. Operation Care provides individuals with the opportunities and tools to end the cycle of violence.

Date Rape Drugs Know the signs



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Date Rape Drugs

Rapists have a new weapon. Dosing drinks with date rape drugs like **Roofies**, **GHB** and **Ketamine** can take away your ability to fight back and your memory of what was done to you. When these drugs are mixed with alcohol, the results can be lethal.



Protect Yourself

getting involved in a dangerous sexual situation.

- Avoid drinking too much. Alcohol impairs your ability to make smart choices.
- Talk to your date beforehand to make sure you are on the same page about where the night is going.
- Don't go back to someone's room or leave a party with someone you don't know very well.
- Trust your gut. If you feel at all uncomfortable, get out of the situation.
- When going on a date with someone new, make sure to tell a friend what your plans are so that someone knows where you will be.
- Offer to meet your date at a place you

agree upon until you know that person better.

- Take a self defense class. That way, you will know what to do if things get too physical.

Date Rape Drugs: What You Need to Know

Rohypnol, known on the street as "**Roofies**," Gamma hydroxy butyric acid, known as **GHB** or **Liquid Ecstasy**, and Ketamine, known as **Special K** or **Kit Kat**, are depressants that can cause dizziness, disorientation, loss of inhibitions, memory blackouts, and loss of consciousness when mixed with alcohol or any other drinks, even water.

They are odorless, colorless and tasteless or could have a strong salty taste so you may not even realize it if someone slips one of these substances into your drink. Because they may cause you to pass out, ingesting them may put you at risk for sexual assault.

If your drink smells or tastes strange, do not drink it.

Don't put your drink down. If your drink is out of sight, even for a few minutes, don't finish it. Get yourself a new one.

Don't accept an open drink from anyone. If you order a drink in a bar, make sure you watch the bartender open the bottle or mix your drink.

Avoid punch bowls. With date rape drugs in circulation, you can't be sure what's in the punch, so think twice before you partake.

Watch out for each other. Stay together and watch out for each other, and keep an eye out for signs of drugs. Spread the word about "date rape drugs" to everyone you know.

- If you think you may have been given Roofies, GHB or Ketamine, immediately go to the emergency room and ask for a urine

screening test. Though traces of the drug may still appear up to 72 hours after ingestion (depending on dosage, and individual metabolism) the chances of getting proof are best when the sample is obtained quickly. Therefore, in the event that you are sexually assaulted after you were unknowingly given one of these drugs, the results of this test could provide incriminating evidence against your attacker.

OPERATION CARE

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Since 1980

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