

HAS YOUR DRINK BEEN SPIKED?

There are relatively few incidents of drink spiking in Hambleton but one is one too many.

Nationally the trend is up so it is important to educate the young people about the dangers of having drinks spiked with drugs or alcohol – pills, powders or liquids.

As sixth formers turn 18 and are going out into pubs and clubs they must be on their guard against this despicable crime – it can have devastating effects and can strike anyone at anytime.

The following steps should always be taken:

- Plan your night out – including the journey there and back
- Let someone know where you are going to be and what time you are expecting to be back
- Never leave drinks unattended
- When you go to the toilet, ask a friend you trust to look after it
- Only accept a drink from a stranger (however tempting) if you have seen it being poured
- Ask bar staff to remove the bottle top in your presence – keep your thumb over the top or use a spikey
- Watch out for your friends – go out in a group, stay in that group and come home with them!
- If you feel ill / disorientated / or really drunk after one drink TELL SOMEONE
- If you think you have been a victim of drink spiking ring the police on 0845 60 60 24 7

True Facts

6,650 cases of drug related rape or sexual abuse with a staggering 54% happening within pubs and clubs in 2003