

AFTER HOURS

Friday night rolls around once again and you've just made plans to check out that new club you've all been hearing about for weeks now. Friends are coming by your place around 10 to pick you up - you have to hurry up and get ready.

So, you smell nice, the hair works, the outfit is off-the-hook... you're ready to make an entrance! You hear a horn honking outside - they're here. When you walk outside towards the car, you are greeted by your friends, "Well, excuse me - check you out!" - you're feeling good. It's on tonight!

Walking through the door of the club, you feel a rush. The place rocks - the sights, the sounds, and the crowd! Everything is calling your name, including that fine specimen you make eye contact with standing over near the VIP section. You exchange a few smiles, but not wanting to seem too eager, you make your way over to the bar. You have a few drinks with your friends as you all survey your surroundings - all the while keeping tabs on your "friend" who's still checking you out from across the club.

OK- those drinks are starting to kick in and you're feeling that it's time to make your way over for an introduction. There are barely any introductions exchanged before you two head over to the dance floor - that's your jam and you just need to be out there! The chemistry is hot. The signals are there and you both move closer and closer to one another. At this point, the feeling is right and you're thinking about how things could be off that dance floor...

The night is starting to wind down and the club is emptying out. Now even the lights have started to come on. Not wanting the night to end, you both decide to leave your friends and find someplace to talk. Before you know it, you are back at your place, but you aren't really in the mood to talk. The chemistry, the mood, the drinks - the stage is set for something fun. Things start to get heated. The two of you are in the midst of something passionate, something sensual... you decide to take it to the next level...

STOP!!

Alcohol and drugs do not cause HIV. However, the decisions you make (or don't make) while on them that can determine your risk for HIV. Being under the influence can make you feel invincible- beyond the reach of anything or anyone who could hurt you. They can also make it difficult to know the consequences of a good decision and a not-so-good one.

How can alcohol and drugs affect your decisions about sex? Being drunk or high can lead you to have sex with people you may not normally have sex

with. It also may lead you to have sex without protection (latex condoms, dental dams, etc...). Drugs make you forget things and if you forget how risky sex is, you make yourself vulnerable to HIV infection and other STDs. Moreover, you may not experience symptoms for months or years!

Click below to learn how you can protect yourself when partying or using alcohol or illicit drugs.

- [DATE RAPE DRUGS AND HIV](#)
- [HIV AND INJECTING DRUGS: A DEADLY RISK](#)
- [A PLAN OF ACTION](#)

Date Rape Drugs and HIV/AIDS

There is a growing concern on campuses across the country due to the heightened presence of so-called "love drugs." The sexual predators who abuse people using these dangerous substances often choose to mix them with some type of alcoholic beverage. Unfortunately, **60% of STDs (including HIV) are transmitted when one or both partners are under the influence of alcohol during intercourse.** Alcoholic consumption in unfamiliar surroundings is dangerous, especially when you have no idea what else is mixed-in with the alcohol.

Knowledge is key when combating the dangers associated with date rape drugs.

Click below to learn about the three most popular types of date rape drugs.

- [ROHYPNOL](#)
- [GHB](#)
- [KETAMINE](#)

Rohypnol (Roofies, Rope, Ruffies, R2, Ruffles, Roche, Forget-pill, Micky) It is a potent tranquilizer which produces a sedative affect, amnesia, muscle relaxation, and slowing of the motor (movement) response. The pill is colorless, odorless, and tasteless and dissolves without leaving any traces. It takes effect approximately 10-20 minutes after ingestion. Rohypnol can be added to any liquid (effect lasting two to eight hours) but when added to alcohol it produces amnesia (effect lasting 8-24 hours). Some people use Rohypnol an alcohol for a rapid and dramatic high. In social settings, be aware of those individuals who seem extremely intoxicated after consuming only a small amount of alcohol, they might need your help.

GHB (Liquid Ecstasy, Liquid X, Scoop, Easy Lay) It is an odorless, colorless, liquid depressant with anesthetic qualities. GHB is usually distributed as a sodium salt in powder or tablet form commonly dissolved in water. The drug

gives the feeling of relaxation, tranquility, sensuality, and loss of inhibitions (especially for women). GHB takes effect 10-15 minutes after ingestion and lasts two to three hours unless combined with alcohol, where effect may last 20-30 hours. Large doses can induce sudden sleep within five to 10 minutes.

Ketamine (“K”, Special K, Vitamin K, Ket) It is a new drug that has been added to the predator/Date Rape drug category. It is a powerful anesthetic that is used as an animal tranquilizer. It is available in liquid, powder or pill form. Ketamine causes hallucinations, amnesia and dissociation (a feeling where the mind seems separated from the body) making it attractive for potential date rapists.

A PLAN OF ACTION

The prevalence of date rape drugs like Ketamine and Rohypnol underscores that partying today is riskier than ever. So, if you’re going to party, it’s up to you to think about *how* you’re going to do it. Developing a plan of action ahead of time can help you avoid becoming victimized and can aid you in making sound decisions.

There is a lot at stake - a decision about sex can have consequences that last a lifetime.

When making a plan of action: Plan not to use drugs so you can keep a clear head; Plan to be careful; and Plan how to say “no.”

Second, before making your plan of action, think about your values. Who are you and what is important to you? How will using drugs and having sex affect your values?

When partying, here are a few other suggestions:

1. . Carry a condom. Use a condom—this goes for men *and* women.
2. Eat something before partying.
3. Munch on something during the party.
4. Remember: Less alcohol, more soda.
5. Add more ice. Much more ice.
6. Sip slowly.
7. Avoid straws.
8. Don’t leave your drink unattended; be mindful that someone could put something in it.
9. If you can, alternate alcoholic drinks with non-alcoholic drinks.
10. Pace yourself.
11. Try to monitor how much you drink – if you can’t remember, STOP!
12. We’re all adults, but look out for your friends. We’re never too old for the “buddy system.”

HIV and INJECTING DRUGS: A DEADLY RISK

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For comments or suggestions contact the webmaster: gspeights@nafeo.org

At the start of every intravenous injection, blood is introduced into needles and syringes. HIV can be found in the blood of a person infected with the virus. The reuse of a blood-contaminated needle or syringe by another drug injector (sometimes called "direct syringe sharing") carries a high risk of HIV transmission because infected blood can be injected directly into the bloodstream.

In addition, sharing other drug equipment (or "works") can be a risk for spreading HIV. Infected blood can be introduced into drug solutions by:

reusing water;

reusing bottle caps, spoons, or other containers ("spoons" and "cookers") used to dissolve drugs in water and to heat drug solutions; or

reusing small pieces of cotton or cigarette filters ("cottons") used to filter out particles that could block the needle.

"Street sellers" of syringes may repackage used syringes and sell them as sterile syringes. For this reason, people who continue to inject drugs should obtain syringes from reliable sources of sterile syringes, such as pharmacies. Disposable syringes and needles are not intended for reuse and, because of their configuration, are extremely difficult to clean thoroughly; for this reason, the CDC recommends **full-strength (un-diluted) bleach** for the disinfection of needles and syringes.

It is important to know that sharing a needle or syringe for any use, including skin popping and injecting steroids, can put one at risk for HIV and other blood-borne infections.

- **Sources Cited**

60% of STDs (including HIV) are transmitted when one or both partners are under the influence of alcohol during intercourse

“Sex and Alcohol.” University Health Services at the University of Georgia. Accessed February 10, 2003.

http://www.uhs.uga.edu/sexualhealth/all/sex_alcohol.htm

- **Glossary Items**

None

- **STOP The Silence Website Elements**

None