

## Important phone numbers

- ☒ LARA.....2 16 88 88
- ☒ Police emergency..... 110
- ☒ Fire dept, ambulance..... 112
- ☒ Police .....46 64-0
- ☒ Charité Institute of forensic medicine..... 4 50 52 50 31
- ☒ Berlin Crisis Service..... 3 90 63-00  
(ext. 00 through 10)
- ☒ Public Prosecutors Office .....90 14-0
- ☒ Office for Medical Refugee Aid .....6 94 67 46
- ☒ BIG Initiative – Hotline of the Berlin Initiative Against Domestic Violence..... 6 11 03 00
- ☒ Intercultural Initiative..... 80 19 59 80

The phone numbers may be called from Berlin landline phones as listed. Callers from mobile phones must add the Berlin area code 030 to the beginning of the phone number.

## Online information

- ☒ [www.ko-tropfen-nein-danke.de](http://www.ko-tropfen-nein-danke.de)

## LARA Services

- ☒ counselling by telephone or in person
- ☒ support in crisis situations
- ☒ short-term therapy
- ☒ support while filing charges and during legal proceedings
- ☒ legal advice from female attorneys
- ☒ support seeking a psychotherapist
- ☒ various offers for groups
- ☒ counselling for family, friends and partners
- ☒ advanced training and supervision for other professionals
- ☒ counselling in German, Turkish, English, French and with interpreters

LARA

Rape Crisis Center

Fuggerstraße 19  
10777 Berlin-Schöneberg  
**Phone:** 2 16 88 88, **Fax:** 2 16 80 61  
**E-mail:** [beratung@lara-berlin.de](mailto:beratung@lara-berlin.de)  
**Web:** [www.lara-berlin.de](http://www.lara-berlin.de)

**Counselling by telephone or in person:**  
Monday – Friday, 9 am – 6 pm

**Donations Account:** Bank für Sozialwirtschaft,  
IBAN DE93 1002 0500 0032 6680 1, BIC BFSWDE33BER

Design:  
[Lesotre@Conceptual Brand Creation](mailto:Lesotre@ConceptualBrandCreation.com),  
[www.lesotre.de](http://www.lesotre.de)

**bff:**

FRAUEN GEGEN GEWALT E.V.

Gefördert durch die Senatsverwaltung  
für Arbeit, Integration und Frauen

**DER PARITÄTISCHE**  
UNSER SPITZENVERBAND

DON'T LET DATE RAPE DRUGS  
KNOCK YOU OUT

LARA

KRISEN- UND  
BERATUNGSZENTRUM  
FÜR VERGEWALTIGTE UND  
SEXUELL BELÄSTIGTE FRAUEN

☎ 2 16 88 88

## Date rape drugs – no thanks!

This information leaflet is intended for women and girls, parents, teachers and other professionals.

We want to raise awareness for sexual violence perpetrated under the influence of date rape drugs. Since it is – as the circumstances indicate – difficult to prove the use of date rape drugs, raising public awareness in regard of the problem and preventative measures is of high importance.

Under the influence of date rape drugs victims often can not remember what had happened to them. The perpetrators (often) tell their victims that the sexual intercourse was consensual. Our basic principle is to take every woman serious seeking help if she suspects or knows to have been raped.

It must be noted that sexual violence constitutes a crime, regardless whether or not the use of date rape drugs can be proven. Victims are not responsible for the assault. Any woman in any situation can become a victim of sexual violence. The causes are embedded in societies' patriarchal structures and not in women's behavior.

Whether it is about general information, a counselling session or help to file charges and to go through the legal procedures, you can always contact **LARA**. Here you can also take part in a group or short-term therapy.

## Date rape drugs? Roofies? K.O. drugs?

These are substances secretly slipped into the drinks and food of unsuspecting victims in order to make them lose their inhibitions and ability to defend themselves against a sexual assault. These drugs do not only cause lowered inhibitions and numbness, but may also be life-threatening. Especially in combination with alcohol or medicine they can lead to respiratory paralysis.

Most victims experience blackouts and can only partially recall what happened to them. Some victims at first do not realize that they might have intentionally been poisoned. In the absence of a clear recollection, physical injuries may be the only trace of a sexual assault. Later on victims can develop various trauma symptoms as anxieties, instability, nightmares or other severe psychological consequences.

Given that the most commonly used **date rape drugs are detectable in the blood or urine only for a very short time (max. 12 hours for GHB)** the possibilities of proving drug use as part of a criminal investigation are limited. The remaining option is expensive and elaborate hair analysis. It is also possible to keep a urine sample for later testing.

**LARA's** experienced female lawyers can advice on whether it is worthwhile filing criminal charges at a later point in time.

## What can you do?

We know from experience that date rape drugs are often being used in clubs and bars – so keep an eye on your drink and don't accept open drinks from people you don't know. But it can also happen at private parties with small groups of people or at a date. The warning signs may be inconspicuous at first sight.

- ☒ Is someone urging you to drink?
- ☒ Are the drinks being mixed out of sight?
- ☒ Do you know the people present?

As a matter of principle it is best to listen to your gut feeling and leave if you feel something is off. A friend acting out of character and who seems unusually uninhibited and/or disoriented needs help. **If you notice a girl or woman who seems disoriented or dazed, don't leave her on her own.**

**Warning:** Perpetrators will often pretend to be the „rescuer“ when the effects of the drug set in, and can thus effectively kidnap their victims.

**Rule of thumb:** Better call an ambulance if someone is not responsive or unconscious. It can be a life-threatening situation. The police should be called if you suspect date rape drugs were involved. The police can initiate examination and analysis at the Institute for Forensics.

