



# Be vigilant for spiking

Spiking is when someone gives you alcohol or drugs without your consent.

## Spot the signs:

- sunken ice
- change in colour
- excessive bubbles
- foggy appearance

Avoid accepting drinks from **strangers**, don't leave your drink **unattended** and **throw it away** if you think it **looks or tastes strange or different**.



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Consuming a spiked drink can take away your control and make it easier for a perpetrator to rob, harm or sexually assault you.

If you think you've been spiked, we know this can be a confusing and scary time.

**Please know you're not to blame and it was not your fault.**

**My Support Space** is an online resource from the independent charity **Victim Support**.

It has information on **what you can do if you've been spiked.**



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