



PROTECTING YOURSELF FROM DRUG-FACILITATED SEXUAL ASSAULT

A message brought to you by your AFA EAP (800-424-2406)

What Are “Date Rape Drugs”?

These are substances sometimes used to incapacitate someone in order to commit a sexual assault. They often have no color, taste, or smell and can easily be slipped into drinks. Experts call this drug-facilitated sexual assault (DFSA).

Most common drugs:

- ☐ GHB – clear liquid, powder, or pill. Leaves the body in 12 hours.
- ☐ Rohypnol – pill (illegal in the U.S., found abroad). Detectable up to 72 hours.
- ☐ Ketamine – white powder or liquid. Effects last hours, clears in 24–48 hours.

Alcohol makes these drugs stronger and faster acting.

Effects on the Body

- ☐ Drowsiness, dizziness, confusion
- ☐ Slurred speech, impaired movement
- ☐ Distorted perception, hallucinations
- ☐ Memory blackouts
- ☐ Nausea, vomiting, even coma or death

Flight Attendant Safety Tips

- ☐ ☒ Control your drink – open/pour it yourself.
- ☐ ☒ Keep it in sight – don’t leave it unattended.
- ☐ ☒ Avoid shared containers – no punch bowls or pitchers.
- ☐ ☒ Don’t share drinks – even with acquaintances.
- ☐ ☒ Buddy system – stay with trusted crew.
- ☐ ☒ Trust instincts – if something feels off, walk away.

If You Think You’ve Been Drugged or Assaulted

- ☐ Call 911 (U.S.) or local emergency services immediately.
- ☐ Request urine/blood testing ASAP – drugs leave your system quickly.
- ☐ Save the drink/container if possible.
- ☐ Don’t shower, change, or clean up before medical care.
- ☐ Report to hotel security and police

Resources

- ☐ AFA EAP (confidential): 1-800-424-2406
- ☐ National Sexual Assault Hotline: 1-800-656-HOPE

Need Support?

Your AFA EAP/Professional Standards Committee is here to help—confidentially and without judgment. Whether you’re exploring mental health treatment, facing challenges with a coworker, or unsure about a medication, you don’t have to go it alone. Contact AFA EAP anytime. 800-424-2406.

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