

ghb basics

Categorized as a depressant or sedative-hypnotic, usually found in a **clear and odorless liquid form** or in a powder form where it is usually dissolved in liquid for consumption.

Has been **used for a wide range of purposes**, including sleep aid, research in narcolepsy treatment, as a bodybuilding supplement, for social and party atmospheres, and in cases of drug-assisted rape.

ghb effects

A recreational dose produces effects **similar to alcohol**, such as euphoria, relaxation of the muscles, sociability, talkativeness.

At higher doses, GHB can cause **dizziness**, loss of motor control, slurred or slowed speech, **nausea**, slowed breathing, **vomiting**.

The riskiest doses of GHB can lead to potentially life-threatening situations, such as **respiratory failure** and **loss of consciousness**.

ghb risks

Extremely Easy to Overdose ~ GHB is one of the most dose-sensitive drugs, meaning a **small change in the amount taken can produce huge changes** in what is felt. Some dosages can take anywhere from 30 mins to 2 hrs to

take effect, prompting many users to take second doses before they have begun feeling the effects from the first one. Many users have also mixed **GHB with alcohol, an extremely dangerous combination**. A number of users have experienced fatal respiratory failure as a result of mixing and/or multi-dosing.

[**Other factors such as your body weight, amount of food/alcohol in stomach, and tolerance also play a role in the likelihood of overdose**]

Decrease In Motor Coordination ~ activities such as swimming or driving is extremely dangerous while under the influence of GHB. Deaths and injuries have occurred when users drowned or crashed after passing out.

Passing Out ~ physical injuries can result from passing out and falling; the danger of lapsing into a coma can also result, throwing up while unconscious can lead to **choking on your own vomit**

Physical Dependency ~ frequent use can lead to addiction with severe withdrawal symptoms

[adapting to the depressant effects of GHB has prevented some users from falling asleep without it]

Rape ~ GHB **can easily be given to someone without their consent** or knowledge; it is especially dangerous when mixed into an alcoholic beverage.

[a number of sexual assaults and rapes followed non-consensual use of GHB]

GHB is illegal in the United States, possession or sale can result in long prison terms

preventing a slip

Reduce your chances of being given GHB unwittingly

- stay with friends at all times
- know what you're drinking
- be careful where you put your drink
- accept mixed drinks only from the bartender

if you've been slipped

Signs to watch for

- sudden relaxation
- fatigue
- nausea/vomiting
- slowed breathing
- dizziness
- unexpected intoxication

Alert others

- friends
- security
- medical personnel
- call for an ambulance (if necessary)

If you exhibit any of the symptoms

- find a safe place to sit
- keep yourself from falling asleep, especially if nauseous
- LET OTHERS KNOW

helping a ghb victim

- stay with them at all times
- lay them on their side to prevent choking on vomit
- keep them awake
- if asleep, check for pulse and breathing and try to wake them up

if someone has passed out

- call an ambulance immediately (911)
- keep airways open
- check for anything in their mouth that could obstruct their breathing
- lay the person on their side with leg and arm extended out for leverage
- ask for help from others until the ambulance arrives

[Statistically, alcohol use and abuse is far more prevalent than that of GHB. More than 90% of all drug-assisted rape cases involve alcohol. The rape and overdose prevention tips in this pamphlet can be applied towards an alcohol-related emergency as well]

You will not be arrested for going to or taking someone to the hospital. Standard procedure maintains confidentiality between doctor and patient.

ONLINE RESOURCES

Harm Reduction Coalition & Training Institute

Bicoastal (Oakland, CA & New York-based) group offering professional trainings, direct services, and publications to help reduce drug-related harms in various communities - sex workers, prisoners, GLBT, youths, the homeless, etc.

www.harmreduction.org

DanceSafe

National coalition of drug education organizations serving the rave & nightclub scene, Entirely volunteer-based.

www.dancesafe.org

The Vaults of Erowid

Website featuring extensive facts, articles, and links on hundreds of known substances (legal & illegal).

www.erowid.org

**IN AN EMERGENCY
DIAL 911**

ghb

BASICS ABOUT G

PREVENTING

GHB-ASSISTED RAPE

WHAT TO DO IF

YOU'VE BEEN SLIPPED GHB

San Francisco State University
Counseling and Psychological Services'
C.E.A.S.E. PROGRAM



DanceSafe
Promoting health and safety within the rave and nightclub community.