



**John Della Bosca MLC**  
**Minister for Health**  
**Minister for the Central Coast**



**Tony Kelly MLC**  
**Minister for Police**  
**Minister for Emergency Services**

**17 December 2008**

## **Drink spiking warning to party-goers**

NSW Minister for Health, John Della Bosca, and Minister for Police, Tony Kelly, have reminded party-goers to take care in the lead up to Xmas-New Year and during the holiday period following a steep increase in drink and food spiking incidents.

Data from the Bureau of Crime Statistics and Research reveals a 150 per cent rise in spiking incidents between January and June this year.

Mr Kelly said there was a total of 113 spiking incidents in the first six months of the year - 10 in January and 25 in June - but the real figures are likely to be much greater as many incidents go unreported.

“The run-up to Christmas is peak party season, and it is very easy for a pill or powder to be slipped into your drink,” Mr Kelly said.

“The results can be horrendous, with victims vulnerable to date rape, violence or theft without having any ability to defend themselves.

“It is important not to take a drink of anything you are unsure of and if you feel strange, particularly after having only a small amount of alcohol, ask someone you trust to immediately take you somewhere safe.”

Mr Della Bosca said that drink spiking is a growing problem, and men and women of all ages need to understand the potential dangers.

“Much of the drink spiking involves sedatives such as GHB - an anaesthetic drug with sedative properties and is usually ingested in liquid form. Short-term effects include drowsiness, relaxation, dizziness and decreased inhibitions.

“It is commonly referred to as a ‘date-rape’ drug because it can be added to a drink without leaving any visible trace.

When preparing a night out, to protect yourself it is important to:

- Plan your night and tell people where you are going.
- Never accept a drink from a stranger or leave drinks unattended.
- Tell bar staff if you see someone spiking drinks.

For more information see the fact sheet at: <http://www.health.nsw.gov.au/public-health/dpb/publications/ghb.htm>