

Welfare Awareness Topic: Spiking

Overview – *Drink spiking* is a serious crime, regardless of whether an attack or an assault has been carried out and means putting alcohol or drugs into someone's drink without their knowledge or permission. **Spiking by injection** describes the act of one person spiking another, but instead of placing substances in a drink, it is done through use of a needle. Spiking can be a scary experience, and recognizing the signs your drink has been spiked, or how to help someone you suspect has been a victim is important.

Drink Spiking:

Spiking someone's drink is a serious offence, anyone that does it could face serious criminal charges, and it carries a maximum 10-year prison sentence in the UK.

How to tell if you or a friend has been spiked:

The effects of drink spiking vary, but could include

- Lowered Inhibitions
- Loss of Balance
- Feeling Sleepy or becoming unconscious
- Visual Problems
- Confusion
- Nausea and vomiting

These will depend on lots of factors, so if you or a friend start to feel strange, a bit off, or more drunk than you should be, get help straight away, **either from venue staff or by calling an ambulance.**

Spiking by injection:

Spiking by injection describes the act of one person spiking another, but instead of placing a pill in a drink, it is done through the use of a needle. This is an offence both of assault and injection of a noxious substance and can carry a term of imprisonment.

How to tell if you or a friend has been spiked by injection:

The person being injected would be unaware that this had happened as the needle used is small. They may find a small bruise on their hand, arm leg or another part of their body that is unexplained, and the area may be sore.

Spiking by injection carries extra risks as unclean or shared needles pose threats of HIV/AIDS, Hepatitis B and Hepatitis C. The person carrying out the injection would not worry about such things. Their aim is to try and drug individuals. This method is being used as people become more aware of drinks being spiked and are taking more care around leaving drinks unattended.

Spiking by injection symptoms are like that of being spiked via a pill in a drink. These could include-Lowered inhibitions, loss of balance, visual problems, confusion, nausea, vomiting, or unconsciousness.

How to get help / how to help a friend:

- Tell a bar manager, bouncer, or member of staff at the venue. If you are feeling harassed always alert venue staff as they have a responsibility to keep you safe.
- If you are with a friend, stay with them and keep talking to them, and don't let them go home on their own, or with someone you don't know or trust.
- If you are on your own, tell a friend or get in touch with someone you trust you can help, like a relative or member of staff if you are in a venue, and go somewhere safe as soon as possible.
- **If you or your friend start to feel very sleepy, vomit or hallucinate, you should visit your GP or local A+E immediately. In an emergency, call 999.**
- You should also contact the Police, as drink spiking is illegal.

Remember: having your drunk spiked is **never your fault**, you should be able to enjoy yourself without fear of drink spiking. All venues licensed to sell alcohol have a legal duty for public safety and the prevention of crime, and they should work to create a safe environment for everyone. Any of these can be serious and if you feel you have been or are aware of someone having been spiked by injection you must seek medical help immediately. Please ensure the police are contacted. CCTV may be available in the club, and it may prevent someone else suffering as well as protecting you and your friends.

Article/Source / Find out more

- [DrinkAware](#) has more information and advice on spiking, and how to get help.
- If you, or someone you know, have been affected by crime, including sexual harassment or any sort of sexual harm, help and support is available. [Victim Support](#) offer free, confidential help to anyone who's been affected by sexual harassment. Call 08 08 16 89 111 for support.
- Tell a friend, a member of staff at the premise and go to the nearest A&E department or if an immediate medical emergency call for paramedics on 999.
- [BBC News](#) and the [Independent](#) have more information regarding Injection Spiking and what it is.

Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team, then please get in touch: safeguarding@bpp.com