

Article for Talk About Trust

My Spiking Experience

My name is Rhiannon Eaves and last year I was spiked whilst on holiday in Portugal with my family. We were at a beach bar, and someone spiked one of my drinks. It was after we had a few rounds to drink, and the waiter brought out a board of shots and left them on the bar. Being with my family, I never expected I would be spiked so I took one of the shots. The last thing I remember is speaking to my auntie and having a very coherent conversation, but the next hours are a total blank.

Apparently, my auntie found me passed out in the toilet, and had to grab my dad to lift me out. My dad called the medic over who turned out to not be any help. I was apparently being sick for over three hours and couldn't open my eyes or keep my weight up. Not having any control of my body is one of the scariest things I have ever experienced. All I remember from the entire evening is waking up in an ambulance with a doctor prying my eyes open and pouring sachets of sugar down my mouth. He kept repeating to my dad that I had been spiked with a substance and had to get to hospital immediately.

It was a horrific night and one that stays with me till now. I was extremely lucky because I was with my family, but unfortunately for so many other people, that is not the case. It scares me the most to think that despite being with my family, the person who spiked me still wanted to put a substance in my drink. It goes to show that people can spike you at any place, any time and it is so important to remain vigilant and aware of your surroundings wherever you are. That day taught me a lot of lessons, but the biggest one was to only get shots or drinks directly from the bar staff and to be careful with what you are drinking. I only ever get bottles in a nightclub now as I can cover the top with my thumb.

My story had a safe ending, but for so many others, they aren't as lucky and people take advantage of them, so please be careful when you're out drinking, because no one understands how shattering an experience like that can be until you've been through it.

Rhiannon Eaves