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### RAPE AND ITS EFFECTS ON ITS VICTIMS.

What is rape? Rape is the act of forcing sexual intercourse on a person without their consent or against their will usually **coitus** I e a man forces himself on a woman ,but now it is any sexual act forced by a person on another person. Rape has been in the world for many years now and it is common among women and children. It is true that men also get raped but it is a fact that they also get raped by other men. Its is 10% of the time women commit rape and the remaining 90% is done by men. Many countries like **India, the United states and the United kingdom** especially **Canada** have a high incidence of rape. In India young girls and old women are raped. The rapists do not care for their age as long as they get what they want. The United states though high in Female rape has also seen a rapid increase in the rape of young boys and some young men in the prisons. So you can see that many people are in danger of being raped and that is why rape is now a global issue.

Rape has many bad effects it causes psychological and physiological problems ,not to mention that there is a great risk of pregnancy for the victim, especially if it is a girl and in countries like Africa and Egypt she will most likely be ostracized by her peers and even some family members if she decides to keep the child in the long run. Also the risk of contracting SEXUALLY TRANSMITTED DISEASES is also there. However , I will be talking about its physical and psychological effects on the victims which is where all the facts listed above fall into . She will be ostracized and abused and this can affect her mentally , the physical aspect has it's own effects. Everything is connected .

Psychological effects of rape simply mean the mental effects of rape. A rape victim may experience the following problems on their mental health ;

- **PTSD:** This is Post Traumatic Stress Disorder and it can come in the form of flashbacks of the rape, severe nightmares, anxiety issues and sometimes uncontrollable thoughts. This is one of the most common effects of rape.
- **Depression** which includes sadness and most times feelings on hopelessness, unexplained crying, weight loss or weight gain, loss of energy or loss of interest in activities that were previously enjoyed.
- **Dissociation** which includes not able to be focus on school work and not being attached to daily activities and situations.
- **Finally** ,suicide this is when rape victims are unable to live with themselves and resort to ending their own life in a bid to ease the pain.

These are just a few examples on the mental effects of rape. Rape can also cause many more problems to its victim mentally such as fear of being touched by the gender of the rapist or just simply being touched at all . All these people need is support and care in order for them to come back stronger and better than they ever where before. Avoiding them makes everything worse.

Secondly, the physical effects which simply means the effects on the body and some of them are;

- Bleeding (vaginal or anal).
- Soreness and difficulty walking.
- Broken and dislocated bones.
- Transfer of sexually transmitted diseases.
- Pregnancy.

These are just some of the effects of rape on its victim especially if they are female. Rape , especially on virgins leads to serious bleeding. Also during rape force is used which leads to bruises , sometimes broken and dislocated bones in their attempt to escape. They are also at a risk of STDs and unwanted pregnancy. However, physical effects though the most obvious are the easiest to recover from. Mental effects are long lasting and need serious attention.

Finally, we all know that rape is bad and it causes so much problems but every problem has a solution. There are many rape victims and they keep dying in silence.

These people just need support from their friends and loved ones and this is the only way their mental health can be restored. It will surprise you that once they receive all these attention and care they will come back as a better than they ever were before the ordeal.

In short, rape is a global issue that affects both man and woman kind. It has terrible effects on its victims and these affects both their physical and mental health but with enough attention ,including medical care those people who have been through that ordeal become so much better.



