## RAPE, OTHER FORMS OF ABUSE AND THEIR EFFECTS ON THE VICTIMS

In Nigeria the rates of abuse and women and children is getting alarming. There are so many types of abuse that are faced by women and children in our society today I will only focus on rape and domestic violence.

Rape is a type of sexual assault usually involving sexual intercourse or other forms of penetration carried out against a person's will or consent. It can be carried out by physical force, abuse of authority, coercion, against people who are not capable of giving proper or valid consent like one who is unconscious, has an intellectual disability or is below the legal age of consent.

Domestic violence is also a major problem in our society. It is not just by physical harm. It could be physical, emotional, sexual, financial or psychological. The most recognised is physical abuse.

Many victims of rape and domestic violence/ abusetry to justify their business actions and hope that condition condition will improve. What they fail to realise is that most of these things start small and can escalate to even murder.

There are ways in which these problems can be controlled. The government and our lawmakers should make strict punishments for culprits. Most of these cases are usually not reported due to circumstances. Most of the victims are threatened or are abused by the person putting food on their table. This is where the government is meant to come in to assist people in these situations by providing security and the basic amenities needed.