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**Rape and its Effects**

Rape is one of the crimes and social problems that is somewhat regarded as a community’s last priority although the victims suffer from grave physical, mental and emotional consequences. So what is Rape? Rape is a type of sexual assault usually involving having a carnal knowledge, which is initiated by one or more persons against another person without that person’s consent. Such act may be carried out by abuse of authority, coercion physical force or against a person is incapable of valid consent such as one who is unconscious or incapacitated.

In the aftermath of a sexual assault or rape, survivors can face extremely difficult and painful emotions and experiences. Every survivor responds to traumatic events in their own way. The effects of the trauma can be short- term or last long after the sexual assault or rape. Such can cause effect to the victim and the community but, I’d like to discuss about the effects on victims whereby physical effects, emotional effects and mental effects fall under. Based on the physical effects; the effects of rape will vary for each person as we are all affected in different ways and recover at different rates. Such effects can last many years and can take many years to show themselves. Here are some of the common physical effects;

1. **Fear:** Depending on the circumstances one may feel fear about a number of things. He/she might have been physically threatened during the assault, even being fearful of reporting to the police because he/she is worried about what it will lead to. One may equally feel reluctant to tell friends and family for fear of upsetting them.
2. **Embarrassment and Shame:** A significant number of people who have been sexually assaulted feel embarrassed or shameful to discuss what happened.
3. **Depression:** It can be expected as one start to come to terms with or recover from any major trauma or emotionally charged event. Dealing with the memory of the assault can be extremely draining physically and mentally.

To generalize the whole effects of rape to the victim they include;

1. **Unwanted pregnancy:** Of course, the most immediate physical effect of rape is the risk for the victim of getting pregnant. Dependent on the age of the victim, she may conceive a child even if she just reached puberty. In most circumstances, rape victims who do become pregnant opt to abort the child that is considered the result of the crime committed against them. In some cases the situation is further complicated due to abortions not being a legal option for the victim.
2. **Exposure or transmission of certain diseases:** Without their knowledge the rape victims are also at risk of acquiring sexually transmitted diseases such as HIV/AIDS that could affect their health in the short and long term even leading to death.
3. **Suicidal tendencies:** the most striking effect that rape can produce in a victim is the thoughts or tendencies of committing suicide. Because of trauma, self-pity and seclusion, rape victims often feel that they could no longer recover and that they are not worthy of living.

The effects of rape to a community or society will essentially revolve around the response the community makes. In the ,modern world or more highly developed countries, community response will commonly be positive and encouraging for the victim. Communities provide emotional support for the victim and help her get over the trauma she has faced. As with any form of violence, sexual violence tears at the fabric of community wellbeing. Schools, workplaces, neighbourhoods, campuses and cultural or religious communities may feel fear, anger or disbelief if a sexual assault happened in their community.

Additionally, there are financial costs to communities. These costs can include medical and mental health services, legal expenses, lost work time and productivity, theft and damage to property, and the incalculable lost contributions of individuals affected by sexual violence.

Although the economic costs of rape and sexual assault are hard to quantify and the data is limited, the existing research indicates that the costs are great. Various research studies have examined the quantifiable cost per rape accounting for such costs as medical and victim services, loss of productivity, and law enforcement resources. Researchers also generally agree that intangible costs, such as decreased quality of life, though difficult to monetize, are also a necessary part of the cost calculus for sexual assault.

It is time that all humans demand changes to all countries that penetrate such injustices worldwide. It is time to provide the education and information and encourage discussions that will change society’s attitudes towards rape and find ways to eradicate this intolerable social issue once and for all.

Thank you,

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