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**TOPIC:** Rape

 **RAPE**

According to the Merriam-Webster English Dictionary, ‘rape is an unlawful sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against the will usually of a female or with a person who is beneath a certain age or incapable of valid consent because of mental illness, mental deficiency, intoxication, unconsciousness or deception’.It is a barbaric act that has become a rampant thing in the society today. Rape is usually mistaken to happen to just the female gender but this is a huge misconception as the male gender is not an exception from this barbaric act.
 Rape is often said to be caused by certain factors which I strongly disagree with. In an instance where a female is raped, she is accused of being the cause of it. People blame her for the way she dresses, the way she relates with men, the time she goes out, the company she keeps among others. These things should not be regarded as factors that bring about rape. The actual problem that should be curtailed is the existence of men without self-control. Self-control is an important part of a person’s existence, it is the restraint exercised over one’s own impulses, emotions and desires. A sexually violated person should not be blamed for being at the receiving end of an unfortunate incidence. About two days ago, a rape case was reported in Sierra-Leone which resulted in the death of the victim. Khadija was a young and naive girl that was stripped of her innocence by her cousin, a man she trusted and felt safe around. He violated her and there is no justification for that because she cannot be blamed for what she wore this time and where she was.

 What are the effects of rape on the victim? Victims of rape cases suffer severe psychological problems. They suffer Post Traumatic Stress Disorder; they deal with low self-esteem, depression, dissociation, suicidal thoughts and attempts. People say ‘time is a healer’, and these victims are supposed to heal over time but if care is not taken, they end up being scared for life. Psychological problems aside, there are many medical implications. Kids that get raped might suffer from traumatic fistula which is a condition that can occur as a result of sexual violence often aggravated by the thrusting of objects into the vagina. It can result in a hole between a woman’s vagina and bladder or rectum or both resulting in the leaking of urine and/or faeces. Apart from having to live with that kind of disgraceful condition, there is the risk of contracting sexually transmitted diseases or getting unwanted pregnancy. The emotional effects include trust issues, loss of control, disorientation, sense of vulnerability, unnecessary fear among others.

 Rape is barbaric and inhumane so for this reason, rapists should be adequately punished. In my opinion, they should not be killed at once or even killed at all. They should be allowed to suffer every single bit of pain they cause their victims; they deserve to die slowly in severe pains. Countries like China, Saudi Arabia, North Korea, Afghanistan among others have legalized killing of rapists. Some other countries issue years in prison as punishment for rape but Nigeria’s punishment for rape varies from state to state. Some legalized castration which I am in deep support of, some life imprisonment and some, certain number of years in prison. Regardless of these punishments, some animals (because I will not refer to them as men) will still not desist from the demeaning act. Sometimes, I just ruminate on this issue and come to the conclusion that a rapist cannot be in the right state of mind to do something like that, he has to be mentally unstable and needs urgent help. Medically, pedophiles can be said to have Obsessive Compulsive Disorder and they simply cannot control themselves, they need urgent medical help. Long and short of it all is that no matter the measures put in place to abolish rape, it is a disgusting thing that we have to live with. Punishments are just there to reduce the rate.