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**TOPIC: RAPE IN NIGERIA.**

 **Rape** is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person’s consent. The word rape is sometimes used interchangeably with the word sexual assault. **Sexual assault** is an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent. This act of rape is carried out by physical force, coercion, abuse of authority, or against a person who is unconscious or below the legal age of consent. Worldwide sexual violence, including rape is primarily committed by males and females but mostly the females.

 **MYTHS ABOUT RAPE.**

In most cases of rape, the offender/rapist/assailant is a stranger. The truth is that, majority of people who commit in rape know their victims, it could be your friends, classmates, course mates, relatives, lectures, work colleagues and families. **Sex** is with your consent but **Rape** is without your consent, they force you into it without your permission.

Rape has its causes, **the person can be traumatized:** this is when a person has any serious injury on their body, which results to violence or it is when a person has an emotional wound leading to psychological injury**. He/she can develop posttraumatic stress disorder:** posttraumatic stress disorder is a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, involving constant vivid recall of the experience. **He/she suffer from physical effects**: which may lead to STI’S (Sexual Transmitted Infections) and also VVF (Vesicovaginal Fistula) which can also spoil the worm of the victim. **Disassociation/emotional numbness:** many victims feel calm and off from what’s happened to them. Disassociation is normal among the victims, after a few days or weeks victims will begin to have a range of other reactions which includes; anger, fear and posttraumatic stress disorder (mental stress/disorder). **Guilt:** it is common among the victims. Rape or sexual assault is never your fault, yes you might be scared of the rapist but remember, young girls and women of about 80 years are also raped. Men who rape have control over their behavior and no matter what you wear, drink, your relationship with the rapist you always and will always have to say “NO TO RAPE, NO TO SEXUAL ASSAULTS WITHOUT MY CONSENT”. **Recurrent dreams and nightmares** reoccurring because of the incident. Talking to someone you trust will be of help, it will making the dreams less powerful and overwhelming even if the dreams can’t stop. **Indecent dressing:** one of the reasons of rape is because of the indecent dressings ladies wear. The wear the clothes that do not cover their bodies properly. It provides the exposure of various erogenous zones on the body of ladies, which provokes the sexual harassment in male. This ladies are considered to be more approachable for intimate intercourse. This indecent dressings make men have less control of themselves that they can’t fight their urge. **Silence:** this is one of the worst causes of rape in Nigeria. Any rape can be considered as dishonor to the women in Nigeria. Most families or victims prefer keeping mute in cases like this because of the treat that they are left with from the rapist, or some of them feel embraced and ashamed to speak out. Therefore this makes women to hide their experience, rather than seek for justice. And, according to some myths, HIV, STD infected men may think that having intimate intercourse with a virgin may lead to the cure of their disease. **Alcohol and drugs**: most youths find pleasure in alcohol and drugs because of lack of unemployment in the country, which leads to increase of violence among youths. Without jobs youths will likely go for crimes. Parents most understand the security of their children.

**Preventions of rape.**

Plan your day ahead of time, put all activities in place, know your neighborhood, surroundings where you presently stay. Avoid short cuts, bushy areas and alleyways. In homes or personal apartment, install good locks on doors and windows, also install an eye viewer in your doors. Never automatically open your doors without knowing who is at the other side, in most cases talk through the door. Install a CCTV camera’s incase of any harm for the purpose of the female child. Keep someone aware of your whereabouts when meeting a friend for the first time. Refrain from going to bars and clubs alone especially in the night. Do not allow alcohol or drugs to cloud your common sense.

**Example**; like uwa’s story: uwa was attacked right inside the church and left for dead in her own pool of blood. The innocent uwa omozuwa, 22 year old 100 level student of the university of benin, was raped and killed right inside a Redeemed Christian church of God (RCCG) on Wednesday, 27th may 2020. Have you ever thought who is behind uwa’s death? Come to think of it aside from the security and her family members who knew that uwa was going to church to read, who else knew? What I am trying to say is she might not know who raped her but the rapist know she is the one. The rapist might have been her friends, family, course mate, church member etc. who knew that she was going to the church for her private educational studies. Another question we need to ask ourselves is this, according to her story the reporter said that she had been doing this her personal studies since the lockdown began then why did it happen to her now and not then? To me in this case of uwa everything was planned against her. So please we need to be aware of the people we talk to, because we don’t know their plans towards us, towards our daughters.

Another story (example) is the story of a pregnant wife of an Edo state politician who was raped and murdered in Benin. Mrs Queen Igbinevbo, the pregnant wife of comrade promise Igbinevbo was raped and murdered at home. She was in her house when the rapist gained entrance into her home through the ceiling. The came in search of her husband but when they did not see him, they raped and murdered the innocent wife. So now who do you think the murders are? Because the neighbors said that they could recall seeing some strange men walking around the street before the incident happened. The strange men could be the enemies of the husband, body guards, friends, children, family members etc.

**Solutions of rape.**

Support and believe the survivors (victims) of sexual violence. Build and engage in healthy, respectful relationships that can be of help to the victims. Teach your children, friends, parents and peers about the myths and realities of sexual assaults. Donate your time and money to local rape crisis center. If you witness or if you are the victim whose begin sexually harass at the workplace, social, public places do not hesitate to expose the behavior, don’t tolerate it. Know the friends your children keep because even as a male child your friends can sexually harass your sister (female ward\child).

**In conclusion**: we should be able to avoid rape at all means, we should also learn how to be self-controlled, and also we should learn how to say no to sexual violence when we are been harassed by friends or family. We should also know how to be your brothers keeper in situations like this. We should get help or take action by directly intervening when you see someone taking advantage of a person who is capable of giving consent.