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***DEPARTMENT: PHARMACY***

***RAPE***

*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 consent. The act maybe carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent such as one who is unconscious, incapacitated, has an intellectual disability or is below the legal age of consent. Definition of rape is inconsistent between governmental health organizations, law enforcement, health providers, and legal professions. Victims of rape or sexual assault come from a wide range of genders, age, sexual orientations, ethnicities, geographical locations, cultures, and degrees of impairment or disability. Incidences of rape are classified into a number of categories, and they may describe the relationship of the perpetrator to the victim and the context of the sexual assault. These include date rape, gang rape, marital rape, ancestral rape, child sexual abuse, prison rape, acquaintance rape, war rape, and statutory rape. Forced sexual activity can be committed over a long period of time with little to no physical injury.*

***WHAT ARE THE COMMON PHYSICAL EFFECTS OF ASSAULT AND RAPE***

*Physical effects of rape can arise from both forced sexual assault and those not involving forcible submission, such as drug-assisted date rape. Forced sexual assault frequently causes visible bruising or bleeding in and around the vaginal or anal area and bruises on other part of the body from coercive violence. But both forced and other types of rape can have many other physical consequences:*

***. Painful intercourse (with significant order)***

***. Urinary infections***

***. Uterine fibroids-non-cancerous tumors in the muscle wall***

***. Pregnancy***

***. Sexually transmitted diseases (STDs)-****HIV, Genital warts, syphilis, gonorrhea, chlamydia, and others.*

***WHAT ARE THE COMMON PSYCHOLOGICAL EFFECTS OF ASSAULT AND RAPE***

*Victims experience both short and long-term psychological effects of rape. One of the most common psychological consequences of rape is self-blame. Victims use self-blame as an avoidance-based coping tool. Self-blame slows or, in many cases, stops the healing process. Other common emotional and psychological effects of rape include:*

***. Post-traumatic stress disorder (PTSD) -*** *feelings of severe anxiety and stress*

***. Depression***

***. Flashbacks-*** *memories of rape as it is taking place again*

***. Borderline personality disorder***

***. Sleep disorder***

***. Eating disorder***

***. Dissociative identity disorder***

***. Guilt***

*. Distrust of others- uneasy in everyday social situation*

***. Anger***

***. Feeling of personal powerlessness-*** *victims feel the rapist rubbed them of control over their body*

***CAUSES OF SEXUAL VIOLENCE***

*There are many different theories explaining the causes of sexual violence. These theories include military conquests, anger, power, sadism, traits, ethical standards, socioeconomics, laws, and evolutionary pressures that led some explanations to the cause of sexual violence. Commonly held myths such as these contribute to dates and marital rape:*

***.*** *A man must have sex to prove his masculinity.*

***.*** *When a woman says no to sex, they really mean yes so men should ignore women’s refusal.*

***.*** *If a woman engages in kissing or petting, she obligated to engage in sexual intercourse.*

***.*** *What goes on between a husband and a wife is no one else business.*

***.*** *The man should be the head of the household.*

*Some people hold beliefs justifying rape more strongly than others. Men who rape tends to believe more strongly in myths about rape, and they are more likely to engage in fantasies about coercive sex. Compared with other men, rapist drink more heavily, begin having sexual experiences early, and are more likely to have been physically or sexually abused as children.*

***HOW TO PREVENT RAPE***

***.*** *Recognize that people neither ask for nor deserve to be abused, harassed, assaulted or raped-ever.*

***.*** *Support and believe survivors of sexual violence.*

***.*** *Bring awareness and challenge victim blaming statements.*

***.*** *Give constructive input about why comments or jokes that perpetuate rape culture or sexism are not okay.*

***.*** *Get help or take action by directly intervening when you see someone taking advantage of a person who is not capable of giving consent.*

***.*** *Consent is mandatory and every sexual interaction you have must be consensual-no excuse. Educate yourself on what it means to get and give consent.*

***.*** *Build and engage in healthy, respectful relationships.*

***.*** *Pledge to never commit or condone any acts of violence.*

***.*** *Think critically about how the media depicts sexuality.*

***.*** *Take a self-defense class. Your mind, your voice and your body are powerful tools for prevention.*

***.*** *Teach your children, friends, parents and peers about the myths and realities of sexual assault.*

***.*** *Donate your time or money to your local rape crisis center.*

***.*** *Find out what your local k-12 school board’s policy is on anti-rape and violence prevention education and get involved. If it is not proactive,* ***change it!***

***.*** *Lobby your local, state and federal legislators for funding for anti-sexual assault programs.*

***.*** *If you witness sexual harassment at the workplace or public places, expose the behavior.* ***Don’t tolerate it.***