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RAPE AND ITS EFFECTS ON WOMEN AND CHILDREN.

Rape is a traumatic experience that impacts its victims in a physical, psychological, and sociological way. Even though the **effects and aftermath of rape** differentiate among victims, individuals tend to suffer from similar issues found within these three categories. Long term reactions may involve the development of coping mechanism that will either benefit the victim, such as social support, or inhibit their recovery. Seeking support and professional resources may assist the victim in numerous ways.

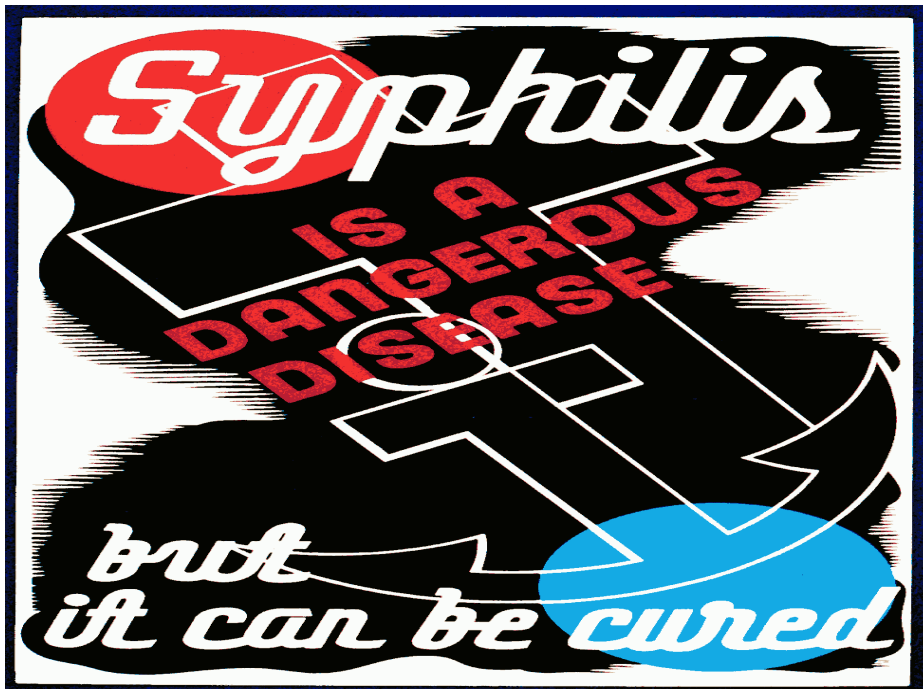
TYPES OF RAPE.

- Acquaintance rape
- Campus rape
- Corrective rape
- LGBT victims
- Date rape
- Genocidal rape
- Live streaming rape
- Gray rape
- Marital rape
- Prison rape
- Serial rape
- Statutory rape

Effects of rape.

UNWANTED PREGNANCY: Pregnancy may result from rape as contraceptives are not used, on children this affects them a lot because it stops them from attending school like others, they have to stay at home and take care of the baby. Most parents also use that opportunity to insult their children which is very bad.

SEXUALLY TRANSMITTED DISEASES: **Sexually transmitted infections (STIs)**, also referred to as **sexually transmitted diseases (STDs)**, are infections that are commonly spread by sexual activities, especially vaginal intercourse, anal sex and oral sex. Many times STIs initially do not cause symptoms. This results in a greater risk of passing the disease on to others. Symptoms and signs of disease may include vaginal discharge, penile discharge, ulcers on or around the genitals and pelvic pain. STIs can be transmitted to an infant before or during childbirth and may result in poor outcomes for the baby. Some STIs may cause problems with the ability to get pregnant. This can be gotten also from rape as a person can have the disease and transmit it during sexual intercourse.



This is an example of sexually transmitted disease and can be gotten through rape.

ANXIETY:

After an attack, rape survivors experience heightened anxiety and fear. According to Dean G. Kilpatrick, a distinguished psychologist, survivors of rape have high levels of anxiety and phobia-related anxiety. This includes and is not limited to the following:

- Feelings of dread
- Feeling nervous
- Feeling tense or uneasy
- Having panic attacks
- Having an irrational response to certain stimuli
- Having avoidance and/or escape response



This is a picture of an anxious person and this can be a rape patient.

DEPRESSION: A study found that women who were raped were more depressed than women who were not. The study measured the level of depression using the Beck Depression Inventory test, and concluded that forty-five percent of the women assessed in the study were moderately or severely depressed. A person who has been sexually assaulted has a high risk of going into depression as the person would think too much about the situation.



SELF BLAME: Self-blame is among the most common of both short- and long-term effects and functions as an avoidance coping skills that inhibits the healing process and can often be remedied by a cognitive therapy technique known as cognitive restriction.

There are two main types of self-blame: behavioral self-blame (undeserved blame based on actions) and characterological self-blame (undeserved blame based on character). Survivors who experience behavioral self-blame feel that they should have done something differently, and therefore feel at fault. Survivors who experience characterological self-blame feel there is something inherently wrong with them which has caused them to deserve to be assaulted.

A leading researcher on the psychological causes and effects of shame, June Tangney, lists five ways shame can be destructive.

- lack of motivation to seek care;
- lack of empathy
- isolation;
- anger
- aggression

SUICIDE:

Survivors of rape are more likely to attempt or commit suicide. The association remains, even after controlling for sex, age, education, symptoms of post-traumatic stress disorder and the presence of psychiatric disorders. The experience of being raped can lead to suicidal behavior as early as adolescence. In Ethiopia, 6% of raped schoolgirls reported having attempted suicide. They also feel embarrassed to talk about what had happened to them. A study of adolescents in Brazil found prior sexual abuse to be a leading factor predicting several health risk behaviors, including suicidal thoughts and attempts.

THESE ARE SOME OF THE THINGS RAPE VICTIMS PASS THROUGH AND MORE,
THEREFORE RAPE IS A VERY BAD THING AND MUST BE AVOIDED

SAY NO TO RAPE