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RAPE AND EFFECTS OF RAPE ON THE GIRL CHILD

 Rape is a type of sexual assault usually involving sexual intercourse or other form of sexual penetration carried out against a person without the person’s 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.

 People who have been raped can be traumatized and develop posttraumatic stress disorder, serious injury can be resulted along with risk of pregnancy and sexual transmitted infection. A person may face violence or threat from the rapist and in some cultures, from the victim’s family and relatives.

 According to Christabel Akhabue rape also known as sexual assault is forcing someone to take part in sexual intercourse against someone’s will. Rape also include having sexual relationship with someone with intellectual disabilities or someone who is unconscious. Rape is a crime that is punishable by Law. Sometimes the victims of rape fail to report this crime to authorities because they feel that society will look down on them especially if the perpetrator is a person of authority. Rape is a serious issue affecting many societies.

 The effect of rape will vary for each person as we are all affected in different ways and recover at different rates. The effects can last many years and can take many years to show themselves:

Physical effects: These may be instantly obvious if the assailant has used violence during the assault and you may need immediate hospital treatment. However, it is also worth considering physical effects that might arise in the future such as sexually transmitted infections.

 If you don’t report the rape and you don’t want to use your local doctor, you can visit a local GUM ( Genito urinary medicine clinic) to get checked for infection you can search the internet for details of your local clinic.

Disassociation/Emotional numbness: For many an initial reaction to being raped is one of shock and emotional numbness. Many people initially feel calm and shutoff from what happened. This reaction can sometimes surprise friends, family, and professionals who expect survivors to be distraught immediately after an assault. However, disassociation is a natural defense mechanism and is perfectly normal. Usually after a few days or weeks you will begin to have a range of other reactions including anger, fear, and shock.

Fear: Depending on the circumstances you may feel fear about a number of things. You might have been physically threatened during the assault, you may be fearful of reporting to the police because you are worried about what this will lead to, you may feel reluctant to tell friends and family for fear of upsetting them. If you know the assailant or he knows where you live you might be afraid to continue violence. You might feel worried about becoming pregnant or contracting an STD. Later you may worry about being able to an intimate or sexual relationship. All the fears are normal and common and given time and support they can be overcome discussing them with a friend or counsellor will help.

Embarrassment and shame: A significant number of people who have been sexually assaulted feel embarrassed or shameful about what has happened. Most of us find it hard to discuss intimate things so it is not surprising that they might not find it easy to discuss what has happened with strangers or even friends.in these circumstances it is sometimes easier to talk to someone on the telephone helpline who should take things at your pace.

GUILTY: Feeling guilty when you have been raped is common. You may feel that you could have done something to prevent the attack or, if you know the attacker, you may feel that you somehow ‘provoked’ the rape. Remember rape or sexual assault is never your fault-young girls and women in their 80’s are raped. Men who rape have control over their behavior and no matter what you wear, what you drink, or your relationship with the assailant you have the right to say no to sex.

Practical factors: sexual violence can disturb your normal routine of living and many aspects of your life. You may feel a strong need to get away and make practical changes in your life. Your priority should be to feel safe. Do whatever you need to do to get back your feelings of security and safety get a guard dog, install extra outside light, leave interior light on, get an alarm system, invite friends and family members to sleepover, buy hand held alarm, etc. it is not silly to want to protect yourself. Do what makes you feel comfortable and safe.

Depression: Depression can be expected as you start to come to terms with or recover from any major trauma or emotionally changed event. Dealing with the memory of assault as well as things that follow (the police telling friends and family going to court, having medical examination etc ) can be extremely draining physically and mentally.

Recurrent dreams and nightmares: you may experience recurrent dreams and nightmares as your brain tries to process, understand, and recover from what has happened. This is normal and the nightmares usually become less frequent overtime. Talking about them with someone you trust will help it might not stop the dreams altogether but it will help them seem less powerful and overwhelming.