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Matric no: 19/MHS01/386

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Topic: Effects of rape

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 mechanisms that will either benefit the victim, such as social support, or inhibit their recovery.

The effects of rape can include both the initial physical trauma as well as deep psychological trauma. Although rape victims commonly report injuries and issues with their reproductive health after the sexual assault, rape doesn't always involve physical force. The most common and lasting effects of rape involve mental health concerns and diminished social confidence.

What are common physical effects of sexual assault and rape?

\* Bruising

\* Bleeding (vaginal or anal)

\* Difficulty walking

\* Soreness

\* Broken or dislocated bones

\* Sexually transmitted infections and diseases

\* Pregnancy

What are common emotional effects of sexual assault and rape?

\* Changes in trusting others

\* Anger and blame

\* Shock

\* Numbness

\* Loss of control

\* Disorientation

\* Helplessness

\* Sense of vulnerability

\* Fear

\* Self-blame/guilt for “allowing” the crime to happen

\* Feeling that these reactions are a sign of weakness

What else could someone experience after a sexual assault or rape?

Other circumstances can develop for a survivor after being sexual assaulted or raped. A survivor may develop a negative outlook and feel “damaged” or unworthy of a better life. Drug or alcohol abuse may also become an issue as a way to cope with the overwhelming feelings. Women may also have trouble with their menstrual cycle and fertility. In addition, survivors may experience:

\* Chronic fatigue

\* Shortness of breath

\* Muscle tension

\* Involuntary shaking

\* Changes in eating and sleeping patterns

\* Sexual dysfunction