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Rape is one of the crimes and social problems that is somewhat regarded as a community's least priority although the victims suffer from grave physical, mental, and emotional consequences. So what is Rape?

Rape is a type of sexual assault usually involving having a carnal knowledge, which is initiated by one or more persons against another person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority or against a person who is incapable of valid consent, such as one who is unconscious, incapacitated, or below the legal age of consent. The term rape is, sometimes, used interchangeably with the term sexual assault. In the aftermath of a sexual assault or rape, survivors can face extremely difficult and painful emotions and experiences. Every survivor responds to traumatic events in their own way. The effects of the trauma can be short-term or last long after the sexual assault or rape,

Common physical effects of Rape:

- Bruising
- Bleeding (vaginal or anal)
- Difficulty walking
- Soreness
- Broken or dislocated bones
- Sexually transmitted infections and diseases
- Pregnancy

Common mental and emotional effects of Rape:

- Depression, including prolonged sadness, feelings of hopelessness, unexplained crying, weight loss or gain, loss of energy or interest in activities previously enjoyed
- Suicidal thoughts or attempts. If you or someone you know is feeling suicidal, contact the National Suicide Prevention Lifeline at 1.800.273.8255.
- Dissociation, including not being able to focus on work or on schoolwork, as well as not feeling present in everyday situations

Anger and blame

Shock

Numbness

Loss of control

Disorientation

Helplessness

Effects of rape to the victim:

certain disruptions on the woman's natural bodily functions. On the other hand, psychological effects range from self-pity to the more striking suicidal tendencies,

Unwanted pregnancy. Of course, the most immediate physical effect of rape is the risk for the victim of getting pregnant. Dependent on the age of the victim, she may conceive a child even if she is just reached puberty.

— Exposure or transmission of certain diseases. Without their knowledge, the rape victims are also at risk of acquiring sexually transmitted diseases such as HIV/AIDS that could affect their health in the short and long term even leading to death.

Damage or disruption of body organs or functions. Since rape is a form of forced intercourse, the victim's body usually suffers physical injury particularly to the vagina, uterus, and other parts of the reproductive system or even beating. The risks are greater if the rape victim is a child.

— Trauma and paranoia. The foremost psychological effect of rape will be emotional trauma and paranoia. At times, the victim will exhibit symptoms of mental and emotional trauma through solitude and exclusion. They also develop fear in mingling and socializing with strangers and other people especially men. These effects can last for the duration of the victim's lifetime. It can also lead to self pity or stigma

Suicidal tendencies, The most striking effect that rape can produce in a victim is the thoughts or tendencies of committing suicide. Rape victims often feel that there is no longer hope and they could no longer recover and that they are not worthy of living.

Effects of rape to the society:

The effects of rape to a community or society Will essentially revolve around the response the community makes. In the "First World" or more highly developed countries, community response will commonly be positive and encouraging for the Victim.

Communities provide emotional support for the victim and help her get over the trauma she has faced,

But the scenario is notably different in certain societies like Asia, Africa, the Caribbean and other poor countries where rape victims are neglected or the crime itself is not prioritized, community response would often be in a negative way. It response would often be in a negative way, It could be either In the form of neglect, absence of social and legal justice, and putting the blame on the victim herself. She is often considered as an outcast in the society and is left alone to battle with the aftermath of the rape,

India being a conservative country, many Indians look down upon girls who are outgoing and prefer to wear western clothes. People often blame the girl for sending out wrong signals to men, thus making her vulnerable to rape. In cases where a woman is raped, she is always in fear of being marked a 'whore' or a woman of bad character, which ultimately prevents her from reporting the crime. In some cases, they don't disclose these attacks to anyone and keep all their sufferings to themselves — an immense emotional upheaval which only the sufferer can describe.

The situation is not much different in Africa and the Caribbean where the number of rape crimes committed on women, have soared radically since three decades ago. Being male chauvinistic to a great extent, the Caribbean society often accuses the raped woman of immoral behavior, tries to force her to forget everything (failing to understand that it's impossible for a rape victim to do so) putting her in the position of culprit rather than that of the victim.

It is time that all humans demand changes to all countries that perpetrate such injustices worldwide. It is time to provide the education and information and encourage discussions that will change society's attitudes towards rape and find ways to eradicate this intolerable social issue once and for all.