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**Topic: Rape (Effects and possible Solutions)**

 Lately, the case of rape has been rampant in Nigeria as a lot of cases have been recorded within few months and the government and the society are working really hard to bring rape incidence to a stop and have employed possible ways to prevent it.

 Rape is an act of sexual intercourse with an individual without his or her consent, through force or the threat of force. In many Jurisdictions in Nigeria, the crime of rape has been subsumed under that of sexual assault, which also encompasses acts that fall short of intercourse. Rape was long considered to be caused by unbridled sexual desire, but it is now understood as a pathological assertion of power over a victim. Rape can also be seen as a traumatic experience that impacts its victims in a physical, psychological and sociological way. Rape is moral and legal offence as the culprits are severely punished when found guilty of rape. Rape irrespective of age and gender as even young and old, female or male are being sexually assaulted but in Nigeria the most cases of rape recorded are drawn to a sexual intercourse by a man with a woman against her will with force.

Rape has negative effects on the victims**,** even though the effects and aftermath of rape differentiate among victims, individuals tend to suffer from similar issues found within these three categories, which are physical effects, psychological effects and sociological effects.

 Physical effects of rape: The common physical effects experienced by rape victims include: Vaginal or anal bleeding or infection, Hypoactive sexual desire disorder, Vaginal inflammation, Dyspareunia-occurs from painful sexual intercourse, Vaginismus- a condition affecting a woman’s ability to engage in any form of vaginal penetration, Chronic pelvic pain, Urinary tract Infections- when the urinary area has no control and results to constant urine, Sexually transmitted diseases. Research on Nigerian women who were raped shows that women experience both sexual and physical abuses from inmate partners are significantly more likely to have sexually transmitted diseases such as HIV/ AIDs (Human Immune Virus and Acquired Immune Deficiency Syndrome) and Gonorrhea. Pregnancy: Pregnancy may result from rape but not in all situations as some victims may not be up to fertility stage or probably above it (menopause).

 Psychological effects of rape: Most rape survivors experience a stronger psychological impact in the initial period of their assault; however, many survivors may experience long-lasting psychological harm. Survivors of rape may often have anxiety, fear, depression, feeling nervous, having irrational response to stimuli, having panic attacks exhaustion, restlessness and some rape survivors feel at fault for falling victim of rape as they feel they might have done something differently or there is something inherently wrong with them which has caused them to deserve to be assaulted.

 Sociological effects and mistreatment of victims: Mostly after a sexual assault, victims are subjected to investigations and are interviewed by the police and which in some cases may lead to mistreatment of the victims. The sexual assault victims may also experience secondary victimization such as stigmatization. In Nigeria some cultures with strong customs and taboos regarding rape, may view a rape victim as a curse or sometimes ‘damaged’ and while in some other customs the girl child is given out to marriage at young age or even isolated in the community or her friends and family abandoning her. Also in some parts of Nigeria, rape victims are mostly blamed for being assaulted, either for improper dressing or slut- shaming.

 Although, there is no possible solutions to the eradication of rape due to the complexity of its nature but there are ways to encourage sexually assaulted victims and help them recover from rape. Although the process of recovering from rape differs from survivors for their own personal reasons such as the nature of the attack, how victims chose to deal with the trauma and social influences around the victim or religious takes. In recovering sexually assaulted victims is to first create an avenue that will allowed raped victims to report to and seek justice, therefore investigations are to be carried out by the police and the victims be subjected to medical examinations and treatment and also a therapy section should be organized to help victims learn to leave with the stigma and hoe to move on with their lives. Due to this complexity, advancing through the healing process requires patience and persistence. The victims should be fully engaged in one activity or the other to such as meditation, yoga, sports, rhythmic movement and socialization and encouragement and extreme love and care from family and friends to ease trauma. Another recovering process is that support groups should provide victims with the opportunity to connect with other survivors to serve as a reminder that they are not alone.

 Alongside helping rape victims recover from rape, the society also needs to let go of some customs and beliefs and this is done through public enlightenment. Public enlightenment goes a long way reducing cases of rape. Public enlightenment is the process of educating the public about rape and it helps to unlearn the bad customs and believes concerning rape and the victims. Its aims to correct how rape victims are ill- treated in their societies and to reduce the stigmatization faced by rape victims.

 Another way to reduce the case of rape in Nigerian is through education of the girl child. The lack of education of the girl child has made so many girls ignorant and vulnerable to rape as she is unaware of it leading to men taking advantage of her. In educating the girl child it involves her going through either informal or formal education and being brought up morally and sane. The education of the girl child is important as it saves the girl from most traumatic events, rape inclusive and gives her more self- confidence and courage. The girl child should learn pre-self-defense skills so as to help her defend herself in case of rape.

 In solving rape, the government can also implement rigid laws against rape and also punish the culprits accordingly by law. The government should also create organizations that helps in encouraging sexually assaulted victims to open up to them and report any incidence of rape and also those kin actions are taken and they are been taken cared of properly. The government should fund their therapy sections, recreational sections and also ensuring to give her a new beginning.

 In conclusion, sexually assault has belittled a lot little and even older girls lives as most lose their childhood at a very young age and most their dreams have been shortened by trauma. In order to fight this problem and prevent every girl child from being through this challenge we have to work together as one and also play our role properly. The government should listen to rape victims and ensure serious majors are taken. The society also have a great role to play as ensuring they unlearn the rotten customs and believes concerning rape and then lastly any girl sexually assaulted should always call out to the government and society for help and never keep shut!