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RAPE AND ITS EFFECTS ON VICTIMS

The rate at which rape cases are increasing these days is alarming. Forceful sexual intercourse on not only women but now young female children. These rape actions are taken without considering the effects it will have or leave the victims with, most especially young children. These days not only young female children can be raped, gone are those days when only female children were in danger of rape now both young and adult, male and female can be raped that is to show the height of immorality in the society. Now we have cases where a man of over thirty years old raping a three months old baby. No matter the age range of the victim, there is always an effect that is left to live with the victim, which at times is long term or short term. Some of the effects are in the subsequent paragraphs below.

Emotional numbness is an effect on short term or long term depending on the victim. For many of the victims the initial reaction and of being raped is emotional numbness. This most times surprised friends, family and professional who expect survivors to be distraught after an assault but it is normal after such incident. Disassociation is a natural defence mechanism which is perfectly normal.

Another effect is fear, depending on the circumstances, the victim might have been threatened during assault. Victims have fear of report to the police because of not knowing what or where it will lead to, fear of telling family members because of worry of upsetting them, fear of getting pregnant, fear of having sexually transmitted disease, fear of continued violence that is if the assailant is living near by, fear of not being able to engage in sexual relationship in the future because of past experience.

Embarrassment and shame is also one of the most disturbing effects because most victims are ashamed of the assault and have to live with it. Most people find it difficult to talk about intimacy to strangers or friends.

Depression is another effect which should be expected. Having memory of the assault, telling friends and family, explaining to the police, going to court, going for medical check-up, all these can be draining both physically and mentally.

Feeling guilty after being raped is common, victim sometimes feel they should have done something to prevent the attack. To all the rape victims out there, whether dead or alive, rape or sexual attack is never your fault, both young children and old people can be raped so let us leave the question of what was she wearing?. Where was she?. What was she doing?. All those men who rape has control over there body, so let them leave the devil and stop saying it is the work of devil.