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TOPIC: RAPE and its Effects

Rape can be defined as an unlawful sexual intercourse or any other sexual penetration of the vagina, anus or mouth of another person with or without force, by a sex organ, other body part, or foreign object, without the consent of the victim. A lot of people fail to understand rape. To them it's just sex. Rape is more than sex it might be a 5 minutes thing to the rapist but a long time pain to the victims. A rapist to me is a murderer, so I think that the punishment given to a murderer should be given to a rapist. There are different types of Rape:

Gang rape: This occurs when a group of people gang up to rape a particular person. This type of rape can be seen as the worse type of rape. Sometimes it could be three against 1 or more. This gang rape involves more alcohol and other drugs. Gang rapes are more violent and had greater resistance from the victim than individual sexual assault. This type of rape could kill the individual instantly. In this case women are mostly the victims compared to the men.

Spousal Rape: Woman goes through this a lot. A lot of men find it hard to understand that the fact that she is your wife doesn't mean that she cannot give consent. Yes she is your wife but No you have no right to force her to have sex with you. It's not by force she owns her body. Spousal rape is a rape between married couple without the other spouse consent. This can also be considered as domestic violence and sexual abuse.

Children Rape: This is one of the saddest rapes and it's very popular in Nigeria. Child rape is seen as a form of sexual abuse. When committed by another child or adolescent it is seen as a child on child sexual abuse. I heard on news that a 2 year old girl got raped by her step father and her mother called her a prostitute, the lady also said that her 2 years old daughter lured her husband into sleeping with her. If a woman can say this, I believe that there are witches leaving in the mist of humans. So many sad cases of child rape around the country and nothing has been done seriously to stop this. The rapist says that the things women wear force or lured them into raping them, and then I want to ask this question. What about the 6 month old child who got raped, what about the 3 month old child, what about the one , two, three, four, five, six, seven , eight , nine, ten , years old child ?. These children know nothing so why are they rape victims. What wrong did these innocent children do to deserve this? I remember back in the days when rain would fall children would run out to play naked, when I say children I mean girls from 1 to 15 they cared less because the world was not as evil as it is now. The world is no longer save for little children, the church, the school, and even their homes is not even a save place and this is really sad. What saddens me the most is that most of this child rape or sexual assaults are done by close relations like aunts, uncles, father's friend, and mother's friends? When they rape the kids they might be scared of telling their parents and this might cause psychological trauma. There are so many other types of rape which are: corrective rape, Rape by deception, war rape, custodial rape, perpetrator rape e.t.c

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 trauma can be short term or last long after the sexual assault or rape.

There are different types of Effects of Rape.

Physical effect

Mental Effect

Emotional effect

Physical Effects of rape: Bruising, bleeding from the vaginal or annual, difficulty walking, soreness, broken or dislocated bones and this happens when the victims struggle or tries fighting for themselves.

Sexual transmitted infections and diseases: Some of this very unlucky rape victims end up getting infected by the rapist. And this would affect them more.

Pregnancy: This worsens the case most times, while the rape victim is trying to get over the pain that she went through, the child might be another baggage for her. This could really affect her and the child seriously.

Mental Effects: Post-traumatic stress disorder (PTSD), Including flashbacks, nightmares, severe anxiety, and uncontrollable thought.

Depression, including prolonged sadness, feelings of hopelessness, unexplained crying, weight loss. Loss of energy or interest in activates previously enjoyed.

Suicidal thoughts or attempts .

Dissociation, including not being able to focus on work or on school work, as well as not feeling present in everyday situations .

Effects of sexual assault :

Changes in trusting others: When a person is being raped especially by family members or their boyfriends or friends they loss trust in people completely, they begin to find it hard to trust or even get into a relationship.

Anger and Blame: Everything gets them upset. They begin to put blame of themselves.

Fear: They become very scared of everything including men.

There are different ways to stop rape;

Stop victim blaming: A girl is raped she goes to complain to the police and the man asks her what where you wearing, indirectly he is blaming her for it. It is only in Nigeria where a person doesn't have to attend the law school to become a judge, because everybody likes to judge. Instead of people to stand up and fight for the raped girl all they do is to judge her. And this motivates the rapist to do more.

Have zero tolerance: As a woman whenever anybody touches you in any abusive way report to the authority so that it would be taken care of. Parents should also have zero tolerance for rape they should

always talk to their children so that when ever anything like that happens to them they would handle it on time.

Physical Training: Parents should start engaging their children in sports like taekwondo at an early age so that in any situation they can be able to defend themselves physically.

There are no causes of rape. A rapist is a rapist.

The reason why rape cases keep increasing is because the people in power have refused to take it seriously.