Ilesanmi oluwatobiloba Mary   
19/Mhs11/071  
Pharmacy   
  
Rape  
Rape is and unlawful sexual intercourse or any sexual penetration of the vagina, anus or mouth of another person with or without force by a sex organ,other part of the body,or foreign object without the consent of the victim. What are the effects of rape??? There are physical effects which may be instantly obvious if the assailant has used violence during the assault and you may need immediate hospital treatment. However it is also worth considering physical effects that might arise in the future such as sexually transmitted infections.   
Also dissassociation or emotional numbness can cause it for many as being raped is one of shock and emotional numbness. However, dissassociation is natural defence mechanism and is perfectly normal.  
Furthermore, fear is part of the effects of rape depending on the circumstances you may feel fear about a number of things. You might have been physically threatened during the assault. All these fears are absolutely normal and common and given time and support can be overcome. Discussing them with a friend or counsellor will help  
Moreover, rape could cause embarrassment and shame too, it could cause guilt, it could cause depression and also recurrent dreams and nightmares. Some practical factors are also part of the effects of rape. Sexual violence can disturb your normal routine of living and many aspects of life .  
There are some causes of rape like victim precipitation, male pathology and Male hostility   
There are some ways to stop rape some of them are  
1. Create a culture of enthusiastic consent.  
  
Freely given consent is mandatory, every time. Rather than listening for a “no,” make sure there is an active, “yes,” from all involved. Adopt enthusiastic consent in your life and talk about it.  
  
2. Speak out against the root causes.  
  
Rape culture is allowed to continue when we buy into ideas of masculinity that see violence and dominance as “strong” and “male”, and when women and girls are less valued.   
  
It is also underpinned by victim-blaming—an attitude that suggests a victim rather than the perpetrator bears responsibility for an assault.  
  
When discussing cases of sexual violence, a victim’s sobriety, clothes, and sexuality are irrelevant. Instead, counter the idea that men and boys must obtain power through violence and question the notion of sex as an entitlement.  
With all these i hope it helps and it's able to stop rape everywhere.