

## **ALTERNATE VIEW - FROM THE COUNSELING DESK 2**

### **LET'S CRUSH RAPE**

Rape is having sexual intercourse with another person WITHOUT THEIR CONSENT. It means a person uses force (either physical or mental force, intimidation, threat of harm or false representation). to have sex with another person against his or her will. Sometimes the person has been drugged or given alcohol.

Rape is a felony meaning a serious crime. Both men and women can experience rape. Rape can take place anywhere including in the safety of your own home/room and rape can be committed by anyone, including family, religious, classmates, collegemates, friends, boy/girlfriend or persons in authority.

Consent is defined as permission for something to happen or agreement to do something. Consent occurs when one person voluntarily agrees to the proposal or desires of another.

Sexual consent means agreeing to take part in any kind of sexual activity.

If you choose to have sex, seek the consent of your desired partner, if they say no, respect their decision.

### **TIPS ON HOW TO PROTECT YOURSELF FROM RAPE**

- Avoid dark, lonely places, paths or neighbourhoods.
- Avoid staying out late at night or being alone or late at the bus stop.
- Vary your route home and your time for getting home if possible. Learn the safe ways, those not safe and walk in well lit areas where there are people.
- Take a self defense class e.g. join taekwondo or karate classes.
- Drink less or no alcohol. Avoid getting drunks to the level you lose control.
- Be assertive! Always walk with confidence like you know where you are going even when lost, look people in the eye, stand up and walk straight with energy and purpose!
- Say **NO** to unwanted sexual advances or attention.
- Do not accept lifts from strangers or even from acquaintances you do not know very well or trust.
- Lock your car door, check back seat before driving away.
- Be wary of taking taxis , boda boda's or tuk tuk's late in the night alone.
- Lock the doors and windows to your house or room properly and burglar proof your residence.
- Leave a light on when out.
- Use a peep hole or put a chain to your door so you can see who you are opening the door for.

- Ladies do not go to a man's house/room, even if you are dating the man or are acquainted with him in any way. And be wary about inviting him to your house/room especially if you live or are alone "Date and acquaintance Rape is Real".
- Ladies carry spray or pepper in your handbag and aim for rapist eye if you can.
- Learn to trust your gut instincts and if for any reason you feel uneasy, unsure, unsafe or afraid, please get away as fast as you can. Stop going where you were about to go.
- Scream or shout loudly or blow a whistle to attract attention to yourself.
- Beware of your surroundings, at all times. Avoid plugging both ears, or becoming so engrossed with your phone or other gadgets as not to be aware of your environment.
- Beware of the possibility of your water, soft drink, alcoholic drink, tea or food being laced with drugs or substances to make you lose consciousness or control. Be very cautious and trust none or to be fair trust those who prove trustworthy.
- If you are a potential victim, do something to disgust the rapist, induce vomiting or pass urine or stool. It is easier to deal with this mess than the trauma of rape.
- Fight like a wild cat, bite or kick sensitive areas (genitals or pull hard at organ) poke eyes, pull nose hard.
- Try to reason and engage potential rapist in discussion to buy time and look for an opportunity to escape or ask for help.
- Wear more clothing especially when travelling or out at night preferably tight jeans with zip.
- Be vigilant in case of Fracas, demonstrations, strikes or clashes since such confusion provides fertile ground for rape. At such times avoid running to closed spaces.
- If you are new in a place e.g. campus or colleges or place of residence, do not take unnecessary risks and be extra cautious as you get to meet new people. Do not trust people upfront but trust only he or she who proves themselves worthy of your trust.
- When you go out, stick with your friends and have each other back. Do not go to washrooms alone or get left behind by your friends especially with someone you just met.
- Do not disclose personal information to strangers whether physically or on the internet such as your name, phone number, place of residence e.t.c. Be cautious when meeting someone whom you met on internet. If you must meet them do so in public places or carry an older friend.
- Always keep your phone charged so as to call friends or cops if you are in trouble especially if you go out at night alone or with your friends. Ensure at least one person knows where you are and can check with you if you are ok.

*Fact majority of rapes are committed by a person the victim knows, friends, people you are dating, collegemates, co-workers, family members, religious leaders, acquaintances, family friends, those employed in homes, teachers etc rather than by strangers.*

**SO BEWARE!!!**

## **RAPE ANYONE CAN BE A VICTIM**

### **IMPORTANT STEPS TO TAKE SHOULD YOU GET RAPED**

- Ensure your personal safety by going to a safe place as soon as possible.
- Do not change anything on your body. Do not take a shower or bath, or wash off any part of your body or urinate, if you must change your clothes take the clothes you were wearing during the rape to hospital or to the police in a paper bag.
- This will provide evidence of the crime in case you decide to press charges.
- Visit the nearest health facility within 72 hours so that a doctor can examine you and write a medical report, treat injuries and infections.
- Ensure you get PEP (Post exposure prophylactics) from the hospital so as to reduce risk of HIV infection and also ladies must take an emergency contraception to prevent a possible pregnancy e.g. Postinor 2 (P2) The two need to be taken within 72 hours from the time of rape. The P2 can be bought from a chemist.
- Decide if you want to report to the police. Sexual assault is a crime and you have a right to report it to the police if you want to. You can report it yourself or ask a rape crisis counselor, parent, guardian or someone else you trust to accompany you. The police will ask questions and ask if you want to press charges or not.
- At least tell someone what happened within 24 hours - either a trusted friend, relative or counselor who can provide emotional support.
- Seek counseling to be helped with the traumatic experience.

***Fact. No matter what it is never your fault but the one who has committed a crime that deserves punishments is the rapist.***

***There is no excuse what-so-even to justify a rape***

- For help visit VCT, Room 10 guest house/ Students counseling Room 9, Old Administration Block.
- You can also call 1195 toll free, rapid response to gender based violence in Kenya.

**You can also email [studentcounselling@pu.ac.ke](mailto:studentcounselling@pu.ac.ke)**

**NB:** Post rape treatment is offered for free in all public & County

hospitals and health centres.