

Rape

Rape is referred to as the act of having sexual intercourse with another person **without consent**.

By law, it is regarded a criminal offence when one engages in sexual conduct with another person under the following circumstances:

- purposefully compelling the other person to submit through the use of physical force or threats
- administering any drug or intoxicant to the other person in view of impairing his/her judgment or control so as to prevent resistance

Both men and women may be victims of rape.

Research indicates that rape is more prevalent among women and children, though **95%** of rapes (perpetrated towards males and females) remain unreported.

Possible signs to be aware of

⇒ Unfortunately, there is no easy way to tell if someone will commit a sexual violation.

The characteristics listed below could be indicators of sexual aggressiveness:

- They believe that they are entitled to sex because of their gender
- They believe in taking control/dominating
- They are usually hostile and display anger.
- They appears to enjoy applying physical force

Possible causes of rape

- Aggressive feelings towards men and/or women
- Socialisation and gender-role attitudes
- Inappropriate communication
- Prior abuse
- The use of substances

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Enquiries

Student Counselling, Career and Development
Centre
Nelson Mandela University

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Sexual violations

What rape survivors need to know

- **Go to a safe place.** Call a friend, a family member, or someone else you trust and ask her or him to stay with you.
- **Preserve all physical evidence of the assault.** Do not shower, bathe, douche or brush your teeth. Save all of the clothing you were wearing at the time of the assault. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not disturb anything in the area where the assault occurred.
- **Seek proper medical care.** Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a health care provider the risk of exposure to sexually transmitted diseases and the possibility of pregnancy. To preserve forensic evidence, ask for a rape kit exam. If you suspect you may have been drugged, ask that a urine sample be collected.
- **Write down as much as you can remember** about the circumstances of the incident, including a description of the perpetrator.
- **Talk with a counsellor** who is trained to assist rape victims. Most women find it is extremely helpful to talk to a trained professional. The counsellor will be able to help you deal with the emotional and physical impacts of a rape, and can also provide information about medical care, legal issues, and any other concerns you may have related to the incident.
- **Consider reporting the rape.** Many women find that reporting the crime helps them regain a sense of personal power and control. Notifying authorities can also help ensure that the rapist does not harm other women. If you want to report the crime, notify the police immediately.

Types of rape

Acquaintance (“date rape”): rape or non-consensual sexual activity between people who are already acquainted, or who know each other socially (friends, acquaintances, people on a date, or even people in an existing romantic relationship)

Drug facilitated date rape: drugs are used by rapists to render their victims unconscious; some also cause memory loss

Spousal rape: Also known as marital rape, wife or husband rape, partner rape or intimate partner sexual assault, spousal rape happens between a married couple.

College/university campus rape Some studies indicate a particular problem with rape on college/university campuses. The subject attracts attention because of the presence of many young men and women, often experiencing their first years away from home together, in an environment where prior controls, supervision and discipline are to a great extent removed.

Group rape: Group rape (also known as "gang" or "pack" rape) occurs when a group of people participate in the rape of a single victim.

Rape of children by parents, elder relatives and other responsible elders:

This form of rape is incest when committed by the child's parents or close relatives such as grandparents, aunts and uncles. It is considered incestuous in nature but not in form when committed by other elders, such as priests, nuns or other religious authorities, school teachers, or therapists, to name a few, on whom the child is dependent.

Statutory rape: This form of rape refers an adult engaging in sexual activity with a minor, i.e. under the age of 16 years, even if he or she agrees to the sexual activity. The offense is often based on a presumption that people under a certain age do not have the capacity to give informed consent.

Prison rape: Many rapes happen in prison.

Rape as means of warfare: During war, rape is often used as means of psychological warfare in order to humiliate the enemy and undermine their morale.

Reducing the risk of rape

* Know Your Sexual Limits.

* Be Assertive. State your limits clearly. Use words like **“STOP!”** or **“NO!”** and repeat if necessary.

* Pay Attention to Your Surroundings. Trust your intuition. If you feel something is wrong, it probably is. Get out of the situation as soon as you can.

* Avoid Excessive Use of Alcohol and Drugs.

* Being Turned Down for sex is Not a Personal Rejection.

* Accept someone's Decision. "No" means No. Don't continue sexual pressure if someone says no.

* Don't assume someone want to have sex. Ask and obtain their consent first.

Please note

There is a sexual harassment and sexual offences policy at Nelson Mandela University. It outlines the procedures one can take if they are a victim of sexual harassment/ a sexual offence.

Please see the Student Counselling brochure for more information.

Available Resources (Nelson Mandela University)

South Campus: **041 504 2511**

North Campus: **041 504 3222**

Missionvale Campus: **041 504 1106**

Second Avenue Campus: **041 504 3854**

George Campus: **044 801 5047**

In case of an emergency, please use the following numbers for assistance:

Protection Services: **041 504 2009 or 041 504 3483**

Suicide Emergency Line: **0800 567 567 or SMS 31393 for a call back**

Life Line: **0861 322 322** (Counselling available 24/7)

SA Anxiety Group 24-hour helpline: **0800 12 13 14**

Note: Student Counselling services are confidential, free of charge to registered Mandela students and offered by qualified counsellors and psychologists.