



**UNIVERSITY OF EMBU**



**SEXUAL & GENDER BASED VIOLENCE**

**By: Department of Health Services  
University of Embu**



## Definition of Rape:

Rape is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration (anally or mouth) carried out against a person without that person's consent.

This act may be carried out by physical force, coercion, abuse of authority or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated, intoxicated, has intellectual disability or is below the legal age of consent.

Persons from either gender can be victims



## Signs of a Rape Victim

1. Physical injuries i.e. bruising, bleeding(vaginally or anally), difficulty walking, soreness, dislocated or broken bones.
2. Lack of trust. Victims of sexual assault have a difficult time trusting others.
3. Self isolation. Victims may remove themselves from community and loved ones following the act of violence.



## Signs of a Rape perpetrator

Some of the red flags to look out for include:

1. They sometimes use offensive sexual terms.
2. Have a history of sexually harassing others.
3. Exhibiting an aggressive behavior.
4. Seeing and treating others as sexual objects



## What steps should a rape victim take?

1. Find a safe place and call for help i.e. police, emergency medical service, friend or family member.
2. Do not shower, bathe, douche, change clothes or in anyway tamper with assault evidence.
3. Get/ seek medical attention at any hospital for:
  - i. Get tested for S.T.I/H.I.V/A.I.D.S and receive Post Exposure Prophylaxis (PEP) if need be.
  - ii. Get tested for pregnancy and receive prophylaxis for unplanned pregnancy i.e. Postinor 2



Cont...

4. Tell a trusted friend/family member- don't blame yourself

5. Seek emotional and psychological support i.e. counselling from Gender Based Violence Care Centre.



## Prevention of Rape

1. Any kind of beverage can be drugged.
2. Don't leave drinks unattended
3. Don't accept open drink containers at parties
4. If you feel ill; or not your usual self, get help immediately
5. Always know your sexual limits and communicate them freely.



Cont...

6. Don't assume that the other person will always know your thoughts/ intentions/feelings.

### Assumptions to avoid

1. Don't make assumptions about a person's behavior.
2. Don't assume because a person had sex with you before that he/ she is willing to do so again





Cont...

3. Don't assume that a person wants to have sex because he/she is drinking alcohol, is dressed provocatively or agrees to go home with you.
4. Don't assume that because a person consents to kissing or other activities then he/she is consenting to intercourse.



## Emergency Contacts

- Office of the Dean of Students - 0115602495
- Department of Health Services - 0795188740
- University Security Hotline No. - 0724343333
- Toll-free Hotline Number - 1195



THANK YOU