

# Rape:

## It could be a stranger or a friend

**“The rapist  
could be  
someone you  
know or trust”**

### What is Rape?

Rape is when a person forces any part of their body or any object (like a broomstick or a bottle) into your vagina or bum.

Rape is also when a person forces their penis into your mouth. It is a serious crime and it can happen to a boy or girl, man or woman.

It is most important to remember that being forced to have sex when you don't want to is a crime. And nothing you do will ever make rape your fault.

### The rapist could be someone you know or trust

You are much more likely to be raped by a family member, relation or friend than by a stranger. The rapist could be your father or stepfather, an uncle, family friend, a teacher, a church member or even a brother. This makes it very confusing because someone you know and trust is supposed to protect you and not hurt you. Sometimes the rapist threatens you, warns you to keep it a secret or tries to tell you that you are to blame - but that's not true!

### The rapist could be a stranger

You need to be aware of your surroundings to stay safe. Stay in a crowd if you are out at night and avoid dark places. If you feel scared, trust your feelings and move to a safe place fast. If you feel like someone is following you, start to make a noise, pretend to talk on your cellphone, pretend you are calling a friend nearby. Do what you can to get away from the person and get to help. Do not accept any food or drinks from strangers as they could be drugged. And most importantly, trust yourself, if something feels dangerous it probably is.

If you want to find out more about rape, read this article:

<https://bwisehealth.com/article/the-myths-and-truths-about-rape>

 sheconquerssa.co.za  She Conquers SA  @SheConquersSA

 B WiseHealth.com  B WiseHealth  @B WiseHealth