

**RAPE PREVENTION IN CONTEMPORARY NIGERIAN
SOCIETY: THE ROLE OF GUIDANCE COUNSELLORS IN THE
21ST CENTURY**

Rasaq Abimbola Fadipe^{1*}, Olajide Charles Kayode², John Chukwuwene Uwadia³ & Phebe Blessing Oluwawole⁴

^{1,2,3}Department of Educational Guidance and Counselling, University of Ilorin, Nigeria

⁴Department of Counselling and Human Development Studies, University of Ibadan, Nigeria

*fadiperasaqabimbola@gmail.com

ABSTRACT: Rape is a criminal act of sexual misconduct that violates the dignity of victims and threatens their physical, emotional, and psychological well-being. Despite its prevalence in Nigeria, many cases remain unreported due to stigmatisation, victim-blaming, fear of retaliation, and threats from perpetrators. Existing research has largely focused on the prevalence, causes, signs and symptoms, and consequences of rape, with limited attention given to preventive interventions and the professional roles of guidance counsellors. This qualitative study addresses this gap by reviewing secondary sources, including textbooks, journal articles, newspapers, and online materials, analysed through content analysis and anchored on psychoanalytic theory. The study examines the meaning and types of rape, contributing factors, signs and symptoms, prevalence, and the challenges guidance counsellors encounter in implementing rape prevention programmes. The findings highlight that factors such as patriarchal cultural norms, gender inequality, lack of sexual education, exposure to violence, peer influence, mental health challenges, and social myths about indecent dressing contribute to rape. The paper recommends that guidance counsellors should intensify public awareness about rape through campaigns, workshops, and seminars. Guidance counsellors should also provide counselling services to victims and individuals at risk to help them cope with trauma and pursue justice. In addition, guidance counsellors should collaborate with parents, policymakers, law enforcement agencies, and community leaders to strengthen institutional support and preventive mechanisms. By emphasising the preventive and rehabilitative roles of guidance counsellors, this study contributes to strategies for reducing rape and supporting victims in Nigerian society.

Keywords: Rape, Prevention, Guidance counsellors, Nigeria

INTRODUCTION

Background to the Study

Rape is a serious public health issue, condemned by laws and recognised as a violation of human rights across the world. Rape is defined as sexual penetration without the consent of the victim (Kanayochukwu, Nneka, Ndu, & Yusuf, 2023). It is a violation of personal rights, privacy, dignity, and self-preservation, and continues to be a growing health crisis (Ben-Nun, 2024). Despite

widespread condemnation, rape and related practices, along with the harmful ideologies supporting such acts, have continued to evolve and persist across different periods and regions.

The word "rape" comes from the Latin term "rapere" (supine stem raptum), meaning "to snatch, grab, or carry off." Since the 14th century, it has been understood as "to seize and take away by force." According to Bukar, Mohammed, and Ngada (2021), rape is defined as any form of penetration, however slight, of the vagina or anus by a body part or object, or oral penetration by a sex organ without the victim's consent. Rape happens when an individual coerces or deceives another into unwanted sexual activity (Adesegun & Oludare, 2024; Neumann, 2024). Omoera (2024) argued that rape involves using power, manipulation, or force to intimidate, humiliate, exploit, degrade, or control someone sexually. It is a form of social deviance that varies between countries and evolves over time.

There are several documented cases of rape in Nigeria that highlight the severity and persistence of the problem. For instance, a 19 year old student of the Institute of Agriculture, Research and Training, Ibadan, was raped and murdered in her Oloro residence in Akinyele Local Government Area on June 3, 2020, while a 100 level Microbiology student of the University of Benin, Edo State, was raped and killed in Ikpoba Hill, Benin City, on May 27, 2020. Similarly, a 300-level Agricultural Science student of the University of Ilorin was raped and murdered at her residence in the Tanke Area of Ilorin, Kwara State, on June 2, 2021 (Igbo, 2025). Beyond these reported incidents, rape remains a widespread crime in Nigeria, with many victims, particularly females and minors, experiencing sexual violence perpetrated by relatives, neighbours, family friends, associates, or individuals in positions of authority and influence. Despite the prevalence of this crime, Nigeria's legal frameworks are inadequate, inconsistent, and poorly enforced, and in some cases inadvertently contribute to the perpetuation of sexual violence (Idoko, Nwobodo, & Idoko, 2020). In addition, deeply rooted gender dominance ideologies and societal stereotypes have played a significant role in sustaining the widespread occurrence of rape. Rape should therefore be understood not only as a violent criminal act but also as an act of terror and social control, with consequences that are always devastating for victims and society at large (Ben Nun, 2024). Particularly concerning is the apparent sense of impunity among perpetrators, who often appear undeterred by potential legal or social consequences in their pursuit of gratification, resulting in an alarmingly high rate of rape cases involving women and minors in Nigeria.

Several factors have been identified as contributing to the rise of rape cases in Nigeria, including entrenched patriarchal structures and ideologies, weak preventive and punitive responses to gender-based violence, restrictive cultural and religious practices, and the reinforcement of negative stereotypes against women. Empirical evidence supports these assertions. For instance, Aderinto and Dambazau (2020) found that patriarchal norms and male dominance significantly influenced the prevalence and underreporting of rape cases in several Nigerian communities. Audu and Mohammed (2022) reported that inadequate legal enforcement and poor institutional responses to sexual violence reduced deterrence and emboldened perpetrators. Studies by Amuda (2021) and Agoha and Nicholas (2023) further revealed that cultural beliefs that normalise male sexual entitlement and blame victims contribute to the acceptance of rape myths among youths and adults in Nigeria. In addition, Ojo and Aina (2022) observed that repressive cultural and religious interpretations often discourage victims from reporting rape due to fear of stigma, shame, and social

exclusion. Comparative research by Dale et al (2025) also showed that societies with strong patriarchal values tend to record higher acceptance of rape myths and lower conviction rates, which may explain variations in rape incidence across countries. Collectively, these empirical studies demonstrate that rape in Nigeria is largely sustained by structural, cultural, and psychological factors rather than individual behaviour alone.

Indecent dressing is often perceived as a factor contributing to sexual offences in Nigeria; however, empirical evidence shows that rape is mainly an act of power, control, and criminal intent rather than a result of victims' appearance. Although some students believe that revealing clothing can stimulate sexual thoughts, such views reflect societal attitudes and rape myths rather than direct causes of rape (Nolen-Hoeksema, 2022). Studies have shown that both male and female students adopt dressing styles influenced by peers and media, yet women and girls are unfairly blamed for sexual violence (Foyoh & Martha, 2020). Importantly, rape occurs across different ages, settings, and modes of dressing, including cases where victims were modestly dressed, disproving the idea that clothing causes rape (Ojuroungbe, 2024; Omoera, 2024). Stronger predictors of rape include poor self-control, substance abuse, entitlement attitudes, and weak law enforcement, not victims' dressing (Ogunwale & Adebayo, 2022). Therefore, rape prevention should focus on changing offender behaviour, promoting gender-sensitive education, and strengthening institutional responses rather than policing how people dress.

Rape has both physical and psychological consequences for its victims, resulting in a wide range of adverse outcomes, including mental health challenges and biological complications (Amole et al., 2021), as well as psychological, cognitive, and social difficulties (Amuda, 2021). Victims often experience depression, anxiety, post-traumatic stress disorder (PTSD), and long-term psychological trauma, alongside physical injuries, unwanted pregnancies, and an increased risk of sexually transmitted infections. Empirical evidence from Nigerian studies supports these outcomes. For instance, Adetoyese (2023) found that survivors of rape reported significantly higher levels of depression, emotional distress, and social withdrawal compared to non-victims. Alhassan (2020) reported that rape victims frequently experience persistent fear, sleep disturbances, and difficulties concentrating, which negatively affect their academic and social functioning. Litchfield and Litchfield (2023) further noted that rape results in emotional, psychological, social, and physical harm that may persist long after the incident. The psychological trauma associated with rape often disrupts normal physical, emotional, cognitive, and social behaviour, making recovery challenging. Major depression is particularly prevalent among rape survivors, with studies indicating that approximately 47% of victims experience at least one major depressive episode in their lifetime (Jones & Walker, 2024), underscoring the severe and enduring mental health impact of rape.

Foyoh and Martha (2020) stated that rape is a social issue that can lead to suicidal attempts or suicide. It can cause an inferiority complex, health risks, and may destroy the victim's future, particularly for those who are emotionally vulnerable or lack counselling (Ojuroungbe, 2024). Some victims contract sexually transmitted diseases (STDs), such as HIV/AIDS, during the assault, while others may suffer from severe bleeding. In many instances, rape leads to unwanted pregnancies, some of which result in dangerous, illegal abortions that cause long-term harm (Kanayochukwu et al., 2023; Adesegun & Oludare, 2024). Therefore, the prevalence of rape in

society is a critical issue that requires urgent attention from professionals, especially guidance counsellors.

Guidance counsellors play a pivotal role in not only addressing the immediate needs of students but also in systematically preventing sexual violence through multi-level interventions. Research indicates that comprehensive sexual education programmes, which include consent, healthy relationships, and boundary respect, are effective in reducing youths' vulnerability to sexual assault (Nnaji, 2023). By fostering a safe and supportive environment, counsellors encourage students to report incidents and seek help, which can mitigate the long-term psychological effects of trauma. Awareness campaigns and workshops organised by counsellors also challenge harmful gender stereotypes and cultural norms that perpetuate sexual violence, demonstrating that professional intervention can influence societal attitudes as well as individual behaviours (Alan, 2021; Ajibade, 2025). Additionally, peer mentoring and support groups create networks where students reinforce positive behaviours, further extending the preventive impact of counselling beyond the classroom.

Beyond education and awareness, guidance counsellors contribute strategically to institutional and community level prevention. By collaborating with parents, teachers, and community organizations, counsellors develop unified approaches that integrate social support, policy, and advocacy measures. Evidence shows that counsellor involvement in creating and implementing school policies and legal frameworks strengthens the effectiveness of preventive strategies and ensures accountability in responding to incidents of rape (Westmarland & Sue, 2023). Furthermore, providing crisis intervention and long-term counselling for survivors not only facilitates trauma recovery but also reduces stigma and encourages other students to seek support when needed. This multi-faceted approach, combining education, support, awareness, collaboration, and advocacy, highlights the crucial analytical perspective of this study, that guidance counsellors are not merely reactive actors but key agents in shaping safer, more resilient school environments and preventing rape among youths.

Statement of the Problem

The persistence and severity of rape incidents across Nigerian states have attained an alarming rate. Records show that rape cases have not reduced, with 678 reported cases in Lagos State between December 2022 and December 2023 (Neumann, 2024). In 2023, Kaduna State alone recorded 1,097 cases of sexual and gender-based violence. Between January 2020 and May 2021, the Nigerian Police reported 717 rape incidents in the South-Eastern region of the country (Agoha & Nicholas, 2023). Moreover, in just the first two months of 2024, 91 rape cases were reported in Lagos State (Omoera, 2024). In South-west Nigeria, there were a total of 24,009 cases of sexual, physical, and psychological abuse reported between January 2019 and December 2023 (Ojuroungbe, 2024). The Federal Ministry of Women Affairs reported 27,698 cases of sexual and gender-based violence across Nigeria from 2020 to 2023 (Ben-Nun, 2024). Also, the United Nations Women (2024) reported 22,717 rape cases, including instances where children were raped to death, between 2021 and 2023 in Nigeria and other West African countries.

These statistics underscore the urgent need for preventive strategies that go beyond law enforcement. One critical approach is the involvement of guidance counsellors, who are well-

positioned to educate youths, raise awareness about consent and personal safety, and provide early interventions to reduce vulnerability. By focusing on preventative counselling, schools and community programmes can play a proactive role in mitigating the risk of rape among youths. Therefore, this study aims to examine the specific role of guidance counsellors in preventing rape among youths in contemporary Nigerian society, with the goal of identifying effective strategies that can complement broader legal and policy measures.

Objectives of the Study

The study aims to:

- i. Identify the major factors contributing to rape in Nigeria.
- ii. Assess the physical, psychological, social, and educational consequences of rape on survivors in Nigeria.
- iii. Examine the challenges faced by guidance counsellors in implementing effective rape prevention programmes in Nigerian schools and communities.
- iv. Evaluate the roles and strategies employed by guidance counsellors to prevent rape among youths in Nigeria, including education, advocacy, and support initiatives.

Research Questions

The study seeks to answer the following research questions:

1. What are the major factors responsible for rape in Nigeria?
2. What are the physical, psychological, social, and educational consequences of rape in Nigeria?
3. What challenges do guidance counsellors encounter in implementing rape prevention programmes?
4. What roles do guidance counsellors play in preventing rape among youths in Nigeria?

METHODOLOGY

The study used a qualitative approach and relied on secondary sources for information. These sources included journals, textbooks, newspapers, magazines, and other written materials related to the topic. Since the data could not be measured or analysed with statistics, content analysis was used to study it. Content analysis is a careful and organised way of examining information from documents, archives, newspapers, and other written sources.

LITERATURE REVIEW

Rape remains a pervasive social problem with far-reaching psychological, emotional, and educational consequences for victims, particularly youths and students. While research across Nigeria and other countries has increased awareness of the prevalence, causes, and effects of rape, far less attention has been given to preventive and professional intervention roles. Empirical studies on rape in Nigeria and other countries have largely focused on prevalence, causes, and

consequences, with limited attention to preventive professional roles. In Nigeria, Amuda (2021) examined socio-cultural factors influencing rape among youths and found that patriarchal norms, victim-blaming attitudes, and silence culture significantly sustained rape incidence, but the study did not explore preventive school-based interventions. Audu (2023) investigated gender-based violence among female undergraduates and reported severe psychological consequences such as depression and trauma, yet the study was outcome-oriented and neglected preventive counselling frameworks. Using qualitative interviews, Agoha and Nicholas (2023) examined survivors' lived experiences of rape in Southeast Nigeria and revealed long-term emotional and social dislocation, but the study did not integrate guidance counselling as a structured preventive or rehabilitative mechanism.

In a foreign context, Jewkes, Flood, and Lang (2015) adopted a systematic review approach to examine rape prevention strategies globally and found that school-based education and gender-transformative programmes were effective in reducing sexual violence, although the role of professional counsellors was not explicitly isolated. Campbell et al. (2018) used a mixed-methods design to assess institutional responses to sexual assault in the United States and reported that counselling services improved survivors' recovery outcomes, but the study focused more on post-rape response than proactive prevention. Also, Kearns, et al (2019) applied an ecological framework using secondary data analysis and established that structural gender inequality predicts rape prevalence across societies, yet the study remained theoretical without contextualising counsellor-led interventions.

Collectively, these studies show that while substantial research has examined the causes, prevalence, and effects of rape, there is limited empirical focus on prevention through the professional roles of guidance counsellors in contemporary Nigerian society. Most Nigerian studies remain problem-oriented rather than solution-focused, whereas foreign studies emphasise preventive approaches without adapting them to Nigeria's educational and socio-cultural context. This gap highlights the need for school-based and counselling strategies that can effectively reduce rape and support victims. It therefore justifies the present study's focus on positioning guidance counsellors as key agents in rape prevention in the 21st century.

Theoretical Framework of Analysis

Psychoanalytic Theory

The psychoanalytic theory of rape delves into the unconscious drives and motivations behind this specific form of sexual violence. This theory, based on the work of Sigmund Freud from the early 20th century, suggests that rape may stem from deep-seated psychological conflicts and repressed desires (Gottfredson & Hirschi, 2022). According to Freud, the human psyche is divided into three parts: the id, ego, and superego. The id represents primal desires, the ego mediates between the id and reality, and the superego embodies moral standards. These components often come into conflict, leading to psychological tension.

In Nigeria, cultural, social, and economic factors can exacerbate these underlying psychological issues (Foyoh, & Martha, 2020). The rapid modernisation and urbanisation in Nigeria, especially

noticeable since the 1960s, often lead to significant stress and identity crises among individuals, potentially triggering these repressed impulses. Nigerian society's patriarchal structure can further reinforce aggressive behaviours, where men may assert dominance through rape as a means of coping with their own insecurities and frustrations (Adetoyese, 2023).

Childhood experiences, such as exposure to violence or sexual abuse, can also play a significant role in shaping an individual's mind, which can lead to deviant sexual behaviours later in life (Jaitshree & Ranjeeta, 2023). These experiences often involve defense mechanisms, such as repression or displacement, which are unconscious strategies used by the ego to manage anxiety and internal conflict. The lack of adequate mental health support and the stigmatisation of psychological issues in Nigeria, may prevent many from seeking help, perpetuating the cycle of violence (Alhassan, 2020).

Psychoanalytic theory also suggests that some individuals may use rape as a way to reclaim a sense of power and control that they feel is otherwise lacking in their lives (Agoha & Nicholas, 2023). In Nigeria, socioeconomic disparities, which have widened significantly since the 1980s, can worsen feelings of powerlessness among certain groups, increasing the likelihood of such violent acts. Moreover, the intersection of traditional beliefs and modern influences creates a complex societal environment where conflicting values can intensify psychological turmoil (Westmarland & Sue, 2023).

Understanding rape through psychoanalytic theory highlights the importance of addressing underlying psychological and emotional issues. It suggests that interventions should not only focus on punishment but also on providing comprehensive mental health support. Psychoanalytic therapy, established as a field since the early 20th century, could help individuals explore and resolve their unconscious conflicts, potentially reducing the incidence of rape. This approach emphasises the need for a holistic strategy that combines psychological, social, and legal frameworks to combat sexual violence in Nigeria effectively.

Conceptualising Rape in Nigeria

Rape is universally regarded as an immoral act, not limited to any particular nation, race, or gender. It is a criminal offense involving forced sexual relations with a person against his or her will (Amole et al., 2021). Rape is a form of assault where the sexual activity is non-consensual, often involving physical force, threats, or verbal intimidation to overpower the victim (Orji & Uche, 2021). It typically involves sexual intercourse or other forms of sexual penetration without the victim's consent. The act of rape can be carried out through physical force, coercion, or the abuse of authority, and may also occur when the victim is unable to provide valid consent, such as when they are unconscious, incapacitated, or below the legal age of consent (Abdullahi & Saa-Aondo, 2021).

In Nigeria, rape is classified as a criminal offense under Section 357 of the country's criminal code, which defines it as any act of unlawful sexual intercourse with a woman or girl without her consent, or with her consent if obtained through force, threats, intimidation, fear, fraudulent representation, or impersonating her husband in the case of a married woman (Oluwaleye & Adefisoye, 2021;

Jaitshree & Ranjeeta, 2023). Convicted offenders face life imprisonment, with or without whipping, while those found guilty of attempted rape may receive a 14-year sentence, also with or without whipping (Amucheazi, 2019; Orji & Uche, 2021). Rape is universally condemned as socially and morally unacceptable, and it is prohibited by laws that protect human rights, even during times of armed conflict (Igbo, 2025). The act of rape can result in serious physical, emotional, and psychological trauma, with both immediate and long-term effects. Victims may suffer physical injuries, unwanted pregnancies, and sexually transmitted infections, including HIV (Adesegun & Oludare, 2024).

Rape is a widespread social issue that impacts various sectors of society, including families, schools, workplaces, the military, healthcare institutions, and religious settings (Kearns, et al., 2019)). It is particularly prevalent in developing countries, where victims often experience intense psychological distress, leading to feelings of hopelessness and, in some cases, suicide (Olatunji & Thomas, 2017). A significant number of victims, around 90%, are assaulted by individuals they know, often referred to as "familiar foes" (Akunne & Nwadinobi, 2021). These perpetrators may include family members such as fathers, uncles, or even grandparents (Alhassan, 2020), as well as neighbours and trusted individuals in various social settings (Nnaji, 2023).

Types of Rape in Nigeria

1. Acquaintance Rape: Acquaintance rape often occurs in social or intimate settings where the perpetrator exploits trust or manipulates the victim's vulnerability, sometimes using coercion, emotional manipulation, or drugs and alcohol to impair judgment (Adetoyese, 2023). Empirical studies show that most rapes are committed by someone known to the victim; for instance, research among female students in Southeast Nigeria found that about 62.5% of perpetrators were acquaintances, such as friends or schoolmates (Litchfield & Litchfield, 2023; Ayonrinde, 2025). Victims often hesitate to report these incidents due to shame, guilt, fear of disbelief, or concern about damaging relationships, with social stigma and victim-blaming further contributing to underreporting.

2. Stranger Rape: In Nigeria, stranger rape involves forcible sexual assault by an unknown perpetrator, often occurring in public spaces, secluded areas, or during criminal activities such as robberies (Alhassan, 2020). Empirical research shows that although most rapes are committed by someone known to the victim, between 11 and 18 percent of rape cases are carried out by strangers, indicating that unknown offenders still account for a significant portion of incidents. In some studies, about 37.5 percent of victims reported being raped by unknown persons, while close acquaintances accounted for the majority of perpetrators (Omoera, 2024). Victims of stranger rape may experience extreme fear and trauma due to the sudden and violent nature of the assault, which can make it difficult for them to seek immediate help and support. These cases often heighten psychological distress because of the perceived unpredictability of the threat and the belief that the danger came from someone with no prior connection to the victim.

3. Marital Rape: Marital rape refers to non-consensual sexual intercourse forced upon a spouse. Despite legal reforms, it remains a contentious issue in Nigeria, largely due to cultural beliefs that prioritise male authority within marriage (Busari & Ogunsakin, 2022). Empirical studies highlight

the widespread nature of this belief. Jones and Walker (2024) and Dale, Aakvaag, Nissen, and Strømet (2025) reported that over 70% of married women believe a husband has the right to demand sex regardless of consent, while only about 8% of survivors report such abuse to authorities or seek support services. Victims often face additional barriers, including societal expectations of submission, fear of stigma, and pressure to preserve the marriage, which contribute to underreporting and long-term psychological trauma.

4. Gang Rape: Gang rape involves multiple perpetrators who sexually assault a victim simultaneously or in rapid succession, often during social gatherings, celebrations, or mob violence (Jewkes et al., 2015; Zorai, et al., 2025). Studies indicate that up to 23% of rape cases in Nigeria involve multiple offenders, and internationally, between 2% and 27% of rapes are committed by more than one perpetrator (Nnaji, 2023; Ajibade, 2025). Victims of gang rape experience heightened trauma due to the collective aggression, resulting in severe physical injuries, psychological distress, and a higher risk of psychiatric disorders compared to single-perpetrator assaults.

5. Child Sexual Abuse: Child sexual abuse encompasses a wide range of sexual activities perpetrated against minors, including touching, fondling, and penetration. In Nigeria, it is a pervasive and often under-reported problem, with studies showing that about 25.7% of adolescents in Southwestern Nigeria have experienced sexual abuse, including 7.5% who suffered penetrative acts, and national estimates suggest that up to 35% of children experience some form of sexual abuse (Ogunbiyi, 2021; Ayonrinde, 2025). Abuse frequently occurs within families, schools, religious institutions, and communities, with perpetrators exploiting positions of trust or authority to manipulate and control vulnerable victims. Many cases go unreported, exacerbating the psychological trauma and long-term impact on children's well-being.

6. Drug-Facilitated Rape: Drug-facilitated rape occurs when perpetrators use substances such as Rohypnol ("roofies"), GHB, or alcohol to incapacitate victims, preventing resistance or consent (Beynon et al., 2011). A study showed that over 20% of sexual assaults are drug-facilitated, with alcohol involved in 40–70% of cases (Amuda, 2021). Victims often have little or no memory of the assault, making evidence collection difficult and reducing the likelihood of reporting, which increases their risk of psychological trauma.

Prevalence of Rape among Students in Nigeria

The prevalence of rape in Nigeria is a significant and troubling issue, affecting individuals across various demographics and regions of the country. Rape in Nigeria occurs at alarming rates, with women and children being the primary victims. According to a survey conducted by the National Population Commission in collaboration with the United Nations Population Fund (UNFPA), about 58% of women aged between 15 and 49 years in Nigeria have experienced some form of sexual violence, including rape (Nolen-Hoeksema, 2022). Between 2021 and 2024, there were an estimated 87,561 victims of rape per year in Nigeria, comprising, 69,135 females and 18,426 males (Igbo, 2025).

Nigeria has witnessed numerous cases of rape, some of which have resulted in fatalities. Several high-profile incidents serve as examples (Akunne & Nwadinobi, 2021). In November 2021, the medical director of a clinic raped his wife's niece, a 15-year-old girl, over a period of several months (Litchfield & Litchfield, 2023). In March 2022, a fashion designer was raped by three men and subsequently thrown out of a bus in Lagos State (Ayonrinde, 2025). In August 2022, an actor was charged in a State High Court in Uyo for the rape of a 16-year-old girl he had adopted and lived with, as well as for providing abortion medication (Busari & Ogunsakin, 2022). Similarly, a Nollywood actor was accused of abusing the 14-year-old foster daughter of a comedienne (Amaugo, 2024). Allegations arose against a Nigerian musician, who reportedly suffered from a blood clot in her chest due to abuse by her husband (Omoera, 2024). Furthermore, a 41-year-old teacher was charged with defiling a six-year-old student and subsequently found guilty, resulting in a life sentence (Ojo, 2023). Litchfield and Litchfield (2023) reported a case where an elderly man who engaged in sexual activity with his neighbour's 11-year-old daughter was also sentenced to life imprisonment. Also, a 45-year-old man sexually assaulted a 7-year-old girl in Kaduna State (Bragesjö, Larsson, Nordlund, Anderbro, Andersson, & Möller, 2020).

Another survey by the World Health Organisation reported that 12.3% (14.6 million) of Nigerian women between 18 and 45 years have experienced a completed forced rape in their lifetime, compared to 2% of men who reported being raped (Amaugo, 2024). Most of these rapes were perpetrated by acquaintances. Rapes by strangers accounted for between 11% and 18% (Adetoyese, 2023). In 2012 about 400 women marched through Osogbo in Osun State, Nigeria, campaigning against rampant cases of rape and creating awareness for women to support the eradication of rape in the state (Gottfredson & Hirschi, 2022). This statistic underscores the widespread nature of the problem and its impact on women's physical and mental well-being.

According to Amuda (2021), the prevalence of rape has increased consistently over the years from 12.5% to 68.4% in Nigeria. According to Audu (2023), only 38% of rape cases are reported to the police in Nigeria. This is largely to avoid stigmatisation, and cultural and social pressures. Lack of incentives to report the crime, fear of not being believed by the police, and fear of further intimidation or reprisal by the attacker, all add up to discourage the victims from reporting the crime. Underreporting cases of rape among women remains a critical issue, driven by fear of stigma, retaliation, and mistrust in institutional responses (Olusolami, Jonathan & Abiodun, 2021). Many victims choose not to disclose their experiences due to concerns about their academic careers, personal safety, or lack of confidence in the justice system's ability to provide adequate redress.

Factors Responsible for Rape in Nigeria

Rape in Nigeria is driven by a combination of social, cultural, educational, and behavioural factors, which collectively create conditions that enable sexual violence.

1. Culture of Silence

Cultural norms in Nigeria often prioritise family and community honor over justice for victims, resulting in widespread underreporting of rape cases (Idoko et al., 2020). Survivors who speak out may face blame, social exclusion, or even retaliatory violence. Traditional dispute resolution

mechanisms that favour reconciliation over legal action further reinforce this culture of silence (Foyoh & Martha, 2020). Research by Omoera (2024) indicates that this emphasis on protecting communal reputation perpetuates cycles of impunity and discourages victims from seeking support, making it a significant barrier to effective prevention and intervention.

2. Lack of Comprehensive Sex Education

The absence of structured sexual education in Nigerian schools leaves students vulnerable to misinformation and misunderstandings regarding consent, healthy relationships, and gender equality (Egbe et al., 2020). Cultural taboos surrounding open discussions of sexuality further exacerbate this gap, limiting students' capacity to make informed decisions about sexual interactions. Literature highlights that insufficient knowledge about sexual rights and responsibilities contributes directly to the incidence of sexual violence, underscoring the need for school-based educational interventions.

3. Alcohol and Substance Abuse

Substance use is a recognised risk factor in sexual violence, as it impairs judgment and reduces inhibitions (Amuda, 2021). Perpetrators may exploit victims who are under the influence, while substance abuse by potential victims can reduce their ability to resist assaults effectively. A research by Olayiwola-Adedoja et al (2025) suggests that alcohol and drugs not only facilitate offending behaviour but also complicate preventive and intervention strategies, emphasising the importance of integrating substance abuse education into broader sexual violence prevention programmes.

4. Gender Inequality and Patriarchal Norms

Nigeria's patriarchal culture positions women and girls in subordinate roles, often restricting autonomy and reinforcing power imbalances (Ben-Nun, 2024). Cultural norms that valorize male authority and female submission can normalize or excuse sexual violence, making it difficult for women to assert boundaries or report incidents. Literature indicates that these systemic inequalities are central to understanding sexual violence, highlighting that effective prevention must include efforts to address gendered power dynamics through both education and community engagement.

5. Exposure to Violent Media and Pornography

Youth exposure to violent media and pornography has been linked to desensitization to sexual aggression and the internalization of harmful gender stereotypes (Westmarland & Sue, 2023; Igbo, 2025). Violent pornography, in particular, normalises aggressive sexual behaviour and distorts perceptions of consent, contributing to unhealthy expectations and attitudes toward sexual relationships. Research underscores that these media influences can reinforce cultural and behavioural factors that perpetuate rape, demonstrating the need for comprehensive media literacy and gender sensitization programmes.

Consequences of Rape in Nigeria

Rape in Nigeria has far-reaching consequences that extend beyond immediate physical harm, affecting survivors' psychological well-being, social relationships, and life trajectories. Understanding these consequences is essential for designing effective prevention and support programmes.

1. Physical Health Impacts

Rape often results in severe physical injuries, including bruising, lacerations, and fractures, depending on the violence involved (Alhassan, 2020). Survivors are also at increased risk of sexually transmitted infections (STIs), reproductive health complications, and unintended pregnancies. Accessing timely and adequate medical care is frequently a challenge, particularly in rural areas where healthcare services are limited or inaccessible. Literature emphasises that these physical consequences not only threaten immediate well-being but can have long-term health implications, reinforcing the need for integrated medical and counselling interventions.

2. Psychological Trauma

The psychological consequences of rape are profound, often leading to long-lasting mental health disorders such as post-traumatic stress disorder (PTSD), depression, anxiety, and substance abuse (Adesegun & Oludare, 2024). Survivors commonly experience intense fear, shame, guilt, and feelings of worthlessness, which can affect daily functioning, work, and education (Onyejiaku, 2021). Research indicates that without adequate mental health support, these symptoms can persist for years, highlighting the critical role of professional counselling and trauma-informed care in mitigating long-term psychological harm.

3. Social Stigma and Isolation

Cultural and societal norms in Nigeria often exacerbate the trauma of rape through victim-blaming, ostracisation, and pressure to remain silent to protect family honor (Akunne & Nwadinobi, 2021; Adesegun & Oludare, 2024). This stigma not only isolates survivors but also discourages reporting and access to support services. Studies show that social ostracisation can intensify feelings of shame and psychological distress, creating a barrier to recovery and reinforcing the importance of community education alongside counselling interventions.

4. Educational Disruption

Survivors frequently experience significant disruptions to their education, including absenteeism, academic underachievement, and increased dropout rates (Ogunbiyi, 2021). Trauma symptoms such as flashbacks, nightmares, and difficulty concentrating can impede classroom performance and the completion of academic tasks (Alan, 2021). The educational consequences of rape extend beyond immediate learning challenges, potentially derailing career aspirations and perpetuating cycles of poverty and social inequality, indicating the need for school-based support systems and counselling programmes.

5. Relationship Difficulties

Rape survivors often struggle to form and maintain personal and professional relationships due to trust issues, fear of intimacy, and emotional withdrawal (Westmarland & Sue, 2023). The trauma may inhibit social engagement and the ability to establish healthy boundaries, further isolating survivors from critical support networks (Akunne & Nwadinobi, 2021). Literature highlights that these relational difficulties compound psychological and social harm, demonstrating that recovery requires interventions that address both mental health and social reintegration.

Challenges Guidance Counsellors Encounter in Implementing Rape Prevention Programmes

Guidance counsellors face several challenges in implementing effective rape prevention programmes in Nigerian schools and communities. These include:

1. Cultural Stigma and Victim-Blaming

Cultural beliefs in many Nigerian communities often blame victims rather than perpetrators, labeling survivors as “immoral” or “dishonorable” (Busari & Ogunsakin, 2022). This stigma not only discourages victims from seeking help but also complicates counselling interventions, as survivors may experience depression, anxiety, and social isolation (Foyoh & Martha, 2020). Consequently, counsellors must invest significant time in building trust and validating experiences, which can slow the implementation of prevention programmes. Research suggests that addressing these deeply ingrained societal attitudes requires sustained community education and advocacy, highlighting the intersection between counselling practice and broader cultural change.

2. Underreporting of Rape Cases

Underreporting is a pervasive challenge, driven by fear of retaliation, mistrust of authorities, or perceptions that reporting will not lead to justice (Alan, 2021). For guidance counsellors, this obscures the true scale of the problem, limiting early identification and intervention opportunities. The lack of accurate data also hinders the design of evidence-based prevention strategies and advocacy for stronger legal protections (Adesegun & Oludare, 2024). Literature indicates that counsellors often rely on anecdotal or observational information, which can reduce the precision and effectiveness of prevention initiatives. This underscores the need for integrated reporting mechanisms and community engagement to increase disclosure rates.

3. Inadequate Institutional Support

Many schools and community centres lack functional counselling units, private consultation spaces, and referral systems to legal or medical services (Omoera, 2024). Limited budgets, insufficient personnel, and weak collaboration with law enforcement and healthcare providers constrain the scope and quality of rape prevention programmes (Richard et al., 2022). Studies suggest that these institutional deficiencies force counsellors to improvise interventions, which may reduce overall impact. Effective prevention requires not only skilled counsellors but also institutional commitment, resources, and infrastructure to support systematic programmes.

4. Poor Legal Enforcement and Slow Justice Processes

Delays in investigations, slow trials, and low conviction rates undermine both the deterrent effect of the law and the effectiveness of counselling interventions (Westmarland & Sue, 2023; Gottfredson & Hirschi, 2022). Survivors may feel discouraged from seeking justice, and perpetrators may act with impunity, increasing the risk of repeated offenses. Literature emphasises that counselling alone is insufficient; it must be complemented by timely legal action and social support to restore trust and enhance the effectiveness of preventive programmes.

5. Limited Professional Training and Manpower

There is a shortage of counsellors with specialised knowledge in rape prevention, and many lack continuous professional development opportunities (Ani et al., 2019; Abdullahi & Saa-Aondo, 2021). This limits the quality of awareness campaigns, trauma-informed counselling, and community education initiatives. Research highlights that increasing the number of trained counsellors and providing ongoing professional development are essential for implementing effective, evidence-based prevention strategies. Addressing this gap strengthens both the capacity of counsellors and the resilience of the communities they serve.

Roles of Guidance Counsellors in Preventing Rape in Nigeria

Guidance counsellors employ multiple strategies to prevent rape among youths in Nigeria. These include:

1. Comprehensive Sexual Education

Guidance counsellors are central to implementing comprehensive sexual education programmes that equip students with knowledge and skills to navigate their sexual development responsibly. Such programmes cover consent, healthy relationships, boundary respect, and the identification of sexual harassment, fostering gender equality and informed decision-making (Jaitshree & Ranjeeta, 2023). Evidence also highlights the importance of addressing emerging risks, including online exploitation and sexting, as part of holistic sexual education (Niveen, Zeevi-Barkay, & Steven, 2021). By providing structured education, counsellors directly influence students' capacity to recognise and avoid risky situations, demonstrating the preventive potential of professional intervention.

2. Creating a Safe and Supportive Environment

Counsellors contribute to the prevention of sexual violence by cultivating environments where students feel safe to disclose incidents and seek help. This involves building trust, ensuring confidentiality, and maintaining an approachable, non-judgmental stance (Westmarland & Sue, 2023). Studies show that fostering a culture of openness and inclusivity enables early identification of risks and mitigates the escalation of issues (Akunne & Nwadinobi, 2021; Nolen-Hoeksema, 2022). By embedding respect and mutual support into the school culture, counsellors reinforce behavioural norms that discourage harassment and promote safety for all students.

3. Organising Awareness Campaigns and Workshops

Awareness initiatives led by counsellors challenge harmful gender stereotypes, toxic masculinity, and victim-blaming attitudes while promoting bystander intervention (Niveen, Zeevi-Barkay, & Steven, 2021). Workshops, interactive sessions, and community campaigns expand the impact of counselling by engaging students, staff, and parents in dialogue about sexual violence (Alan, 2021). Collaborative efforts with local organisations ensure diverse perspectives and resources, demonstrating that prevention extends beyond the classroom into the wider community.

4. Establishing Peer Mentoring and Support Groups

Peer mentoring and support networks allow students to share experiences, develop empathy, and reinforce positive behaviours under the guidance of counsellors (Kanayochukwu, Nneka, Ndu, & Yusuf, 2023). Evidence suggests that these programmes not only empower students to support each other but also enhance the effectiveness of formal counselling by providing continuous peer-level reinforcement (Audu, 2023). By training mentors to identify distress and refer peers to appropriate resources, counsellors strengthen the school's internal support system.

5. Collaboration with Parents, Teachers, and Community Organisations

Effective prevention of sexual violence requires a multi-stakeholder approach. Counsellors facilitate collaboration among parents, teachers, and community organisations, organising forums and workshops to promote consistent messaging on respect, consent, and prevention (Agoha & Nicholas, 2023; Ben-Nun, 2024). By equipping teachers to recognise early signs of abuse and connecting students with external support, counsellors extend preventive measures into homes and communities, reinforcing a holistic support network.

6. Providing Crisis Intervention and Counselling Services

Immediate and long-term support for survivors is critical in reducing trauma and promoting recovery (Akunne & Nwadinobi, 2021; Ogunbiyi, 2021). Counsellors develop individualised plans addressing emotional, psychological, and academic needs, while teaching coping strategies that foster resilience. Evidence highlights that such comprehensive support mitigates long-term psychological issues and reduces stigma, ensuring survivors are supported and empowered to continue their education (Alan, 2021).

7. Advocating for School Policies and Legal Frameworks

Guidance counsellors play a strategic role in shaping institutional policies and legal frameworks that address sexual violence (Idoko, Nwobodo, & Idoko, 2020; Adesegun & Oludare, 2024). By collaborating with administrators, policymakers, and legal experts, counsellors help develop clear guidelines for prevention, reporting, and response. Ensuring effective implementation and training creates a structured environment where students' safety is prioritised, demonstrating that professional advocacy is integral to sustained prevention.

Conclusion

Rape remains a pervasive problem in Nigeria that cuts across social, cultural, and educational contexts, with serious psychological, emotional, and physical consequences for victims. This review synthesises evidence showing that factors such as gender inequality, harmful cultural norms, inadequate sexual education, and silence surrounding sexual violence continue to sustain its prevalence. Beyond restating these issues, the paper contributes to existing knowledge by highlighting the central and strategic role of guidance counsellors as preventive agents within school and community settings. Guidance counsellors are positioned to move rape prevention beyond reactionary responses by promoting values-based education, early intervention, and sustained awareness that challenge rape myths and gender stereotypes. The findings have important policy implications, underscoring the need for stronger institutional support, school-based sexual violence policies, and collaboration between educational authorities and social services. For professional practice, the review emphasises the need to strengthen counsellor training in trauma-informed care, sexuality education, and advocacy skills. Future research should focus on evaluating the effectiveness of counsellor-led prevention programmes and exploring context-specific strategies that can further reduce rape incidence among youths and students.

Recommendations

The paper recommended that guidance counsellors should intensify their roles through public awareness campaigns, workshops, and seminars to challenge the culture of rape and promote healthy, consensual relationships. Counsellors should also focus on preventive education that addresses underlying factors such as gender inequality, rape myths, poor sexual knowledge, and harmful cultural beliefs that normalise sexual violence. Guidance counsellors should collaborate with policymakers, law enforcement, and community leaders to improve institutional responses and support systems in addressing the prevalence of rape. School-based programmes should be strengthened to identify individuals at risk and offer early intervention through guidance and counselling services. Counsellors should further engage parents, teachers, and youths in discussions that discourage victim-blaming attitudes and promote shared responsibility for sexual safety. Lastly, guidance counsellors should provide counselling services to victims of rape and individuals at risk, helping them cope with trauma and pursue justice.

REFERENCES

- Abdullahi, Y., & Saa-Aondo, M. (2021). An investigation into the causes of sexual abuse (promiscuity) among female students in a selected tertiary institution in Adamawa State, Nigeria. *International Journal of Research Publications*, 70(1), 30–39.
<https://doi.org/10.47119/ijrp100701220211738>

- Adesegun, O. O., & Oludare, D. O. (2024). University undergraduates' perception of the menace of rape: Causes and effects. *Interdisciplinary Journal of Social Studies*, 4, 1–10. <https://doi.org/10.38140/ijss-2024.vol4.07>
- Adetoyese, E. O. (2023). *Self-concept, peer pressure and substance abuse as predictors of sexual violence among undergraduates of federal universities in Nigeria* (Unpublished doctoral dissertation). Department of Educational Guidance and Counselling, Faculty of Education, University of Ilorin, Ilorin, Kwara State, Nigeria.
- Agoha, K. U., & Nicholas, C. A. (2023). The representation of rape in Kunle Afolayan's *October 1* and Moses Inwang's *Alter Ego*. *African Journal of Social Sciences and Humanities Research*, 6(6), 124–138. <https://doi.org/10.52589/AJSSHR-6JDMEPB8>
- Ajibade, I. O. (2025). Curbing the menace of rape in Nigeria: Issues and actions. *International Journal of Innovation, Management & Social Sciences*, 1, 183–190. <https://www.nigerianjournalonline.org/index.php/IJIMSS/article/download/835/796>
- Akunne, L. I., & Nwadinobi, V. N. (2021). Perceived influence of counselling techniques in reducing posttraumatic stress disorder (PTSD) among rape victims. *International Journal of Innovative Research & Advanced Studies*, 7(8), 238–245.
- Alhassan, B. O. (2020). Psychological effects of rape on the victims in Sub-Saharan countries. *International Journal of Humanities*, 3(4), 50–87. <https://www.eajournals.org/wp-content/uploads/Psychological-Effects-of-Rape.pdf>
- Alan, M. (2021). Confidentiality and rape counselling. *Hastings Centre Report*, 1, 5–7.
- Amaugo, G. (2024). *Sex lies, Lagos: Reed to Rock resource*.
- Amole, T. G., Abdullahi, H., Abdullahi, N. T., Abubakar, A. S., Ajayi, A. O., & Tsiga-Ahmed, F. I. (2021). Prevalence, pattern, and predictors of sexual abuse among young female hawkers in Kano metropolis, Nigeria. *Nigerian Postgraduate Medical Journal*, 28(1), 70–82. https://doi.org/10.4103/npmj.npmj_295_20
- Amucheazi, C. O. (2019). A critical review of the jurisprudence of laws on rape in Nigeria and the impact of statute of limitations on prompt reporting of rape incidents. *Commonwealth Law Bulletin*, 45(2), 109–115. <https://doi.org/10.1080/03050718.2019.1711433>
- Amuda, Y. J. (2021). Prevalence of rape endemic and mechanisms for its preventions and consequences on victims in Nigeria. *Journal of Legal, Ethical & Regulatory Issues*, 24(3), 43–51.
- Ani, J., Taiwo, P., & Isiugo-Abanihe, J. (2019). Sexual violence and sexuality education for the vulnerable sex: Evidence from rural South-Eastern Nigeria. *International Review of Modern Sociology*, 45(2), 173–191. <https://www.jstor.org/stable/48602762>

- Audu, A. M. (2023). *Community policing: Exploring the police/community relationship for crime control in Nigeria* (Unpublished doctoral dissertation). University of Liverpool, Liverpool, United Kingdom.
- Ayonrinde, A. (2025). *Sex and the teenager*. Evans Brothers (Nigeria Publishers) Limited.
- Ben-Nun, L. (2024). *Characteristics of rape and sexual assault*. B.N. Publication.
- Bragesjö, M., Larsson, K., Nordlund, L., Anderbro, T., Andersson, E., & Möller, A. (2020). Early psychological intervention after rape: A feasibility study. *Frontiers in Psychology, 11*, 69–79. <https://doi.org/10.3389/fpsyg.2020.01595>
- Bukar, H. M., Mohammed, H. I., & Ngada, B. J. (2021). The causes of rape on teenage girls in Yobe State, Nigeria. *International Journal of Management Studies & Social Science Research, 3*(4), 99–108. <https://www.ijmsssr.org/paper/IJMSSSR00453.pdf>
- Busari, B., & Ogunsakin, D. (2022, May 17). Baba Ijesha jailed 16 years for sexual assault. *Vanguard News*. <https://www.vanguardngr.com/2022/07/breaking-baba-ijesha-jailed-for-16-years-for-sexual-assault/>
- Campbell, R., Dworkin, E., & Cabral, G. (2019). An ecological model of the impact of sexual assault on women's mental health. *Trauma, Violence, & Abuse, 10*(3), 225–246. <https://pubmed.ncbi.nlm.nih.gov/19433406/>
- Dale, M. T. G., Aakvaag, H. F., Nissen, A., & Strøm, I. F. (2025). Changes in the prevalence of forcible rape, physical violence, and physical partner violence among men and women in Norway: A population-based repeated cross-sectional study in 2013 and 2022. *BMC Public Health, 25*, 1541. <https://doi.org/10.1186/s12889-025-22763-8>
- Egbe, I. B., Augustina, O. O., Itita, E. V., Patrick, A. E., & Bassey, O. U. (2020). Sexual behaviour and domestic violence among teenage girls in Yakurr Local Government Area, Cross River State, Nigeria. *Academic Journal of Interdisciplinary Studies, 9*(2), 50–62. <https://doi.org/10.36941/ajis-2020-0027>
- Foyoh, E. K. M., & Martha, F. M. (2020). Assessing the impacts of indecent dress codes on students in Sierra Leone (Case study: Eastern Polytechnic Kenema Campus). *International Journal of Scientific Engineering & Science, 4*(8), 19–23.
- Gottfredson, M., & Hirschi, T. (2022). *A general theory of crime*. Stanford University Press.
- Richard, W., McCartan, K., & Helen, B. (2022). Female undergraduates playing it “safe” to stay “safe”: Further understanding sexual violence against women. *Journal of International Women’s Studies, 23*(1), 192–207.

- Ibekwe, C. C., Oli, N. P., Nwankwo, I. U., & Ikezue, C. E. (2018). Perceptions of the social consequences of rape in Ezinihitte-Mbaise, Imo State, Nigeria. *American Journal of Humanities & Social Sciences Research*, 2(8), 1–8. <https://ajhssr.com/wp-content/uploads/2018/08/A18280108.pdf>
- Idoko, C. A., Nwobodo, E., & Idoko, C. I. (2020). Trends in rape cases in a Nigerian state. *African Health Sciences*, 20(2), 58–65. <https://doi.org/10.4314/ahs.v20i2.17>
- Igbo, E. U. M. (2025). *Introduction to criminology*. University of Nigeria Press.
- Jaitshree, N., & Ranjeeta, K. (2023). Current status of rehabilitation and interventions for Indian rape victims. *GAP Indian Journal of Forensics and Behavioural Sciences*, 4(2), 6–11. <https://doi.org/10.47968/gapijfs.420002>
- Jones, N., & Walker, D. (2024). *The fallout of rape as a weapon of war: The life-long and intergenerational impacts of sexual violence in conflict*. Overseas Development Institute.
- Jewkes, R., Flood, M., & Lang, J. (2015). From work with men and boys to changes of social norms and reduction of inequities in gender relations: A conceptual shift in prevention of violence against women and girls. *The Lancet*, 385(9977), 1580–1589. [https://doi.org/10.1016/S0140-6736\(14\)61683-4](https://doi.org/10.1016/S0140-6736(14)61683-4)
- Kanayochukwu, C. A., Nneka, S. A., Ndu, D. A., & Yusuf, A. (2023). Prevalence of sexual violence against women in Nigeria: The red flags and the way forward. *LWATI: A Journal of Contemporary Research*, 20(4), 103–122.
- Kearns, M. C., Schappell, D’Inverno, A., & Reidy, D. E. (2019). The association between gender inequality and sexual violence in the U.S. *American Journal of Preventive Medicine*, 58(1), 12–20. <https://doi.org/10.1016/j.amepre.2019.08.035>
- Litchfield, B., & Litchfield, N. (2023). *How to talk to your child about sex*. Religious Broadcasting Publishing Company.
- Neumann, S. (2024). *Gang rape: Examination, peer support and alcohol in fraternities*. Johns Hopkins.
- Niveen, R., Zeevi-Barkay, M., & Steven, P. S. (2021). Rape crisis counselling: Trauma contagion and supervision. *Journal of Interpersonal Violence*, 36(1–2), 60–83. <https://doi.org/10.1177/0886260517736877>
- Nnaji, C. N. (2023). The menace of rape in the present-day Nigerian society and the effect on its victims: The way forward. <https://doi.org/10.2139/ssrn.3675618>
- Nolen-Hoeksema, S. (2022). *Abnormal psychology*. McGraw-Hill.

- Ogunbiyi, T. (2021). Addressing rising cases of rape. *Vanguard*.
- Onyejiaku, F. O. (2021). *Psychology of adolescent*. Rapid Publishers (Nig.) Ltd.
- Ojo, Y. A. (2023, February 14). Court sentences teacher to life in jail for defiling a pupil. *The Guardian*. <https://guardian.ng/news/court-sentences-lagos-teacher-to-life-jail-for-defiling-school-pupil/>
- Ojuroungbe, S. (2024, May 25). Lagos records 24,009 sexual, gender-based violence in five years. *Punch Newspaper*. <https://www.punchng.com/lagos-records-24009-sexual-gender-violence-in-five-years/>
- Olatunji, B. O., & Thomas, O. (2017). The dominance of rape. *Journal of International Women's Studies*, 10(1), 48–63.
- Olayiwola-Adedaja, T. O., Ayodele, J. O., Olosunde, A. F., & Akeredolu, I. F. (2025). Perceived causes and consequences of drug abuse among secondary school students in Ekiti State, Nigeria. *African Journal of Educational Management, Teaching and Entrepreneurship Studies*, 15(1), 411–430.
- Olusolami, B. O., Jonathan, A. O., & Abiodun, M. G. (2021). Outcomes of sexual abuse on self-esteem among adolescents: A systematic review. *Cogent Social Sciences*, 7(1), 1–16. <https://doi.org/10.1080/23311886.2020.1856296>
- Omoera, O. S. (2024). *Child abuse and the media: A survey of the Oredo Local Government Area of Edo State, Nigeria* (Unpublished master's thesis). Department of Theatre Arts and Mass Communication, University of Benin.
- Orjinmo, N. (2020, June 5). #WeAreTired: Nigerian women speak out over wave of violence. *BBC News*. <https://www.bbc.com/news/world-africa-52889965>
- Westmarland, N., & Sue, A. (2023). The health, mental health, and well-being benefits of rape crisis counselling. *Journal of Interpersonal Violence*, 28(17), 3265–3282.
- Zorai, M., Samuel, S., Bonzenadauda, C., & Taru, F. J. (2025). Causes and consequences of rape in Nigeria: Prospects and challenges. *International Journal of Academic Management Science Research*, 9(7), 221–225. <http://ijeais.org/wp-content/uploads/2025/7/IJAMSR250724.pdf>