

DOMESTIC PARTNER ABUSE

Sustained physical, verbal, mental and/or sexual abuse of a woman in a relationship often results in a severe stress disorder or post-traumatic stress disorder PTSD. This kind of disorder can be so severe physical and mental disorders may occur. Thus it can compare to post intense combat situations. The wounds can also be life-threatening or cause death.

Domestic violence or abuse can be physical, emotional and/or sexual between members of a family who may or may not be biologically related. This can include a married couple, children, a live-in couple, a boyfriend-girlfriend type of relationship, and any companion animals in the household.

Most often the male partner is physically stronger and wealthier than the wife or girlfriend. The abuser thus knows this, feels this and takes advantage of the situation.

Many abusive partners and victims have witnessed some kind of abuse during childhood or somehow have been desensitized to it later on in adulthood.

General characteristics of abusive persons and situations include but are certainly not limited to the following:

- Overly envious
- Possessive
- Jealous
- Controlling

-Suffers from an inferiority complex (I'm better, smarter and more important than you; you are below me). This feeling may be relieved by trying to appear superior to the partner in strength (emotional and physical), independence and intelligence.

-The abuser must be the center of focus. He must be the most important person in his partner's life (often times without exception even regarding offspring and in-laws). Pregnancy may bring out bitter feelings. Everything must revolve around him.

-Power famished (looks and talks down at you).

-His mood, feelings, aspirations, likes, dislikes, etc., are important, not yours.

-The abused partner must be dependent on him and fearful of him.

-The abusive partner cuts her down often mercilessly, usually in private (because he knows that he's doing wrong and maybe someone will try to defend her if done in front of others, but there are cases of this kind of abuse happening in front of others. Each case is unique.

-He plays mind games with you. When it gets real bad it becomes evident that the abuser is mentally unstable.

-Your opinions and aspirations are worth nothing (I don't want to hear it), you're his personal property (you belong to him), and often-times you're a sex object (a whore in a sense).

-He does not 'grant' you the right to fight back or defend yourself.

-He calls you the most wicked and horrible names.

-At times he may deny that he abuses you. However, during the make-up phase he may cry like a baby, apologize with incredible intensity and 'promise' to be good to you thereafter.

-He has incredible fears; you'll leave him, make it on your own and find a good man (a better man than him).

-He'll try to control your finances and who you see and actions that will aid in your independence and self-esteem. Depending on the case, he may absolutely forbid you to go to school or get a job.

-Your abuser may try to isolate you from your social network.

-Your abuser has a self-righteous attitude; he's always right you're wrong, especially when you disagree with him.

-Belittle and/or degrade you and your suffering.

-Emotional or verbal abuse is only one step away from outright physical and/or sexual abuse. He may become so enraged and frustrated at 'your behaviour' or your 'misbehaviour' hostile words may not be enough for him to inflict upon you. Be alert and careful at all times. Chronic abusers can have explosive and unpredictable tempers. If your partner threatens to harm or kill you, take it seriously!

-Abusive partners will often start a problem even if none exists. You'll be blamed if you stay silent or if you try to politely defend yourself

-Physical and sexual violence almost always contains some form of verbal abuse; curse and bitch you out while they're hitting you.

-If you have children, he may use them as a weapon against you; I'll take them away from you. However, if it appears that you're getting out of the relationship and you have children, he'll most certainly assume that you'll take what belongs to him away. This is another potentially dangerous period. Be careful!

-He may threaten to harm himself or commit suicide. If you fear for your health, safety and life, leave anyway. If he commits suicide it's not your fault.

-Your property belongs to you. He shouldn't destroy or steal it. Neither should he try to sell it off without your permission.

-If he keeps calling you at work or school, or if he keeps checking up on your matters, it's abuse. Certainly you don't like it.

-Chronic abusers can become extremely suspicious, to the point of imagining 'secret affairs' between you and someone else. This is another danger sign. Be careful!

-If you decide to take self-defence for women and you're still in the relationship, DO NOT TELL HIM! He may feel that he must put you back in your place. Be careful, if you take the classes in secret and he find out, he may explode with anger.

-If you think it is abuse it probably is. If you're in a dangerous marriage or other kind of relationship, you have a right to call the police.

-Save money for a rainy day. The abuse probably won't stop therefore, you may have to leave. Either you leave or you call the police and throw the abuser out. The disadvantage of the latter is that the abuser knows exactly where you live.

Furthermore, he may have a house or apartment key. He may be granted a temporary right to remove his furniture.

=If there's no hope, seek a restraining order. If you do, DO NOT give into the abuser's pouting (violating the restraining order). If he harms you thereafter it'll be more difficult to make a case; she gave me permission to enter our home. Imagine what a defence attorney can do with that.

-In extreme cases the abuser may try to limit or severely restrict your food and water intake. Call the police as soon as possible!

-Although the pain and scars of mental abuse aren't manifested as a black eye or bloody nose or broken bone/s, the pain can equal or exceed that of physical abuse.

-A person in an abusive relationship is in a state of fear and apprehension much of the time. Your mood and behaviour is not the precipitator of a violent episode, it's his. Therefore, you (the victim) feel like you're walking a tightrope. The wind is controlled by the abuser, not you. If you fall, you get a bitching out and/or a physical punishment.

Sometimes it gets so bad you don't know what to say or do. Even if you cook a superb meal or do something that usually appeases your abuser, if he comes home in a horrid mood, watch out! What happens to the abuser outside of the home is out of your control; always remember that. So, if for instance your abuser's boss or some other person angers or worse yet, enrages your partner, he'll come home pissed off. And if he can't retaliate against his tormentor, he'll likely displace his aggression onto his personal 'living punching bag'.

You don't deserve to be abused, however, if you listen to your abuser over and over, at times you may feel that you deserve it. You may even begin to feel numb. Never use excuses or justify your abuser's behaviour. It's his behaviour that's causing the problem, not yours.

The longer you stay in an abusive relationship the more likely you are to be hurt, both physically and mentally, and perhaps sexually. You may come out of a long-term abusive relationship with one or more mental disorders. It's not your fault, it's expected.

Spousal or partner abuse tends to occur in a cycle. Just think of a bell curve, to simplify this matter. But understand that the rise or spike (tension-building phase) is unique for each case. In the tension-building phase aggression builds up. The apex or the top of the bell curve is where the maximum aggression occurs. Thereafter, if both partners are still together there usually occurs a drop in aggression. Be mindful that a sudden/unexpected fit of rage can occur at any time.

Additional characteristics and actions of abusers:

- Offers intense apologies repeatedly
- Swear that he'll never ever do it again
- Says that he loves you, and if you have kids he'll say the same about them
- Cry while he's promising and sweet talking you
- Promises to seek professional help
- Drugs and alcohol bring out the abusive behaviour that's already within the abuser. Many people abuse alcohol and drugs but don't abuse their spouses. If applicable, he may promise 'to quit' using.
- Your abuser may or may not have a criminal record; all abusers don't have criminal records. On the contrary, many abusers are clever, able to hide their abusive behaviour from family, friends, and the general public.
- The abuser may present and portray himself as the absolute king of the household
- Give you the 'I can't live without you' line
- Make other promises that he could never keep in the past
- He may use excuses for his 'previous behaviour'
- Some abusive partners have a remarkable ability to present themselves as sweet fellows in public or to the criminal justice system. The abuser may be perceived by other family members, co-workers, friends and acquaintances as a sweet and likeable fellow. The abuser may trivialize or belittle your complaints. Worse yet, your abuser may blame you, claiming that you provoked or aggravated matters.

Documenting abuse is very important especially if you want to file a criminal complaint and/or if you're seeking a divorce and are absolutely certain that you no longer want to be in the relationship. Proof is very important in a court of law.

When the abuse first begins you can end the relationship immediately and leave your abuser forever or you can tell your abuser that his behaviour is hurting you and it must stop immediately. The easiest time to 'immediately leave' an abusive relationship is in the very beginning; when you first meet. If there are any signs, leaving should be an easy option. You don't love him yet, you've made no commitment, you aren't engaged or married and have no children. Furthermore, you don't live with him and chances are he doesn't know where you live. As the old saying goes, better to be safe than sorry.

Never mind the fact that he's so cute. Mountain lions are incredibly cute; if you get too close to one he'll kill you.

If you play it safe and decide to leave at this stage, it should be permanent. Otherwise, you're getting back into a

potentially hostile and abusive relationship. Use your mind, common sense and logic. Do what is absolutely best for you and don't care about hurting the feelings of a potential abuser.

If he somehow finds out where you live or work and makes persistent attempts to 'get you', this is harassment and chances are he's probably stalking you too. Get your facts straight and then call the police.

I'm giving you the worst case scenario just in case. Someone out there may need this valuable advice.

A Bangladeshi man admitted to brutally cutting off most of his wife's right hand because she, Hawa Akther Jui, had pursued higher education without his permission. The attack occurred in December of 2011.

The attacker, Rafiqul Islam is a migrant worker who works in the Gulf. He apparently tied Hawa up, taped her mouth and then told her that he was going to give her a present.

Hawa's husband had warned her through phone calls from the Gulf that there would be horrific consequences if she tried to pursue higher education without his permission; as though he was ever going to give her permission.

After the horrific attack, it had still been possible to surgically re-attach Hawa's fingers back. However, there is a six-hour window. Once it passes the possibility vanishes.

One of Hawa's husband's relatives apparently tossed her fingers into a garbage bin.

Naturally, human rights groups in Bangladesh are demanding a severe punishment for this heinous crime.

Rafiqul Islam, like many other abusers, especially in Third World Countries ruled by brutal regimes that persecute their citizens and degrade women, most likely didn't believe there would be justice for his actions. Otherwise, he may have thought a hundred times before performing his sadistic acts. Imagine 'an eye for an eye' punishment.

Being a migrant worker he likely felt intimidated, envy, jealousy and insecure at the thought of his wife receiving a degree from a university.

Understandably, Hawa doesn't want to live with her husband anymore and is trying to learn how to write with her left hand. Although it's not impossible to learn how to write with your non-dominant hand, it's quite difficult and takes a long-term sustained effort. Typing is will be a 'Mount Everest type' of challenge.

Another case in point is that of a University of British Columbia (UBC) graduate student who was blinded and maimed by her husband. Both of her eyes were brutally gouged out and her nose was also severely bitten. She was visiting her family in Bangladesh.

The attack of Rumana Manzur occurred on June 5, 2011. Rumana was on break from her studies. Her husband Hasan Sayeed Sumon reportedly confessed to the crime and was arrested by local police.

As stated by Rumana, "he (my husband) has made my world dark. I can't see my (five year-old) daughter".

Prior to the attack Rumana held the post of Assistant Professor at Dhaka University's International Relations Department. She was completing her Master's Degree studies at the University of British Columbia. It's believed that Rumana's pursuing of a higher education may have played a part in the attack.

Rumana's husband mysteriously died while in prison. He was facing attempted murder charges.

Another case in point is that of Mahalakshmi, formerly a beautiful dark haired brown eyed Indian woman.

The attacker was Mahalakshmi's former landlord. After repeatedly making unwarranted passes at her and being rejected each time, he sought vengeance upon Mahalakshmi.

Mahalakshmi found the continued unwanted passes unbearable, therefore, she and her daughter moved out of their home, then moved in with her parents.

Her former landlord didn't relent. Just a day before the attack she had filed a restraining order against him. The end result was a six week stay in a hospital bed, the loss of her left eye and her left ear and a horribly disfigured body.

According to Mahalakshmi's daughter, her mother's clothing was melting like plastic. It was an acid attack.

The vast majority of victims of acid attack victims are women. Hotspots include but are not limited to Bangladesh, Pakistan, India and Cambodia. At least hundreds of women are maimed every single year. There's no way to know exactly how many women suffer this fate annually; we can only make educational estimates. There are many poor villages in the affected countries where world news may not reach. Besides, this isn't the only method used to destroy a woman. In India, widow burning still occurs.

Laws in the affected areas pertaining to this matter must change. Very stiff penalties; I recommend life without parole in a tiny cell. The offender/s must understand that there are severe consequences to this kind of monstrous behaviour.

Another acid throwing incident involves a former 26 year-old British model named Katie Piper. A short-lived relationship with a 33 year-old boyfriend named David Lynch who paid a man named Stefan Sylvestre to commit the act, ended in a lifelong struggle, nearly 30 reconstructive surgeries (as of the writing

of this eBook), a horribly disfigured face and an immediate end to a promising modeling career resulted.

Initially, Katie endured numerous frequent trips to the hospital, a mask that she had to wear 23 hours a day and much mental agony. Her mother was forced to quit her job to care for her.

In an unusual case, an Iranian woman named Ameneh Bahrami who was blinded in both eyes by Majid Movahedi, 30 whom the victim repeatedly rejected offers of marriage has pardoned him hours before surgeons were to blind him with acid.

Horribly, wives can brutally harm themselves to the point of committing suicide even after their husband has died.

In the East Indian practice of Sati a widow is burned (widow burning) on the funeral pyres of her husband. The practice has been around for many centuries. The first Europeans to have recorded Sati were the Greeks.

The first outlawing of Sati occurred in 1829. Later, it was officially banned by the British Colonialist occupiers. This practice made a return roughly around the time of Indian independence (1947). Earlier, the Mughals (Muslim rulers of India) tried to ban the practice of Sati.

The Government of India banned Sati in the mid-1950s and in the late 1980s a prevention ordinance was passed.

The number of women performing, or having Sati imposed upon them is a trickle compared to the past.

Technically, the widow killed herself to follow her husband. However, there are always cases of women fighting and screaming not wanting to be burnt. Unable to successfully defend themselves, they were promptly burned alive.

It's unimaginable how family members and bystanders can just stand there and watch a woman being burned alive; even on her own free will, let alone by force and without her consent.

In Sati philosophy a woman's worth was in relation to her husband. Upon the husband's death the wife would commit Sati in order to cleanse herself. In effect, the act was a form of purification. Without Sati the wife was filthy, impure, not a complete person.

Today, Sati occurs in rural villages. Spectacular cases that make the news may result in action. Enforcement is a must otherwise the resurgence may intensify resulting in a catastrophe.

Knowing what we know about the world, women living in Third World countries are not high on the scale of priorities for prominent world leaders or the United Nations. It's a shame, but it's true.

Native American women who are victims of physical, mental and/or sexual abuse and violence are the most neglected of all ethnic groups.

Native American women suffer from the highest rates of violence (all forms); according to the U.S. Department of Justice their rate is 3.5 times higher than the national average. Obviously, statistics don't tell the whole story.

Native American women tend not to report violent crimes against their person. The system is racist at the core, and if there's one group that's discriminated more than black females it's the Native American females. Their numbers are far fewer; they have considerably less political clout; many of them are hidden from the public eye, more so than the ghettos.

Native American women complain of a callous, uncaring and unbelieving justice system, which begins with the local police. Police often belittle the victims, behaving like they don't want to take the time to investigate the problem.

Reservation victims probably fare the worst. Police dispatched to a particular location have been known to call the victim by cell phone, deciding whether to 'show up' or not.

Many victims feel re-victimized by the justice system. In their eyes, a cold-blooded system that's uncaring and untrustworthy. Compound this with the cultural barriers and you end up with an even grander set of problems.

The National Organization for Women is calling for more action on this matter, but many politicians have 'dead ears' when it comes to issues that won't get them re-elected. The men and women running for high political office DO NOT consider this subject a high priority. When they do it'll be apparent that major headway is being made.

Escaping, leaving or fleeing an abusive relationship is often a choice that a woman must make. Below is a list of factors that are essential in understanding this process. Please note that the list below may not be complete; if it applies to you, you may need to perform some, most or additional actions. Each case has similarities with others, but also has peculiarities and uniqueness:

-Abuse is sometimes addicting for both the abuser and the abused. This does not justify the abuse however some women may become used to being pounced upon on a regular basis

-Leave if you must; you can't change him whether by force, through love and flattery and/or by giving him more and better sex

-You must be sure that you want to leave, are ready to leave and have a game plan to leave. It may be a one way trip

-You're not alone. Many other women have left abusive spouses or partners

-If you have the time, take whatever you can from the following:

-Children (if applicable, they should know the 911 number for emergencies)

-Money (if your abuser has deliberately withheld money from you try to borrow money from a relative or friend but do this before your great escape)

=Check book and credit cards

-Driver's license and all other identification cards.

-Birth certificate/s (including children's if applicable)

-Marriage certificate

-Clothing

=Medication, medical and dental insurance policies.

-Pet/s if applicable (check to see if pets are permitted in your intended new home. Your abuser may try to harm your pet/s as an act of vengeance)

-Articles of hygiene

-Keys

-Laptop/s and books

-Cell phone

If your abuser is thrown out of your domicile understand that he knows where you live. Change the locks as soon as possible. Inform your neighbours. If you live in an apartment building inform your neighbours, the management, cleaner/s and maintenance worker/s of what has ensued. If a restraining order is granted to you, inform the aforementioned persons.

The aforementioned list is vast. And certainly there are few women if any who can take along every single article that they need. However, if you're in an abusive relationship you can read through the list very carefully and determine what you can take along with you. Remember, you're in a potentially dangerous situation; depending on the particular case in question, even severe bodily harm, mutilation, and/or murder can occur.

If it's an emergency situation you should remember not to tell your children (if applicable). Try to think the situation through, if possible. There'll be instances where you can tell absolutely no one until it's time to leave.

Try to make the call when your abuser isn't around. If he realizes what you're doing matters may explode. In addition, if you to send emails regarding your situation and you're still in the household, assume that your abuser is a snoop; erase the recent memory on your computer often so he can't see what you've recently done on it. This applies to your cell phone. Keep your diary well-hidden (if applicable).

Call your local women's shelter; be prepared if possible. Tell them in brief your name, address, and that you want to be immediately picked up. Be ready with whatever belongings you're taking with you and have your children beside you; all of them! If you leave any behind they may be used as a weapon against you. In worst case scenarios the child may be harmed. In this kind of a situation, the child is no longer viewed as a son or a daughter but a pawn to be used to get back at you.

If possible, it's safest to act when your abuser is at work or when you're 100 percent certain that he's gone and won't return for a while.

Your local shelter workers should be polite and caring towards you, especially in your initial phone call. The ride to the shelter should be absolutely free. So should your stay. If you can make the call away from your domicile it's all the better. But you should tell the dispatcher where you're at and that you'll return home immediately to await their arrival.

After your escape your abuser may feel that he has lost much or all of his control over you. His pride, ego and self-esteem will likely be harmed. Be aware, this may be a dangerous period.

The essence of escape and safety involves the easy access to social and legal services/help. In addition, a coordinated effort by the relevant social and legal services is imperative. Files are often lost, can be mislabelled or simply forgotten. Remember, if you're a victim, your case must be important!

If you plan to take legal action against your abuser it's best to document all the acts of abuse. The more details the better for you. You must know your rights and get help as soon as possible. Don't wait around for your abuser to harm you again; harm your children, or worse yet kill someone.

Psychotherapy for an abuser is not punishment. In fact, many abusers evade real punishment by undergoing court-ordered or voluntary counselling.

Victims from different cultural and national backgrounds need to be understood. Furthermore, if there's a language barrier a translator should be used.

In situations of imminent danger to you and/or your children call the police immediately and tell them that you're fearful for your life and your children's (if applicable). Tell them to come immediately. The police MUST accept your call as an emergency.

If your marriage or relationship is extremely dangerous, it's likely to be a permanent split-up. Think logically don't let your love for your abuser cloud your judgement. Furthermore, fond memories of good times shouldn't negate the bad times.

Financial independence is very important. We live in a money culture.

Do your research and be informative. If possible, read and research about spousal abuse.

Beforehand, if you trust no one to keep 'your big secret' don't tell anyone. If you have a support network like relatives or close friends it's a good idea to confide in them, however you must make absolutely certain that nothing you say will get back to the abuser. You may want to limit the number of those you confide in until you've made a successful escape. Thereafter, you can speak out to your relatives, friends and other victims at the shelter or in your new safe haven.

Only you know exactly how many times you've been abused by your partner. You know what he said and did to you and under what circumstances it was done. You're the victim; you're number one for you. Care for yourself and your children (if applicable). You can find another husband later on, but even if you opt not to it's always a better option than living with an abusive partner.

If you've left your abuser because of physical abuse below is a list of types of acts of physical abuse. You can read the list at your leisure to determine how many of the listed acts you've had to endure. If for instance, you've been punched, try to remember how many times it happened and in what part/s of your body you were struck. The same goes for other acts of physical, emotional and sexual abuse.

This will give you a better idea of how much hell you went through. Every time you get the urge to go back to your former abuser, remember the pain. Document it well, if need be re-read it over and over again until it's deeply ingrained in your head.

Although physical abuse doesn't always leave a physical mark and most physical marks do heal (disappear), you know exactly how much it hurt at the time and for exactly how long. You also know if you had to go on medication to curb the pain:

- Shoving
- Punching
- Kneeing
- Kicking
- Forcefully/painfully grabbing and/or twisting one or more of your body-parts
- Grabbing, pulling, yanking twisting your hair
- Spitting
- Biting
- Strangling or choking (using the hands or an inanimate object/s
- Shaking

- Tripping
- Biting
- Tossing
- Flipping
- Bounding
- Gagging
- Restraining
- Forcing you to perform sexual acts
- Forcing you to perform or view unnatural and demeaning acts
- Deliberately infecting you with an STD either by force or by simply not informing you that he's infected
- Forcing you to consume alcohol or use drugs (worst case scenario involves you becoming an addict)
- Using ejaculation upon your person as a dehumanizing weapon

Weapons of choice include but are certainly not limited to the following:

- Feet (shoes are generally worn drastically increasing the effect)
- Personal size, strength, weight and fighting skills
- Sticks
- Knives
- Guns
- Belts
- Wet towels
- Any other inanimate object that can be used as a weapon

Abusers like to play mind games and mind control tactics. They like to stifle resistance; this resistance is often tested. However, compliance may be rewarded, but not always.

Women's shelters house may house abused women, abused women and their children, homeless women; some of the women are alcoholics and/or drug addicts. Furthermore, one or more sheltered women may have a criminal record.

If possible, try to find out where the nearest shelter to your home is and the basics of accommodations. All shelters are not alike; some jurisdictions have more funding than others. In general funding isn't enough. Many shelters are struggling. The staff will likely be overworked, underpaid and over-stressed.

Upon reaching the shelter you'll be greeted by a worker or a volunteer. Important points include exact living arrangements (your bedroom; roommates, children, basic rules of conduct, check-in time if applicable, food, laundry, guests, legal questions, work duties, cleanup, and maximum length of stay.

Women's shelters are temporary. Although you're a victim of violence upon leaving your original domicile by choosing a shelter you are for the time being, not physically but technically homeless. Shelters should be free of charge.

Many women's shelters are supposed to be located in 'secret locations'. Although many women's shelters have rules pertaining to whom you can and whom you can't tell about the location of the shelter this rule isn't fool proof. Unfortunately, some abused women not only tell their abusers, but they actually invite them into the women's shelter.

Under no circumstances, should you ever tell your former abuser where the shelter is even if you miraculously get back together. Some shelters 'supposedly' have an eviction policy if 'you tell'. How often this policy is enforced is up for grabs.

You must respect your own safety, your children's (if applicable), the other victimized women in the shelter and the workers and volunteers.

A former abuser may go to the shelter armed, dangerous and furious. He may strike, stab or shoot at you, your children and anyone around. Please don't take that chance.

Women's shelters are supposed to be a temporary safe haven for women who've undergone unbearable physical, sexual and/or emotional abuse by a partner. These shelters also provide food and clothing.

Another category of abused women involves those who've been seriously deprived or neglected by their abuser. And of course there are shelters for homeless women. Regardless all sheltered women need a safe place to stay; for support, comfort and relevant information and guidance.

Although you may meet other women who've been through a similar experience, be cautious and careful. Some abused women are convicted felons, drug users and/or dealers, addicts, thieves and there are shady characters also. If you're not street smart be super careful.

Lock the door to your room at all times. If you have children, be extra diligent. Chances are at least a few 'wrong people' know the location of the women's shelter. Inner city women's shelters tend to be by far the most dangerous ones.

Try not to come back late at night especially if the shelter is in a large city.

Don't get too cozy for too long in the shelter. The longer you stay the more difficult it'll be for you to leave and make it on your own.

Countless women have bounced back and have been able to leave the shelter living independently. Shelter workers in general are caring and try to do their job to the best of their

ability. They're supposed to help you get back on your feet, give you good advice and counsel you.

When all's well plan to leave. Part of the recovery entails that under no circumstances whatsoever should you blame yourself for the abuse or think of yourself as being a sissy or weak. You're the victim, the abuser is the offender. In reality though, some chronic victims of abuse are branded as helpless victims by the police and their families.

It's estimated that 4 million women are abused by their partners every year in the United States alone.

Shelters are usually run by government or non-profit organizations. Overall, we must give a two thumbs-up for women's shelters. The good that has been done around the world is immeasurable.

Nevertheless, you should not feel that your shelter is a bastion of man-hating. This is one of the common complaints about some women's shelters. Hating nearly half of the population of adults (belonging to the opposite sex) will not guarantee you or anyone else true happiness.

Shelter workers are generally assigned and should be capable of performing the following duties:

- Work as a crisis hotline worker (answer your initial phone call)

- Document and manage cases

- Provide transportation for shelter victims

- Supervise daily activities including cleaning and laundry,

- Food preparation and management

- Manage bills, payments and donations

- Maintain basic order on the premises

- Listen to grievances

- Discipline unruly residents if needed

- Provide relevant information for shelter residents

- Short-term counselling and provide support and encouragement

- Help with goal setting and guidance

- Understand that some aspects of particular cases are confidential

- Shelter workers MUST NOT coerce resident victims into filing criminal complaints against their former abuser. Good sound advice and objective recommendations are called for. Many cases of physical or sexual abuse do call for legal action (in my opinion), but it's the victim who shall decide.

Depending on where a shelter worker works she should have a good knowledge of domestic and partner violence issues, sexual

violence, emotional abuse, homelessness, social services, psychology, sociology and the justice system.

In addition, some jurisdictions require relevant training in counselling, a Bachelor or Master's degree in Social Work or a related field and relevant experience in the field or a related field. Some women's shelters require only a High School Diploma. Whatever the requirements, additional specialized training is done on the premises. A valid driver's license is usually required.

Women's shelter work provides good experience for other related work and advancement to higher paying jobs.

Women's shelter workers must not have an overall stern personality. She should be empathic when needed. Victims expect to see female shelter workers, for obvious reasons.

Shelter locations throughout North America can be found in the 'Women's Shelters' section in the Information Booth.

Once you've left your previous domicile and have firmly fixed yourself in your temporary home (the women's shelter) additional problems may be needed to be solved.

If your former abuser is stalking you or is trying to stalk you, call the police and request a legal restraining order. In addition, notify the shelter workers and volunteers.

Remember, a stalking abuser should be perceived as dangerous to say the least. If he's addicted drugs, this will severely aggravate the matter. Pre-existing mental illness is another aggravating factor. The abuser has lost control and is desperately trying to regain control 'of you' and of 'his self'.

Don't feel guilty about staying too long or making mistakes along the way. Everyone makes mistakes. Hindsight bias is perfect only after the particular event/s have occurred. It's at this time that you say to yourself 'I should've done this' or 'I should've done that' or 'I shouldn't have done this' or 'I should've done that'.

The list below is a quick reminder of some of the reasons that abused women don't just pack up their bags on a whim, easily, and on an earlier time that they finally choose:

-At one time you were madly in love (maybe still are) with your abuser; you even saw stars when you first met

-In the beginning things seemed perfect

-He was once a prince charming

-You were praying or hoping that things would get back to what they were like in the beginning of the relationship

-You were terrified of being discovered (trying to escape)

-You were so dependent on him for just about everything; you felt trapped, helpless and immobile

-No place to go

- No real game plan
- Little or no money
- Didn't know about the hotlines, shelters and other sources of help
- Too apprehensive about calling the police
- Children to take care of. Initially, you hung in there for the sake of your kids
- You were worried about what your family and friends would say; 'people will blame me'; on the opposite end you were isolated from family, friends and/or not allowed to work or go to school
- Self-defeating attitude and low self-esteem (I'll never make it on my own, I'm a loser, I deserved what I go
- You listened and believed the nasty horrible things your abuser said about you
- Too bummed out and depressed to help your self
- Guilt and/or confusion
- You felt like you were all alone, there's nobody else like me or in my situation. No one will understand
- You actually thought that you could help and change your abuser; I'll behave myself, be very nice to him, walk on egg shells, give him more and better sex, etc.
- He told you that he'd never abuse you again
- He promised to go to therapy, or he was in therapy (no guarantee anyway)
- Your abuser told you it was your fault, you're a cry-baby, or it's not that bad
- Everything is your fault

If you're being stalked and feel that your safety and life are in jeopardy from your abuser seek a temporary restraining order.

The restraining order will be effective as soon as a judge grants it. Although you can get a restraining order without informing your partner; ex parte, in my opinion you should have him informed. This way, he'll understand that there's a court order against him getting near you (the distance and particulars of the restraining order depend on the jurisdiction and the judge's stipulations).

As such, he'll have no excuse for violating the restraining order. Furthermore, he'll know that you can call the police and the likelihood of him being arrested is increased. Some abusers will back off completely.

Even with restraining order you should remain cautious and alert. Don't pause if your abuser violates the order. You should call the police as soon as you can every single time the order is violated. DO NOT listen to his excuses or even give him one

chance. This will work against you in a court of law and may result in your injury.

Remember, you got the restraining order for a purpose. Try to move on with your life.

Ask your women's shelter worker to run you through the required actions for obtaining a restraining order. Generally, you have to go to court to get one.

Permanent restraining orders take more time and effort to obtain. A hearing may be required; you'll likely have to see your abuser. Documentation of events and the filling out of an official form is also necessary. Have your notes and facts at the ready. It's advisable to try to obtain a temporary restraining order first, as an effective temporary band-aid so you can move on.

If you can, go to the courthouse with a shelter worker or someone who works in the criminal justice system, or a social worker with knowledge of the procedure for this endeavour. Be forthright, brave and confident.

Your representative (the person you go with) and the courtroom judge should take your pleas seriously. Make sure that the judge understands the gravity of your situation. Don't smile too much, either. You want to look like you're in dire desperate straits.

The best case scenario of a restraining order includes the following:

- Protection from your former abuser (includes physical harm, harassment and mental cruelty and intimidation)

- Keeps him at bay; keep his distance, no phone calls, no emails, no faxes, etc. Stay away from your work environment and previous domicile (eviction may be stipulated)

- The abuser may be ordered to stay away from your children and other family members

- The judge can order your abuser to undergo domestic violence counselling

- Temporary restraining orders are short-term; it may only be valid for roughly 10 days. Generally, this isn't enough time.

Many Third World countries offer little or absolutely no protection to abused women. If an abused woman were to call the police they may not even come to her domicile; the husband has absolute domain in the home, 'it's a personal family affair' 'let them solve it', 'she deserves it', 'or she's just a woman' is the basic philosophy.

I remember speaking to a woman (who was from the Middle East) about another woman (who was also from the Middle East) who lived in our building (in Canada). She was being regularly

abused by her husband. Things would sometimes get really loud. I don't know how many times the police were called.

Anyhow, the woman I was talking to felt that the abused woman was getting what she rightly deserved; as she said to me about the abused woman 'she smokes cigarettes in public and she exposes her arms, shoulders, cleavage and thighs'.

The problem is however, that the abuser walked around with his wife while she was dressed in this manner and smoking, and actually appeared to be flaunting her. This important fact apparently went unnoticed to the 'complaining woman'.

Although filing criminal charges against a beloved one may be quite difficult, the bottom line is that you must care for your own self and personal survival and children's (if applicable).

Depending on the particular circumstances you can do the following:

-Don't be intimidated, shy or afraid to call the police. As a citizen, a human being and a victim you have a GOD-given right to be protected. The police are here (in your jurisdiction) to protect you, the victim. Everyone pays some form of tax, even people who are unemployed, on welfare or beggars. If you purchase food or any other product, you pay sales tax.

-If you've been abused call 911, request for an ambulance and the police.

-Remember that you're in a state of mental and physical turmoil; make sure that you answer the dispatcher's questions correctly. If at all possible, try to stay calm, at least when you're answering the questions. This is for your own benefit

-If you're in immediate danger, the abuser is still on the premises or you just feel like you're in immediate danger demand that the police arrive at your domicile as quickly as possible.

-Two or more officers may be called to the scene. Once therein, don't be intimidated and don't attempt to attack or shout at the abuser if he's near you. You'll certainly make matters worse. One or more of the police officers will shield you from your abuser. Besides, he may use the attempted attack to make it appear that you're the violent one. In court, a defence attorney may be able to take your action quite far, to the advantage of your abuser.

-One or more police officers will keep your abuser at bay. Depending on the circumstances and the jurisdiction, your abuser may be cuffed, arrested and taken to the police station. Do as the police officers say and don't interfere with their work. They're trained for these kinds of situations.

-If you persistently try to attack your abuser you'll be forcefully pulled away, and if you don't stop thereafter you may be handcuffed.

-The police officers will take notes. Be sure to show them any and all signs (if possible) of bruising and injuries. Answer their questions completely, directly and honestly.

-If the domicile is yours and the abuser broke into your domicile tell the police. Don't assume that they know everything that ensued. If applicable, show them any and all broken furniture, abused children (if applicable), abused pets (if applicable) and tell them about any threatening emails, phone calls or letters. The more relevant information you give them the better for you

-If a restraining order was violated you must tell the police officers

-If you have second thoughts about wanting your abuser to be arrested just remember all the pain and torment you'd endured.

-The more documentation of the abuse you have the better. In addition, if you're taken to a hospital emergency room or clinic and you are bruised, bloodied or marked tell the physician and nurse that you want them to take pictures of your injuries for future reference. These wounds may heal or appear to disappear within days or weeks. The pictures and the physician's and nurse's reports should strengthen your case.

-If you prefer to see a female physician for whatever reason, make this point clear upon arriving at the hospital or clinic. Hospital staff should understand.

-Don't be ashamed or embarrassed to cry in front of hospital staff or other strangers.

-You'll be interviewed by a police officer; preferably a female but it could be a male unless you were sexually assaulted.

-You'll be required to submit a complete police statement. Although you won't feel like answering any questions, it's better to do so right there and then rather than later. This is for your own benefit.

-The district attorney is the person with the highest rank in law enforcement who shall decide whether to file official criminal charges against the abuser. He/she works for the governor of the state.

-If criminal charges are pursued the district attorney or an assistant district attorney will be assigned to your case. He/she will fill you in on the legal steps to be taken.

-If for some reason the district attorney's office doesn't pursue the case, legally you have the right to know why. If you're in disarray and feel that you've been cheated contact

victim's services, social services, or a woman's rights or women's victims group or organization and tell them your story. They may be able to direct you to better action.

-Remember, the criminal justice system is, as a whole overflowing with cases. Depending on the jurisdiction up to 90 percent of criminal cases are plea bargained. It's at least that high for civil cases. But don't let that dissuade you. You have a right to be treated fairly, justly and are ideally guaranteed due process in your case.

-Understand that if the case goes to trial you may have to face your 'former abuser'. You may also have to relive what you've been through on the witness stand. Your abuser's defence attorney may be a man or a woman. His/her job is to defend the defendant and to try to poke giant holes in your testimony or to obliterate it. If you go this far, be brave, forthright, honest tenacious and unrelenting.

-If there are witnesses including neighbours tell the police.

-Request a personal copy of the police report for future reference.

-If the police see no proof whatsoever, there's a chance your abuser may not be arrested but just told to leave your domicile. Laws vary from one jurisdiction to another. Furthermore, due process applies to accusers and the accused, otherwise, ever single accusation even bogus and preposterous ones may result in arrests and convictions. Due process is for the greater good of society. Nevertheless, never be dissuaded from calling the police. They're trained to observe body language and behaviour relevant to crime. Domestic violence is a crime.

-Policewomen can have a calming effect on domestic abuse victims. They're often called in as part of a pair or team in many domestic abuse 911 calls.

-Even if you don't or can't get yourself to call the police, if things get out of hand one or more of your neighbours may call the police, as happens on countless occasions. They don't need your permission to call for help.

-Your neighbours may call the police because of the raucous too, not realizing or maybe in some cases not caring what happens to you and your partner.

-Remember, physical, sexual and mental abuse is a choice.

There are domestic abuse cases that are peculiar and sensitive. You may have to take extra measures or circuitous measures to ensure your safety and to see justice.

Policemen are not immune to being abusers:

-Abusers often come home from work pissed off as hell and with an attitude. But this category of abusers carries a gun, a badge and can arrest people, even his partner.

-Domestic abuse amongst police families is less often reported than in non-police families. Wives or partners of policemen may be more inclined to fear the law.

-The victim likely assumes that the officers who show up may personally know her partner.

-The victim may believe that the case will never go to court; the ole boys network.

-She may feel that the main players (in particular at the police level) of the criminal justice system will be hostile and antagonistic towards her.

-Many police departments don't have a specific policy for dealing with domestic violence by their officers. Often, the 'punishment' may be counselling.

-Policemen who abuse their partners know how to intimidate a person. They know how to appear menacing without striking a person. In their line of work they deal with many common criminals, and some are tough. They need to hold their ground.

-Policemen carry firearms, know how to properly use a night stick and can painfully restrain and/or take down a person without leaving any marks, bruises or breaks. They're trained to take down dangerous criminals; in comparison taking down a defenceless woman is a breeze.

-The abuser may be well-versed in the loopholes of the criminal justice system.

-The abuser has a good knowledge of the law regarding domestic violence. Chances are the victim is at a loss in this arena.

-A very hostile abuser may threaten to seriously harm his wife and claim that the law won't help her.

-He may remind her that the same officers who work the beat are his beer or bowling buddies. He knows them quite well; 'they won't betray me because I'm one of them'.

-A police officer is thought to be a trusted and respectable member of the community; hard to believe he beats his wife or partner.

-The loss of a single policeman is a loss to the community.

-Neighbours may be apprehensive about calling the police. They may believe that the police will reveal their identities to the abuser, who happens to be their neighbour.

-The courtroom work group has likely seen the offender as a witness; they know him they don't know her.

-The abuser may get 'inside information' on his partner's case and how it's proceeding

-A wife or partner may be weary of calling the police and filing a criminal complaint against her partner; she may not want him to be suspended or lose his job.

-If a woman is forced to stay in the town or city it'll be difficult to hide from her abuser. As long as he carries a badge this is likely so.

-The jurisdiction of a police officer does not extend state-wide. If you fear for your safety and nothing concrete has been done to protect you leave the city; go to a trusted family member or friend.

Regarding police officers, the aforementioned basic facts are referring only to policemen who abuse their partners. There are countless policemen and policewomen who risk their life and limb to help protect our communities. They have a very stressful and dangerous job to do. As a whole, they keep their stressors at the workplace. When they come home they're good partners.

Most policemen would never abuse their partner. They're outstanding members of the community and rightfully so. We need them to help maintain order, when we want protection and when we have a complaint; something as trivial as a loud neighbour keeping us up late at night.

-Go over the head of the district attorney by contacting the governor, state's attorney general and the mayor of your 'former city'. Contact victim's organizations both within your state and on a national level.

When and if the smoke clears and you're up to it convey your story through the means you feel comfortable with (if you choose to); internet, website or blog, newspaper, television, write a book, etc.

As a general rule women who kill their abusers are not treated fairly in the criminal justice system.

Although she's supposed to be innocent until proven guilty she must clearly show or prove that she was systematically abused with documentation and often through photos and she may have to prove that she was in imminent danger at the time of killing.

Some victims are so demoralized, put-down, beaten down, terrified of their abusers, and at the time of the abuse are enraged they kill their abuser while he's asleep (non-confrontational circumstance).

Killing an abuser while he's sound asleep or not attacking or threatening a victim at the moment will likely make her case more difficult.

By chance, if she's a primary beneficiary to an insurance policy this too can make her case more difficult. Unfortunately,

there are women who murder their husbands or abusers for unjustifiable reasons.

The weapon of choice of killing a sleeping husband tends to be a gun. Bludgeoning to death takes more time; there's always a fear that the abuser may awaken and be able to overpower the attacker.

But most killings of abusers (75 percent) occur during confrontational periods. The kitchen is the most dangerous room to be in during a serious domestic violence incident. Weapons are within arms' reach, anything from a kitchen appliance to a scolding pot of boiling water or worse yet oil.

A documented history of violence, a noticeable size and strength differential and proof of a dangerous confrontation where the abused person's safety was in jeopardy work to her advantage.

Every state in the union allows the defendant to bring forth evidence of past abuse. Battered woman's syndrome is real. But not all women kill their abusers. Statistically, the number is insignificant. During most domestic confrontations the abuser wins.

In the mid-1990s in Kansas a woman fought back against her abuser. The fight got very ugly. As the confrontation ensued a vicious struggle for a gun developed.

The abuser somehow got hold of the gun, placed it into his partner's vagina and then fired. Miraculously, the woman didn't die. Unfortunately, she ended up with massive wiring in her body. She was literally mutilated from within.

The judge ruled that time already served for the defendant was sufficient. It was a vicious fight and things got out of hand.

But as I see it, as soon as the abuser got hold of the gun he didn't have to shoot his partner, let-alone shove the gun and then shoot her in the vagina.

Marva Wallace, a 44 year-old woman (in 2002) was released (pending a new trial) after serving 17 years in a California prison for fatally shooting her abusive husband in 1984.

Prior to 1992 expert testimony concerning battered woman syndrome was not submitted at trial.

The 1992 California law allowed for women convicted and serving time prior to this date to use the battered woman syndrome defence.

There was no doubt as to Marva's enduring horrible abuse by her husband. It was documented that she was beaten on numerous occasions with visible injuries and bloodied.

In addition, her husband (a drug addict) was a control freak; he didn't allow her to work and grossly 'detached her' from her family. He neglected her, didn't help her out

financially. Worse yet, he forced her to perform a sexual act in front of their toddler daughter. Marva shot her husband a short while later.

Marva received a new trial and testimony from her battering was allowed to be introduced. Shockingly, she was permitted to plead guilty to a lesser charge (voluntary manslaughter). She was sentenced to 8 years of time served. So in a sense, her criminal record wasn't cleared; justice in this case wasn't served.

Lesbian couples aren't immune to domestic violence. The statistics pertaining to violence in domestic settings is 25 to 35 percent; it's the same for lesbian couples. Lesbian domestic violence cuts across all racial, economic and social strata.

As with heterosexual relationships one partner is usually the dominant one the other recessive. This ensures a relationship where one of the partners is emotionally and often-times economically more powerful than her partner. But with lesbian couples, physical strength and size doesn't guarantee safety. Many lesbian abusers are physically smaller and weaker than their partners.

Power is a trust, regardless of whether we're referring to a relationship, work or other situation.

In lesbian domestic abuse one partner tries to gain or maintain control of the other partner through abuse and/or intimidation; physical, emotional and/or sexual. Economic (money and finances) coercion may be used against the victim also.

The abuse cycle is usually the same as that for heterosexual abuse; escalation or tension building, abuse or battery and then resolution or I love you stage. Violence in lesbian relationships is a serious issue in the lesbian community.

Women can hit and harm other women; they can get really nasty with each other. Have you ever seen two women fight? No wonder they're called cat fights.

When both partners are of equal or similar strength and they often quarrel or fight, this can be referred to as a violent relationship or a violent couple. However, when one of the partners is obviously weaker than the other and is being hurt at a disproportionate level and is walking on eggshells much of the time she's a victim. It makes no difference that her abuser is a woman like her. Her body doesn't know the difference.

In other lesbian relationships both partners appear to be of equal physical strength, however one of the partners may have a nasty/aggressive personality. The 'butch' does not necessarily have to be the aggressor. Furthermore, money and ownership of the domicile can also be used as a weapon.

A woman who hasn't 'come out' will likely be apprehensive about calling the police. The victim may want to keep her relationship a secret at all costs, even if it means being abused every so often.

Initially, some women get into lesbian relationships with the belief that it's unimaginable that a woman could ever abuse another woman that she loves. Many of these women are caught off guard. Furthermore, some of these same women can't fathom being viewed as a sex object by a woman partner.

Abusers in lesbian relationships have learned to be aggressive or to deal with frustrations through acts of aggression, directed at their partner. Victims may have learned to seek out aggressive woman as partners.

The level of harm done to a victim can be equal to the harm done in a heterosexual relationship. The weapons; physical, psychological, sexual and inanimate objects are the same and in the case of the latter are within reach.

One lesbian partner can rape another:

- She can pin her down or restrain her and force her partner to do what she orders her to do

- She can use a dildo or other 'surrogate penis' to punish her partner

- She can force her partner to touch her wherever she wants to be touched

 - =She can touch her partner wherever she wants to

- She can force her partner to perform oral sex in one or more places

 - She can perform oral sex on her partner by force

- She can force her partner to perform unnatural and degrading sexual acts

- She can talk dirty and say horrible things to her partner during the act

- She can threaten her partner if she doesn't obey her every command

In cases of heterosexual domestic violence the police have the option of arresting or asking the male partner to leave the domicile. In lesbian domestic violence cases things aren't that clear cut unless there are visible signs of injury.

Furthermore, the police are generally not trained to intercede in lesbian couple violence. Even the policewoman at the scene will likely be a heterosexual. If not, she'll probably keep her mouth shut; stay in the closet.

An aggressive partner may or may not have a substance abuse problem. Substance abuse is often an aggravating factor but not a cause. The underlying personality is of prime importance.

If the victim has kept her lesbian lifestyle a secret the abuser may threaten to 'out her'. This is a weapon that's not available in a heterosexual relationship.

Outing can occur after calling the police, filing a criminal complaint, going to court, seeking a restraining order, being sent to the emergency room or escaping to a shelter.

Most social services for domestic violence are geared for heterosexual women. Furthermore, there's much denial and silence in the lesbian community about the problem of lesbian domestic violence.

But as horrible as domestic abuse can be, for the most part, the vast majority of marriages and partner relationships are of two individuals who initially decided to get together. Sometimes there is deceit though.

But this doesn't negate the fact that many marriages around the world aren't the result of two consenting persons, or even adults for that matter.

Forced marriage is a sad phenomenon in our world. Many young girls, sometimes pre-teens are set up by their families to marry men who are often decades older or guys who are white-haired. The girl or young woman's permission isn't sought.

This is a problem in Africa, especially sub-Saharan, parts of the Middle East and also Asia.

A case in point involves an 11 year-old Malawi girl named Mwaka whose father Mapendo Simbey sold her off to pay a bill.

Mwaka first became a servant to her new husband's first wife. Mwaka was to be his bed partner (second wife). Her parents didn't console her. Her husband was 30 years older than her.

Mwaka was one of the luckier ones. She fled her husband's home and was miraculously taken back by her parents six months later.

In February of 2005, a 23 year-old Turkish woman who divorced her husband by a forced marriage was shot in the head three times by her brother. This is an example of an honour killing.

This practice tends to occur regularly in remote villages. Pakistan's remote villages are one of the hotspots for this area. Sometimes, young women who are citizens of western nations are also forced into marriage.

I personally knew an elderly man who aimed a rifle at his daughter because she refused to marry the man whom he had chosen for her. It was an arranged marriage with a dowry and other transactions and agreements; without her being present and her consent given of course.

This young woman was perhaps in her late teens. Regarding the rifle her enraged father gave her two choices, 'marry him or I'll kill you right here and now'. She accepted the marriage. As

far as I know she's still married to the same man. This event occurred over three decades ago.

In arranged marriages there's generally more leeway for a woman to say no. Things are generally calmer.

In forced marriages extreme violence, verbal reprimands and even honour killings can occur. The female involved is thereby considered a piece of property, a bargaining chip of sorts.

If she's forced to marry and never loves him and doesn't like 'his touch' it's safe to assume that every time he fondles or makes love to her, it's sexual assault. This of course is assuming that the woman involved is an adult. If she's a pre-teen it's child rape.

Problems with forced child marriages include:

- Obliteration of her childhood
- Destruction of her education
- She must grow up really fast
- Bleeding, losing one's virginity and not understanding what's going on
- Crying and pleading to no avail
- Initially, some kind of force and/or intimidation is used
- Serving the first wife (if applicable) who's older than her, or becoming a servant to the family of her new husband
- STDs (HIV is prevalent in sub-Saharan Africa)
- Painful, dangerous pregnancies
- Vaginal injuries as a result of being penetrated or raped at such an early age
- Being tossed out of the house at a later period. Virginity is a prize, when she loses it and has been broken in a replacement may be sought after
- Many men in these same cultures will only marry a virgin. It's usually no consolation that she broke her virginity in marriage. Sometimes even if she's raped, she's still blamed.
- A lack of national and international help. World leaders don't consider this a problem to tackle. The vast majority of the victimized females are from Third World countries
- Even females who are citizens of western nations generally do not receive the help they need. Most go undetected.
- The husband is often decades older; sometimes he is of senior citizen age. There have been cases of men over 80 years-old 'purchasing' child brides
- If she struggles, the new husband may become violent or tell her father. Either way, she'll likely be harmed
- Refusal or being a bad wife may lead to familial or worse yet village ostracism; in many cases even the older women will turn against her

-Her father may sell her off to guarantee chastity (purity and no premarital sex)

The Government of Britain is trying to combat this problem at home. As of September of 2007 the Forced Marriage Unit has rescued 60 children (under age 15) from forced marriages. Almost certainly, this is the tip of the iceberg. There are likely many more forced child marriages in the country. Citizens abroad are more difficult to rescue and repatriate.

Forced marriages are very common in Saudi Arabia. Although in 2005 Saudi Arabia's top religious authority, Grand Mufti Sheikh Abdul Aziz al-Sheikh banned forced marriages within his country it is still widely practiced.

Although forcing a woman to marry someone or for a woman's father to force her into marriage is against Sharia (Islamic Law), this horrid practice is based on old cultural practices. Many of the participants ignore their faith or try to twist their beliefs to justify their actions.

These forced marriages are causing a spike in divorces in Saudi Arabia, no wonder.

Many aspects of the culture of the country consider women as sub-human, sometimes at the animal level. One man therein told an acquaintance of mine that women were like slippers (put them on when you need them take them and toss them when you're done).

A child or a woman forced into marriage usually has no recourse. The authorities work in an extremely misogynistic/sexist/racist environment.

Honour killing of a recalcitrant child bride or young woman bride may go unpunished.

Fathers of these child brides may claim that they have the best interest for her at heart. He wants to keep her chaste and in-line regarding her behaviour. Never mind the monetary or economic gain that he may acquire.

As soon as the husband gets sick of his wife he can toss her out or send her back to her family.

Sustained abuse can wreak havoc on a person. Post Traumatic Stress Disorder (PTSD) can result in physiological and psychological responses that are unpleasant, outright terrifying, antagonistic towards the everyday activities of the person and/or can create additional problems.

Below is a list of some problems and thoughts that a seriously abused woman may have to face. Some of the symptoms and behaviours contradict others. It depends on the particular case and situation:

-Heart palpitations

- Jitteriness
- Excessively jumpy (exaggerated startle reflex)
- Shortness of breath or hyperventilation
- Overly anxious
- Excessive number of bad dreams, nightmares or in severe cases night terrors
- Bad or interrupted sleeping habits
- Regular flashbacks
- Any pre-existing (before you met your abuser) psychological or psychiatric problem/s will likely re-emerge or if already manifested will likely increase in severity
- In extremely serious cases suicide or self-abuse are possible
- Thoughts of killing your abuser (some victims follow through)
- Fearful of defending yourself
- Intimidated by your abuser's size and/or level of power
- You're threatened
- Apprehensive
- Poor self-esteem (I'm a nobody, my abuser is right)
- Excessive need to clean the domicile, perfect preparation of the domicile (fear of making a mistake or angering your abuser)
- Dishevelled, messy and possibly unsanitary domicile (have given up, don't care)
- Talking on the phone, emailing or even texting your abuser causes fear and anxiety
- Feelings of isolation
- No one knows how I feel
- Sustained or major depression (much more intense and sustained than just being bummed out)
- Feeling that you always have to say 'yes' when your partner wants sex because you fear him or are apprehensive about angering him; in more serious cases you're fearful of being raped
- Lack of or limited or highly interrupted concentration
- Excessively worry about your children
- Take your anger and frustrations out on your children
- Knowing that your children have witnessed your abuse
- Feeling confused (what can I or what should I do)
- Asking yourself when or if it (the abuse) will ever end
- Blaming your-self feel guilty (may turn to alcohol and/or drugs; if you smoked before you met your abuser you're likely to increase your smoking)
- Blaming men in general, blaming all men hating men not wanting to be near or around men, believing that all men are inherently violent and harmful towards women (this belief is

intensified if the victim has been abused by other men, especially her father).

- Having delusions that you can actually change your partner (excessive appeasement, giving him much sex, etc.)

- Try to avoid places, actions or activities that remind you of the abuse

 - Wanting to leave your abuser

 - Learned helplessness

 - You say to yourself 'things were much better in the beginning' or 'things were much better before I met him'

 - Feel like a punching bag; he strikes you (physically and/or mentally and then you come back for more)

 - Dichotomous feelings of love-hate towards your abuser

 - My abuser is the center of my life

 - All the rules of our relationship are made by my abuser; I can't break them but he can if he wishes to

 - You trivialize the abuse (it's really not that bad, but he has a good side to him too)

 - Deep down inside (in his mind and heart) I know that he loves me

 - I know he needs me and he can't live without me

 - He may harm himself or commit suicide if I leave him

 - Maybe this is normal (a victim who was raised in an abusive household and has never had a peaceful partner)

 - He bought me a nice present

If you're being abused or know someone who's being abused be kind and understanding to her. Never blame her even if she keeps coming back to the abuser or stays with him.

Give sound advice. Abuse is wrong and the police must be notified. If you know for a fact that a family member or friend is being abused notify the police and your local social service agency.

Recovery may take some work and time. But in an unending abusive relationship you must first leave. Otherwise, all the counselling in the world won't help unless your abuser is also counselled and he changes permanently.

- Find a support system; shelter workers, other victims, counselling (there are many counselling services for abuse victims that won't cost you a dime). It's important that you get along with those you seek out.

- Convey your story and don't be ashamed to spill your guts and cry; group therapy is very good. You'll socialize with other victims and also hear their stories. You'll also find similarities.

-Make long-term friendships with other victims of abuse. After leaving the shelter and you've moved on in your life have get together sessions with your friends; help each other if possible and give each other comfort and good advice

-Understand that things can get better. Now that you've left your abusive partner and have forgotten him

-Negate the horrible things that your abuser said about you. Your abuser wasn't a good person, so why would you believe him. Emotional abuse can't be seen

-Be thankful to have left your abusive relationship. If you believe in GOD, be thankful to him and keep on praying for more good and that you never have a relationship with an abuser again

-Give yourself sufficient time before finding another partner. You don't want to hasten a new relationship while you're on a rebound and still recovering

-Next time around study your potential new partner well. Look for any signs of emotional, psychological or sexually abusive behaviour. If you find anything disturbing or even if you're not sure, end it right there and then. Don't take any chances.

-Be informative. There's much relevant literature out there; internet (much of it is free), books (bookstores or public libraries), articles, advice from former victims, family members and friends.

-Some abuse victims have more resources than most others. They may seek out additional one-on-one long-term therapy with a clinical psychologist or other professional.

-Most bruises and mild cuts and abrasions heal after time. More serious ones take longer. Some injuries though, may be life-long. In worst case scenarios, lifelong maiming occurs.

While in an extremely abusive relationship it may be quite difficult or impossible to live your life to the fullest and to achieve what you're capable of. Below is Abraham Maslow's Hierarchy of Needs:

Self-Actualization: The highest level in the hierarchy of needs. Personal growth and fulfillment, personal growth and development, morality, creativity, minimal level of prejudice, the opinion of others does not affect the individual's potential

Esteem Needs: Self-Esteem, achievement, status and respect for and by others

Love and Belonging Needs: Family, relationships, affection, love, sexual intimacy

Safety Needs: Air, personal bodily security, security, protection, family, stability, health, property, law and order

Physiological Needs: Food, water, shelter, sleep, sex, excretion, etc.

A woman in an extremely abusive ongoing relationship may not be able to rise up above the lowest of Maslow's needs (Physiological Needs). Maslow's work regarding the Hierarchy of Needs was nothing short of genius.

If you are or have been abused look at these needs and try to determine where you stand. These needs can be a general indicator to how much deprivation you're currently receiving. Maslow believed that a person had to fulfill a lower level to rise to the next one. But DO NOT use the hierarchy stages as diagnosis of any sort. For that, you must see a licensed/qualified practitioner.

NON-DOMESTIC ABUSE

Groping in the context of this eBook involves the sexual touching, feeling-up or fondling of another person without his/her consent. Groping is always intrusive.

Groping-like behaviour is illegal and/or taboo in most countries. If performed on a minor it's likely to be construed as child molestation. If performed on an adult it can be construed as sexual molestation, unlawful sexual touching or other related names depending on where it takes place.

Unlike frotteurism where the person usually uses his or her private parts to rub against another person, groping is more manifest in that the offender uses his/her hands to touch the breasts, buttocks or thighs. Although other body-parts are touched the aforementioned are by far the most commonly violated areas.

The vast majority of groping occurs between a male unto a female.

Groping doesn't occur in isolated incidents with one violation after another. In societies where groping occurs, crowded places, enclosed areas are hot spots, but groping can also occur outdoors.

Japan and Egypt have a groping problem. In Japan the problem is so prevalent they have a word for this behaviour, chikan. A man who performs this act is also called a chikan. The female counterpart is called a chijo. Crowded subway trains are a favourite hotspot for gropers. The most notorious groping area is the Saikyo line.

Japanese authorities are trying to respond to the groping problem. There are now women-only or women and children only train carts, during rush hours only (at the time of this printing).

The groping problem in Japan does not appear to be abating but may be increasing despite a law-enforcement campaign to crack down on this lewd public behaviour. Furthermore, 'how to grope' directions can be found online by Japanese gropers.

Sometimes gropers stand together waiting for the right moment and target to grope.

But there's another downside to the groping problem in Japan. It was only a matter of time before some devious females took advantage of this social problem.

One type of scenario involves two young women who conspire together to find a target. Once found, one of the young women approaches the man and if needed follows him until the right moment. When the moment arrives she shouts 'you groped me'! Her accomplice approaches the young woman and the man and then claims that she saw 'him' grope her.

Then comes the request for money or else. How many men have had to pay up is a toss-up. No one knows.

The Japanese Criminal Justice System lacks due process. A person accused of any crime, including groping is generally assumed to be guilty, often times with little or no evidence to support an accusation/s.

In a shocking incident a man spent over one and a half years behind bars for allegedly groping a young woman; he was later found to be falsely accused. I don't know what happened to the accusers. Remember, this is one of the reasons why due process of law is so important. All accusations of groping or any other kind of abuse shouldn't be automatically believed regardless.

Women can grope too. A 61 year-old Colorado woman named Yukari Miyamae allegedly groped a female Transportation Security Agent at Phoenix's International Airport. Miyamae is facing a felony count of sexual abuse.

Another groping incident involved a man who groped a 14 year-old girl who was taking a walk with her 6 year-old sister. The incident occurred in San Diego.

Egypt too has a groping problem. The victims are always women. Sexual harassment is commonplace in public, on trains, buses, at work, school or sometimes at the physician's office.

Groping though, tends to be a particularly pervasive problem on crowded buses and trains.

Most young Egyptian women have been harassed. But the problem is even worse for foreign women. This should be a caution if you're 'a foreigner' planning to visit the country. If you do visit the country it's best to avoid crowded areas where young men are congregating or appear to have nothing to do.

Government corruption at the highest level down to the police and lower ranks of society is rampant. Even modest hijab-wearing women aren't immune to groping and harassment.

There are too many poor, unemployed, single men with nothing to do and have no prospects in life. Many young Egyptian men have no chance or prospect for getting married. The government doesn't care either.

But most Egyptian men, as with other Arab men throughout the Arab world would never dream of groping a woman. Pious religious Muslim men are supposed to lower their gaze and not even shake hands with a non-related woman, let-alone grope her.

Many Egyptian women, like many other Arab women are opting for more material goods than their parents and grandparents. Even acquiring a small apartment or a room is out of reach for many young unemployed men.

In a recent incident that occurred in December of 2011 a hijabi (Muslim woman who wears a hijab) protester was beaten by police and then had her hijab forcefully removed. In addition she was dragged and her dress was raised so high her stomach and bra were exposed.

Women have accused former Governor Arnold Schwarzenegger of groping them. The incidents allegedly began in the 1970s and spanned some 3 decades.

As of February of 2009 a total of 15 women had accused former Governor Schwarzenegger of groping. The allegations included breast grabbing, buttocks gripping, attempted removal of a bathing suit, pulling a woman onto his lap (without her permission of course), dirty talk.

No official charges have ever been filed against former Governor Schwarzenegger. Some of the complainants claimed to be fearful of public ostracism if they spoke out. Nevertheless, a person in a due process model is considered innocent until proven guilty.

Groping can also involve non-touching. This is called 'mental groping'. The mental groper uses words to describe what he wants from the victim, rather than actually touching her (I want to touch so and so, or I want you to ... my ...).

Mental groping is a specific sub-type of sexual harassment. The following section shall deal with sexual harassment in a general sense.

Sexual harassment consists of the unwanted, unwarranted and unjustified sexual advances or aggression done through acts and/or words. If sexual harassment is already happening to a person, even 'elevator eyes' (the gawking and shifting of a person's eyes upon another person in a sexual manner) from the harasser is sexual harassment. The foundation for the relationship has already been established. Though if a stranger were to gawk at a woman once or twice and then continue walking it might be impolite but usually the woman shrugs it off or simply ignores it as one of the day's trivial nuisances.

In the workplace, the sexual harasser is usually a person of superior rank, but can also be a co-worker. If there's more than one person harassing her she's probably stressed out as hell.

By far, the majority of victims of sexual harassment are women, but men can also fall victim. It's often a matter of power and the abuse of power, and disrespect.

At work, sexual favours or other specific behaviours may be a requirement to stay at work or to receive a promotion or a satisfactory work record.

A woman who's sexually harassed at work may experience the following:

- Anxiety
- Apprehension
- Anger
- Fear
- Depression
- Frustration (I have to go to work, no one to complain to, no one will listen, I'll lose my job, my performance record, etc.)
- Raised pulse and blood pressure
- If the harassment is intense and isn't short-lived PTSD
- Insomnia, interrupted sleep; in extreme cases nightmares or night terrors.
- A woman who's struggling by, pay check to pay check and can't leave may suffer an intensification of the aforementioned symptoms, and some. In addition, a woman who's struggled for years on end, working and studying very hard may have to endure sexual harassment even at the executive or corporate level to

maintain her status. Oftentimes the ole boys' network is difficult to fit into.

Three women complained of unwanted advances from their boss, who happened to be none other than Herman Cain, previous Republican presidential hopeful. The women worked for the National Restaurant Association. The case was settled, and part of this settlement prohibits the details of the case from being made public. Note: A case may be settled to evade a series of headaches for an organization or a person. Herman Cain denied any wrongdoing.

-Having no recourse or action done after filing a complaint can also aggravate the symptoms of being sexually harassed.

Although a 1986 Supreme Court ruling made firms liable (legally responsible) if they permit an environment of sexual harassment this problem hasn't abated.

Shelley Kanther, a former CBS radio employee claimed that male co-workers guessed her bra size and slapped her on the butt, and uttered sexually derogatory words to her. Kanther claimed that her complaints were ignored and that she was fired for speaking up. The alleged sexual harassment occurred between 2009 and 2010. She has filed a sexual harassment suit against CBS Radio.

Street Sexual harassment (SSH) of women is perhaps the most prevalent of all sexual harassment types. It occurs around the world, and it's only a matter of degree and frequency. There's hardly a place where one form of street harassment or another doesn't occur.

Even pre-teen girls aren't immune to SSH. Middle-aged men have been noted sexually harassing young girls. This kind of harassment can be quick, persistent, involve groping, whistling or in more serious cases exposing of oneself or masturbation. Rape or attempted sexual assault would be taking it to another stage.

Statistics for SSH can be as high as 90 percent in some countries. Apparently, even in countries where women cover much of their bodies and hair, and are expected to be virgins at the time of marriage, SSH still occurs.

Women and girls may be given advice about not going out alone after dark, keeping a cell phone at hand, calling 911 if needed, to dress conservatively, let it go (ignore it, it's not that bad), it's part of being a woman or girl, take self-defence classes.

There appears to be no end in sight for SSH. In fact, in many countries the problem has become acutely worse.

Women are travelling abroad more often and alone, with a partner or with friends. It's usually nice to see other

cultures, countries and lands. But with this greater travel come some possible problems or dangers. Below is an extensive list of things that may be helpful to a woman traveller:

-Do your research beforehand especially if you intend to travel overseas, to a land where you don't understand the language and you look like a foreigner.

-If you look like a foreigner and there aren't many of you around in the area, you'll likely be stared at by men, women, and children. There may be too many stares to properly filter out the bad ones.

-Go to a reputable travel agency. Get recommendations from family and friends. Have your questions pre-written and ask the travel agent about possible dangers and recommended actions pertaining to your travelling.

-Try to take along a language phrase book with the pronunciation of words written out in your language beside the phrases. Try to memorize basic words like 'help' 'go away' 'police', etc.

-Travelling is usually safer when done with persons that you trust.

-Some cultures consider a woman wearing provocative clothing as inviting a groping or even more.

-Countries with corrupt governments usually have corrupt police forces. Dictatorial regimes can also be danger spots. Policemen have been known to sexually assault or rape women coming into their stations to file a complaint.

-In excessively chauvinistic/male dominated cultures a woman walking alone is often considered having loose morals.

-Eye contact in some cultures can mean 'I like you' or 'I want you'. Try not to make extended eye contact or wear shades if you can.

-Look like you know the area well and that you've strolled though it before and you know what you're doing; a person who gawks, stares or indicates amusement and awe may be a chosen target.

-Taking many pictures or downloading images will tell people that you're likely not from the area, but always keep a fully functional cell phone with you at all times and memorize or save the emergency phone numbers for the area. Remember, many countries do not use 911 for emergency. In addition, many countries don't have easily accessible pay phones.

-Trekking in isolated areas even with others may be a problem in some countries in remote villages. Although most of the time villagers are very friendly and love to see tourists and new faces, be careful anyway. If you trek on mountains or away from people go in large groups and have a trusted local

with you at all times. Furthermore, be prepared for possible medical emergencies.

-Take notice of the dress code of the women in the area. If you hardly see a woman around, it may be better to immediately leave the area. Regarding the former, if they cover their arms, legs and hair, it's wise to do the same.

-If you see no women in a restaurant/s, that's probably a cue. If you do see women therein, try to sit near them.

-Ask directions only from women.

-Public transportation; buses or trains packed with young men and especially if there are no women to be seen are off limits, period! Back in the 1980s I heard a story of a western woman who casually took a cab in a Sub-Saharan country. The driver swerved into the desert, stopped his cab and then attempted to rape her. Luckily, she was able to get away.

-If you're groped or someone tries to touch you in an unlawful manner, shout, scream make a scene, fight back in any way you can.

-If there's transportation and restaurants that offer female only sections, sit therein. Reserved seats are also a better option.

-Some people have a hard time distinguishing and identifying individuals from a different race. If you visit one of these countries chances are at least some bad guys therein will know this. If you're assaulted you may not be able to identify the assailant in a police line-up. If it even gets to that point.

-Know where the nearest police station is.

-Take extra precautions if you're pregnant.

-Free your hands if possible, when strolling through the town or city. A nice small shoulder bag that's firmly strapped onto your neck is advisable.

-If you can afford it, purchase a package deal, including transportation to and from the airport, a decent hotel, and tours if you like.

-It's best not to smile at or speak to strange men who approach you.

-Having a headscarf in your bag may be a good idea in case you need to suddenly put it on.

-Especially if you're visiting a poor country do not wear expensive jewellery, watches or expensive handbags; keep a hold of your cell phone or place it in your pocket.

-France, Spain and Italy have serious problems regarding stray children working for thugs who use them to pick the pockets and snatch the properties of tourists. These children work in groups, are very talented and as soon as they get their

merchandise know how to flee. Always be mindful of your wallet and other valuables.

-High tourism countries or areas are very nice and fun to visit unfortunately thieves love to work these same areas.

-An assault can occur in any place. So keep your guard up.

In September of 2009, a Montreal woman named Renee Wathelet, 60, was found stabbed to death in her apartment on an island off the coast of Cancun. She suffered from multiple stab wounds and her throat was cut.

In a more recent case occurring in January of 2011, a Calgary woman named Sheila Nabb, 37, was found beaten and comatose in a first class resort in Mexico.

Although a suspect has been arrested for the crime, he hasn't gone to trial yet.

-Take special precautions if travelling by cruise ship. Thousands of passengers can be loaded onto a gigantic vessel and then sent off to the waters.

-Cruise ship rapes and thefts do occur at a considerably higher degree than is mentioned. This is a big money industry that keeps this little secret hushed.

-Sexual assault can occur by another passenger or a crewmember.

-It's uncommon for a crew member to be tried and convicted of rape.

-Even pre-teens can be raped aboard a cruise line.

-Some cruise lines do not go through the reporting and investigating of complaints.

-Passengers and crew members aboard a vessel are from all over the world with different cultural backgrounds and beliefs.

-Being out at sea sometimes involves legal obstacles as to jurisdiction; the flag of the vessel, international waters the law of the land the vessel is docked in or is travelling near.

-Bringing a case to trial and fully prosecuting it may be quite difficult.

Cruise ships are enjoyable for countless people around the world. The vast majority of them take their cruises with delight and return home very happy and quite satisfied. This also applies to non-cruise ship vacations as millions of people travel to other cities and countries annually, have a good time and good memories.

The aforementioned helpful tips are a basic guide. They're not made to make you paranoid or for you to never take a vacation abroad. Just be careful, have fun and most importantly be safe.

Another kind of ship that may be a problem for women is the Navy ship in general, likely regardless of what military you're serving in.

It's often difficult for a female on a navy ship to be one of the guys. The fact is she's a female and most of the humans on board are males. Stares and gawking, inappropriate compliments and border-line compliments are a few problems. In addition, if you're out at sea for an extended period of time, many of the men on the Navy ship naturally begin to have urges.

-The Tail-hook scandal involving a group of Navy Officers harassing and physically abusing civilian and army officers at a party convention is just one of many grand examples.

In the Tail-hook incident (1991) Lieutenant Paula Coughlin was sexually assaulted in a corridor by a group of navy men. The incident occurred at the Las Vegas Hilton, a nice hotel indeed.

-A 1999 court martial of an Army drill sergeant who fondled or harassed 20 female recruits in his command.

-Six sailors were disciplined for taping a female sailor to a chair and photographing her.

-In 2000 the Army's highest ranking woman claimed that she was grabbed and kissed against her will by another general several years earlier.

-In July of 2000 a U.S. Marine based in Japan was arrested for molesting a 14 year-old girl.

-In a widely published story that occurred in 1995 three U.S. servicemen raped a 12 year-old Japanese girl.

New policy guidelines, training and the punishing of some violators have not ended sexual harassment of women in the military. In fact, it's still prevalent with higher ranking personnel likely being punished by being forced to retire, with full benefits and pension of course.

According to a pamphlet issued by the U.S. military unacceptable behaviour can fall into three categories; Red Light Behaviour (always unacceptable: sexual touching), Yellow Light Behaviour (sometimes acceptable but is of sensible nature: non-sexual behaviour, possibly offensive jokes; Green Light Behaviour: always acceptable: clean non-sexual, professional compliments.

The aforementioned sexual harassment information is not to be intended against any particular military. Some militaries are a bit better suited for women than others.

If you're a woman and wish to enlist in the military do your research first. Find out about sexual harassment in your military and the particular branch (if applicable) that you wish to be in.

Search diligently for worst case scenarios and read the literature. If possible, try to contact the person/s. If the victim is too afraid or apprehensive to talk, find another one.

Military recruiters may not be objective persons to ask sensitive questions. They're hired to do a job (enlist people), they may be too afraid to speak out, they may not care or they may not think that sexual harassment of a woman is a big deal.

In addition, if your nation is at war, read objective unbiased literature about why the war is really waging. Don't automatically believe everything that's said on television, even if it's from your own leader and he's clean cut and wearing a suit and tie; or if it's a female for that matter. War can get really tough; wounds can be minor, major, profound or lethal. Not to mention the possible psychological damage.

If there's a chance you may be sent off to fight, find out what kinds of horrible injuries some GIs have returned home with. No one is bullet, steel or shrapnel-proof. Many kinds of injuries are very painful.

Sexual harassment of women can also occur in law enforcement, local, state or provincial, or at the national level.

Cases of law enforcement in each of these levels have much in common. I'll briefly delve into sexual harassment of women in the RCMP (Royal Canadian Mounted Police).

A case in point is Alice Clark, who joined the RCMP in 1980 in hopes of satisfying a teenage dream.

A native of Hamilton, Ontario she received a post in Red Deer, Alberta where the male workers therein treated her respectfully and were helpful.

The situation began to change for the worse for Clark, soon after she was transferred to traffic duty.

Clark alleged that male officers made it quite clear of how they felt about female officers.

By 1987, Clark had had enough of repeated incidents of sexual harassment and intimidation by male officers; she quit her job.

Clark ended up suing the RCMP; she informed the Federal Court of Canada that she'd been grabbed and propositioned, and publicly humiliated by her superior.

In addition, Clark stated that she once found life-sized plastic breasts taped to her desk. She was eventually awarded \$93,000 in damages.

Clark's case wasn't typical. It was more on the extreme side. Most cases of sexual harassment of women on police forces range from irritating words to outright sexual propositions.

The introduction of tougher anti-harassment and discrimination policies by the RCMP, the Ontario Provincial

Police and numerous metropolitan police forces is a first step towards a more tolerant environment. But this first step must be conveyed to officers of the law and enforced when needed.

Another case in point is that of Corporal Catherine Galliford who was a spokesperson for the British Columbia RCMP.

Galliford claimed to have endured numerous acts of sexual harassment and unwarranted advances beginning right after she graduated from the RCMP academy in 1991.

Gulliford plans to file a lawsuit against her former employer.

The aforementioned wasn't an attack against the entire RCMP. Many agents of the RCMP work very hard and risk their lives to make their country a safer and better place. But wrong is wrong, and regardless of how much good any organization does, it's only right to try to correct the wrong therein.

A devious method of killing a woman but trying to justify or excuse it is the concept of honour killing. Although men are sometimes also killed for honour, almost all of the victims are females. In addition, this book is particularly about female abuse.

Honour killing is the deliberate and calculated killing (of a woman or a man) as a retaliation vengeance or cleansing of family, group or societal integrity. Usually, when a woman is the victim the perpetrator is a close family member. Male relatives are usually the ones who carry out the attack the female relatives usually support them in their belief, sometimes they go even further by holding down the victim.

Women can be honour killed for the following reason/s:

- Engaging in pre-marital sex or believed to be engaged in it

- Conceiving an out of wedlock child

- Dating before marriage or socializing beyond the norm with non-related adult members of the opposite sex

- Dressing provocatively, usually more than once a pattern

- Defying and rejecting a forced marriage

- Attempting to divorce a husband

- Behaving inappropriately (depends on the culture and family dynamics and beliefs) However, this could mean attending higher education without permission, working, leaving the home unattended to on a regular basis or travelling abroad without a male escort

- Defying misogynistic beliefs and behaviours of the respective culture; becoming a vocal activist

- Defiantly refusing to undergo female genital mutilation

- Otherwise bringing 'shame' or 'dishonour' to the family or social group.

-But most shocking of all, there have been cases of rape victims being honour killed for bringing shame to the family. Two cases in point; Aisha Duhulowa, a 13 year-old girl who was gang-raped and later sentenced to death because of her rape.

The second case involves a 15 year-old retarded girl living in a remote Pakistani village who was raped. The tribal elder ruled that she be killed.

Islamic Sharia (Islamic Law calls for the killing of the rapist/s: under no circumstances can the rape victim be punished. Furthermore, in concerning the latter case, by Islamic Sharia retarded persons are incapable of sinning. They don't know right from wrong. Non-retarded persons have no right to perform any sexual act with this category of people.

These preposterous rulings are based on nothing but ignorance.

Two important facts pertaining to honour killings include:

-The accused, in most cases has little or no defence. For instance, if a woman is accused of having sex with an individual out of marriage it may be enough 'proof' to see them together un-escorted

-If the honour killing is tribal, cultural or familial based, men aren't punished for the same offence. On the contrary, oftentimes men are totally or predominately exempt from any sort of punishment. However, if there is a punishment it pales in comparison.

Example: Three decades ago (from the writing of this eBook) a friend of mine was coerced by his family into marrying his cousin. The apparent reason, he'd gone off to school to the U.S., and was spotted with a girlfriend by one of his female relatives. As soon as word got around his parents and extended family 'presented' him with a wife.

He had two choices; marry her or your family will disinherit you.

The idea of women's rights in the Arab World, in general is a touchy subject.

Although women in the Arab World have made some advances in the past several decades, honour killings still do occur in some areas. These killings are not based on Islam or Christianity; there are Muslims and Christians in the Arab World.

Honour killing in a technical sense, is behaviour from the days of Jahiliyah (Arabic word meaning ignorance; the phrase translated is the days of ignorance).

Honour killing is a painful pricking needle for women and their basic rights in the affected areas. Although honour killing is an act of murder and is technically a sin (In Islam

and Christianity in the Arab World) it is uncommon to see justice if committed.

If a woman is perceived to be committing adultery, committing premarital sex or 'behaving in a dishonourable way', she's generally assumed to be guilty and as a general rule absolutely nothing happens to the man that she supposedly had her affair with. A more appropriate term for this killing is 'dishonour killing'.

Until and only until the killer/s are apprehended, tried, convicted and then punished many more incidents will likely occur.

Regarding governments, justice and rule, the Arab World is in shambles. It's ruled by horrible dictators; in a general sense they're kings and emperors even if they have titles like 'President' or 'Prime Minister'. There's hardly a decent one amongst them.

Dictators love to put their populations in place. Take care of the women and you've already put 50 percent of them in their place.

But overall, women in the Arab World don't have to worry about honour killing. Although some cases receive spectacular coverage, it's not that common. But, even one unjust killing is a grave injustice.

Honour Killings are the modern counterpart to Witch Hunts but are statistically smaller in number. I shall speak about the latter later in this book. Witch hunts though, were more brutal and were responsible for the annihilation of many women.

Honour killings occur in segments of the Arab World especially in but not limited to small villages, also in Iran, Turkey, Pakistan, Bangladesh, Afghanistan, India, Italy; Sweden and Great Britain (within immigrant or newcomer populations).

In an extraordinary case occurring in Montreal, three members of a family were sentenced to life in prison after being found guilty of murdering four {female} family members.

In late January of 2011, three members of the Shafia family (Mohammad Shafia, 58; his second wife Tooba Mohammad Yahya, 42; and their son Hamed) were each found guilty of four counts of first degree murder after a three month trial.

Judge Meranger imposed the mandatory sentence, life in prison with no chance of parole for 25 years.

The overarching reason for the killings of Zainab Shafia, 19; Sahar Shafia, 17; Geeti Shafia 13; Rona Amir Mohammad was because they were dressing immodestly, were sexually immodest and were disobedient according to Shafia's cultural norms.

Sex trafficking, also called human trafficking is a world-wide problem. The focus of this section shall be on females, however, young boys (for sex and/or work) and men (usually for

non-sexual purposes) are also trafficked around the world, through international borders.

It's estimated that 300,000 females are trafficked in the U.S. at any given year. One hundred thousand are young girls (9 to 19 years of age).

A typical case is that of a girl alias Debbie. She was a brilliant 15 year-old resident of Phoenix, a straight A student, and occupying the notch of middle child in a loving Air Force family.

This case like many others is sad and shocking. A person's life can suddenly turn for the worse in a moment. In these case scenarios lures and false promises are often made.

In the past the vast majority of these girls consisted of runaways, however, things have changed somewhat in a relatively short period of time. Pimps and other low-life characters have adjusted their behaviour to lure more unsuspecting young girls. They'll go to young girls' hangouts, be it a mall, swimming pool, beach or elsewhere. But other common long-frequented places for pimps are bus depots, train stations and even airports. In particular bus depots and train stations where security isn't as tight as airports. Therein are young girls who are travelling or running away from home; often-times unaware of the horrible dangers out there.

Predators use their street smarts to zoom in on a particular child. They're predators in the literal sense. Some children are more easily approachable than others and are more talkative, open and trustworthy. They're not stupid perhaps they're surrounded by loving family and adults in their world. Or maybe they're unaware of the dangers out there. Each case is unique but also shares similarities with others.

Sometimes females can become co-pimps or helpers for pimps.

In the case of Debbie, she received a phone call from a casual friend named Bianca.

Bianca requested to stop by Debbie's house, nothing out of the ordinary thus far.

When Bianca arrived (in a Cadillac with a couple of older men) Debbie, still wearing her pyjamas approached her.

As soon as Debbie attempted to hug Bianca, she (Bianca) pushed her into the Cadillac.

The driver sped off, Debbie was tied up and gagged and told to behave herself or else she'd be shot.

As is often the case several hours later Debbie was taken to a designated location (an apartment), drugged and then raped and then gang-raped. This is done to demoralize and to break-in the victim. It's also a practice lesson for future 'performances'.

Another case which is more typical involves a girl named Miya who was approached by a couple while at work in the mall, told that she could make extra money as a model and doing photo shoots. A later meeting with this couple resulted in a devastating outcome.

Many of these young girls end up becoming battle-hardened victims, lose their innocence, can develop mental and physical problems, become chain smokers, alcohol abusers, drug abusers, criminals or acquire STD's (sexually transmitted diseases). The luckier ones escape and return home or somehow get out of the business later on in life and begin a long process of getting back to normal. Others are murdered outright or commit suicide later on.

Many of these girls are trafficked to other cities. Later, I'll elaborate on international trafficking.

Initially, some kind of a rape, gang-rape and beating is expected. Serious threats and intimidation and the flashing of a weapons is used to keep the girl from escaping. In addition, a girl may be locked up in a domicile for extended periods of time. She may be drugged before the selected Johns appear. The Johns are either oblivious to what's happening to her, don't care or may be in cahoots with the pimp/s.

For thousands of years the primary victims in the sex trafficking industry have been women and children. In modern times, the 1902 International Agreement for the Suppression of the White Slave Traffic was drafted.

Later, the United States enacted the Mann Act of 1910. This act specifically forbade the transporting of an individual across state lines or international borders for prostitution or other immoral (licentious lascivious) purposes.

Later yet, the United Nations addressed the sex trafficking problem through the 1949 Convention for the Suppression of the Traffic in Persons and of the Exploitation of the Prostitution of Others. It was ratified by nearly 50 countries. Unfortunately, the problem has been getting worse. Sex trafficking is now a real epidemic. Kidnapping and selling by family members (for immense need or greed) or the luring and deceiving (promises of work, money, opportunity, etc.) or the paying off of a debt are the methods used to acquire more and more females and children for the purpose of sexual exploitation.

Teen girls, even in the United States can be transported across county and state lines for purposes of prostitution.

In a case involving Chicago man women told investigators that they began to work for him when they were 16 and 17 years-old. This Chicago man was quoted as saying "so what? Some of my best girls were minors".

-The laws pertaining to sex trafficking must be enforced diligently. This is a horrible.

-Plea bargaining should be restricted for participants guilty of sex crimes or pimping.

-Victims should receive free emotional and legal support and protection. They should be allowed to testify against sex traffickers without being fearful for their safety and security.

-If possible, stiff fines should be paid by the pimps and other traffickers. Part of those fines can go to the victims.

-Victims should not be discriminated against based upon gender, age, nationality race, economic status or mother tongue, which unfortunately is often the case.

-People should be educated about sex trafficking.

-Sex trafficking can sometimes be territorial in nature; women from specific regions are kidnapped or snatched, transported and then sold by gangs.

-The United Nations and the nations of the world can work together to bring perpetrators and traffickers to justice.

Israel has become one of the transport destinations for sex trafficking of women. Thousands of women have been trafficked to Israel, the boom beginning in the early 1990s. It's estimated that during the boom years 3,000 women were trafficked to therein every single year.

Most of the women are from Slavic countries, in particular the Ukraine but some are also from Asia. In this worldwide epidemic White and Asian women tend to be in most demand.

Women trafficked to Israel may be brought in legally, in that regard they're likely lured with false hopes and bogus claims; lies. Illegal women are smuggled into the country; they literally have no immigration status, fearing their criminal captors and the authorities alike.

The women, like many others around the world destined for other places are lured with false promises of work and money and a better life. Nothing could be further from the truth.

Many of the victims are trafficked in horrid conditions arriving in Israel sickly. The women can't travel because their passports are conveniently confiscated by the traffickers, later sold to pimps.

Some women in this sex trafficking enterprise have been stripped and then sold at auctions, like the black slaves of the Southern U.S. during slavery. They have no rights whatsoever; they're objects to be used and not respected.

The pimps use elevator eyes and study the 'merchandise' carefully. Women cost thousands of U.S. dollars.

Months or years later, a woman that's still alive may have one or more STDs and/or tuberculosis and/or hepatitis; this is not including any injuries incurred by their pimps or the Johns.

But as of 2007 the Government of Israel has 'at least on the books' intensified its efforts to combat sex trafficking; no doubt, the threat of sanctions by the United States sped up the decision. Regardless, the victims need protection regardless of the origin of the reason.

A place of shelter for the luckier victims is the Maagan Shelter located in Tel Aviv. According to the Maagan Shelter website the shelter was created according to the decision of the government of the State of Israel (decision N 2806 dated 1/12/2002).

The Maagan Shelter officially opened its doors on February 15, 2004.

The Maagan Shelter is supposed to provide a safe calm place for former victims to live in. Medical, mental and social needs are also provided. They receive therapeutic care and can be actively involved in the decisions pertaining to the internal operations of the shelter.

Not all sex trafficked women in Israel can make it to a shelter. Some women who are able to escape hide. The players in the sex trafficking network are so horrid, they'll rape, beat, torture or kill a trafficked woman if need be.

Prostitution in Israel is still legal; brothel operations and pimping are illegal though.

As is the case in other countries where sex trafficking occurs foreign women are highest in demand. The Johns want a 'different flavour'. The women often appear run-down, used and in dire straits. The Johns don't seem to occur.

In December of 2011, Guatemalan authorities announced that they disassembled an international sex trafficking network that enticed Guatemalan women to Jordan. Therein, they worked as prostitutes.

Two nationals and two Jordanians were arrested. Authorities claimed that the arrested individuals were major members of a sex trafficking gang.

The unsuspecting women were enticed with false promises of work in Jordan with good pay (relative to Guatemalan salaries; \$400 per month).

Upon arrival in Jordan, the women were beaten, forced to work long hours as prostitutes. In addition, their food supply was seriously restricted. Not understanding the language or the culture in Jordan, these women were helpless.

Human trafficking, unlike drugs or illegal weapons trafficking is usually not perceived as a major threat to national security. Today, the major illegal trafficking networks

may deal in drugs, illegal weapons, animals or animal by-products and human trafficking. There's big money in each of the aforementioned activities. But be careful if you get in their way.

Not much information is available in the media outlets or internet regarding sex trafficking into Jordan. However, the truth is, there's a big problem therein. Most of the prostitutes are labelled as Russians by locals however, Slavs is a better term. Likely, many are from the former Soviet Union countries including Russia.

Jordan is a monarchical dictatorship, therefore the news is curtailed. Furthermore, like Israel, at present the dictatorship is a close friend and asset to the west.

Saudi Arabia also has a human trafficking problem. Children, especially from Bangladesh and India are brought into the country forcefully to work as jockeys. These children may be beaten and brutalized, underfed in order to maintain a proper jockey weight, and sexually violated.

The Saudi authorities, in general, couldn't care less about these children, which by the way are all boys.

Men and women from India, Yemen, Afghanistan, Bangladesh, Philippines and parts of Africa are trafficked for forced labour. They're often not paid, abused and in many cases sexually violated.

Many legally bound domestic workers and servants are also physically abused and sexually violated. As the law stipulates, passports of foreign nationals are always confiscated by the employer. Strict measures for all workers, regardless of status include entry and exit visas, and passport requirements to travel from one city to another.

Domestic women servants from the Philippines appear to get the worst deal amongst the various nationalities. Sponsors' payment for work rendered appears to be voluntary. Numerous sponsors have been documented raping and abusing their workers.

Domestic workers fear the Saudi Authorities, and rightfully so. In this brutal regime, complainants from Third World countries may face stiff penalties or punishments.

Some employers, often rich, often feel that they have a right to sexually abuse their domestic workers; sexual slavery. The withholding of payment also appears to be another problem.

Regarding the sexual trafficking in Saudi Arabia, some women, often from Africa are enticed therein with promises of work, others with temporary marriages with wealthy persons. But often they end up being sex slaves.

In the past, there had been cases of African nationals who were enticed to go to Saudi Arabia by providing free

transportation for the Hajj Pilgrimage, upon arrival the poor individuals were thrown into the pit of forced servitude.

Western women are also sometimes physically abused, forced into seclusion and sexually violated.

Without a passport, and the fact that Saudi Law prohibits women from leaving the country without permission or escort of a male guardian, it's very difficult to escape. The authorities don't care; western governments apply little or no pressure. In addition, the so-called religious authorities (who are often figure heads to the government) don't appear to be protesting.

I remember hearing a story conveyed to me by an Asian woman, who by the way was a hijab wearing Muslima (a Muslim woman), concerning a friend of a former employer in Saudi Arabia who chased her around his mansion trying to catch her and do 'his thing' with her. Luckily, she knew self-defence. She was able to neutralize him. Most other cases of this sort end in sexual violations or rapes.

Another case in Saudi Arabia that occurred in 2005 involves a hijabi woman who was thrown to the ground and then bitten on the face. The perpetrator attempted to sexually assault her. Luckily, she was able to ward him off.

Soon after notifying the authorities the perpetrator was apprehended. However, the authorities claimed that the perpetrator was sick. Often-times when the authorities make this kind of a statement it means that the perpetrator will likely not be punished.

Sexual traffickers generally don't give a damn if the women they traffic are co-religionists, co-nationals or if they share a common race or culture. The women are lifeless sexual commodities to be profited from. Besides, as far as sex traffickers and pimps are concerned these women are often replaceable. Sexual trafficking is a brutal form of slavery. The women who are victimized are treated like chattel.

Canada also has a sex trafficking problem to tackle. Foreign women are trafficked from abroad into Canada and aboriginal women are internally trafficked.

Men, women and children are also trafficked for cruel labour as domestic servants, in the agricultural sector and in sweatshops.

Labourers may actually enter Canada legally but are soon exploited. As is the case thus far there are no minimum sentencing guidelines for human trafficking in Canada.

As reported by the RCMP up to 1200 persons are trafficked into and within Canada every year. But the real statistics are likely higher.

-Sex trafficking in Canada can involve citizens, permanent residents or aboriginal women

-Sexual trafficking and exploitation is well-organized; organized crime is deeply ingrained into this enterprise.

-Often-times sex trafficking victims work in or are deeply hidden behind legal enterprises such as escort agencies, massage parlours, or may be discreetly linked to strip clubs. Other fronts may include domicile brothels (residential whorehouses).

-The sex trafficking enterprise is often one aspect of a multi-crime organization; drugs and narcotics, violent crime, fraud, etc.

-Victims are often enticed by false promises of good jobs and nice benefits. Upon arrival, these victims are beaten, broken-in (raped and/or gang raped) secluded and otherwise controlled.

-Illegal aliens are fearful of being deported

-Virtually all victims become whores

-Forged documents, including Canadian ones can be manufactured; this is needed for foreign victims to enter the country. However, nations that have visa-exemptions need only present a valid passport to enter the country.

-Canadian Immigration Officers may be able to detect forged Canadian passports however with foreign passports it's more difficult.

-Most of the victims from abroad are Slavic or Asian. They tend to come from countries that are struggling economically and with prevalent corruption and with powerful organized crime

-Once in the country, sex workers may be transported from one area of a city to another or from city to city or may cross provincial lines.

-The internet and other technological avenues are used to promote the enterprise and to advertise to unsuspecting victims.

-The monies accrued from prostitution are not given to the prostitute. If she's lucky, she'll receive a dismal stipend.

-Most of the Canadian public is oblivious to sex trafficking within their country, other members couldn't care less.

It's estimated that 500,000 women are trafficked for sexual exploitation every single year. Though, it should be noted that this isn't the highest estimate, and it doesn't include little boys and little girls.

It is a multi-billion dollar industry. The sheer amount of money insinuates that there's much bribery of government officials and law enforcement, especially in poorer countries that are already rife with corruption.

Eastern Europe has been hard hit. Ukraine is perhaps the hardest hit of all Slavic nations.

It's assumed that the sex worker never enjoys any of the sex with the Johns. She must smile and perform. So in a sense, every sexual act with a John is a form of rape.

There are various types of prostitution. Below are basic facts for each:

-At the bottom of the heap are street walkers, also called street prostitutes. These women are easily seen in the shady parts of town standing on street corners, strolling through the neighbourhood usually within full sight of onlookers. They're usually dressed in quite flashy, multi-coloured or bright coloured clothing. Their clothing though, is cheap imitation.

Most often, these girls are usually vocal and are more than willing to approach vehicles. Johns know where they're at; they pull over and wait for a street walker to approach them.

Many of these street walkers were initially runaways. But their lives are very rough and are potentially dangerous. Johns, for the most part pay for what they want, drive the street walker to a dark alley or some other designated place, get their thing then drive their passengers back and then leave.

Some Johns are outright violent, weird and dangerous. In some cities, street walkers stand in congregations, taking down the license plate whenever one of them gets into a vehicle.

Street walkers' pimps demand most or sometimes all of the earnings. As far as the pimp's concerned, she belongs to him along with her earnings. Pimps are usually violent. They also have sexual rights to their street walkers. Street walkers work for a pimp for protection.

-Brothel workers work in designated establishments for the purpose of providing sex. Brothels are basically whorehouses. If brothels are legal in the area, they're licensed, if not the authorities may look the other way most of the time.

In places where these houses are illegal they tend to be a bit more underground or may use legal fronts to disguise their true purpose.

-Escort services employ 'call girls' who are contacted by potential customers by phone or through hotel or other avenue. Call girls tend to go to hotels or motels to meet their Johns. Call girls may be driven by a special driver designated by their agency or she may drive herself. This form of prostitution is low-key.

-On sight escort service workers are like call girls except the activity is done on the premises rather than away. The John comes to the site.

-Window prostitutes work in designated red light districts. The famed Red Light District of Amsterdam is a good example. These girls sit, stand or lie down behind large windows; in a sense they put themselves on display. Passersby, both male and female can see 'the merchandise'. The lighting and colour patterns in the 'service rooms' are specially designed to appeal to the countless Johns who walk by.

In this kind of setting there's absolutely no doubt as to what the woman's occupation is. In some jurisdictions such as Amsterdam the prostitutes are licensed and must be examined by a physician on a weekly basis.

Window prostitutes' work is for the most part safe. They do their work behind a closed curtain and door. The word 'safe' regards rape; there's never a guarantee against STDs.

If licensed prices are fairly standardized. But as with other sex work enterprises some of the workers aren't licensed. They may be a friend of a licensed worker or pay the licensed worker to get in a few hours of tax free money. It's hard to keep track of all the workers and the various shifts.

-Club prostitutes or bar girl prostitutes sit or stand around waiting for a potential John, or may approach a potential John. The sexual act may be performed in the same building upstairs or downstairs, in a quieter place, or elsewhere.

-Door knocker prostitutes knock on the doors of potential customers in hotels or motels. Although this practice is prevalent in many countries it's more common in Asia where prostitution is rampant and tourism for this purpose is big business. Thailand and Singapore are popular sites for this kind of activity.

-Truck stop and rest area prostitutes service travelling Johns.

-Station prostitutes work train, bus and other travelling stations.

-Military, wartime or Peacekeeper prostitutes earn their pay by servicing the three aforementioned groups. With many bachelor and married men away from home, there are countless Johns.

Most peacekeepers are males, away from home and in need of 'women'. During wartime and immense destruction prostitution and rape become common; latter may become rampant. Peacekeepers in war torn areas like Kosovo and Bosnia have frequented bars and other locales in search of 'female comfort'. The most notorious sex trafficker of the Balkans was Milorad Milakovic.

The job of peacekeepers is supposedly to keep the peace. But the sex drive is a powerful urge.

Some of the prostitutes in these war torn areas are locals, many are trafficked. Even if a trafficked prostitute were to

miraculously be able to escape and return home, she must endure the constant fear and apprehension of her former captors' revenge. The biggest appetite for trafficked prostitutes though, is in the wealthier nations; more money, the prostitute is far from home, she likely doesn't speak the language or understands the culture, and fears the authorities. Furthermore, it's more difficult for her to escape unfamiliar terrain.

Even with tight border controls, prostitute traffickers can use circuitous routes, forged documents, bribery, intimidation and smuggling.

-Temporary marriage prostitutes: These women are paid to be married or agree to be married to a particular man for a designated period of time. When the time comes, they get a divorce.

I know a case of a woman who had 9 temporary marriages. I don't know how many subsequent marriages she's had. It's not marriage, it is prostitution.

-Child prostitution involves pre-pubescent boys and girls who are used for sexual purposes.

China girl prostitutes were a product of the later part of the 19th century American West, in particular California. They were treated like animals; no rights, foreign looking and unable to escape.

This particular category of prostitutes was even forced to perform sexual acts on persons who had visible STDs (sores, absences, discharges).

Today, prostitution in China is on the increase; in fact it's thriving. For obvious reasons, most tourists are easy to spot.

If you're a tourist in China, you probably don't speak Mandarin or Cantonese. You may be approached by a prostitute if you're in a bar, cheap motel or hotel or in a massage parlour.

Better hotels try to keep prostitutes out, or at least allow them to work but in a covert manner.

The potential John may receive a phone call or a knock on the door. The purpose stated is to know if he wants a massage. If a person's in a foreign country as a tourist, it's better to be very safe, than to be very sorry. The John doesn't know anything about the prostitute, worse yet he doesn't know anything about the person/s that she works for. And don't forget the dreaded STDs.

'Animal prostitutes' are used in filthy beast porn. The animal is almost always a male and the human is usually a female. The animal certainly can't understand what's going on, but he's enticed or somehow steered into performing. Although there are individuals with unusual perversions, it's likely that

most or at the very least many of the women performers are forced or somehow coerced into performing these heinous acts.

The women and animals in this category have a dual occupation: prostitute and porn star. Both though, are getting a very sore deal.

Female sex slaves are forced into performing sex with Johns. The pimp purchases the prostitute and then pays off the purchase with her proceeds, makes an additional profit and then may resell her.

These women can easily be forced to perform unusual/unnatural sex acts through fear, intimidation, severe physical abuse or torture, and/or the withdrawal of drugs.

Prostitution was common in the American West. Prostitutes serviced soldiers, miners and trail drivers. Cheap whorehouses were commonly referred to as hog ranches.

Sometimes prostitution is imposed upon a woman or a young girl by her family.

Recently, an Afghan teenage girl (15 years old) was rescued from her family by Afghan police.

The girl had been beaten, her fingernails were removed, and her arm was broken and she was locked in a restroom for over five months because she resisted her in-laws attempts at forcing her into prostitution.

Unfortunately, in Afghanistan physical, sexual, mental abuse and forced marriages are problems.

There are different types of rape:

-Acquaintance Rape (most common type): The rapist is someone you know; a fellow student, casual friend, classmate, friend of your girlfriend, friend of the family, etc.

-Stranger Rape: This is a person whom you don't know. The rapist may be lurking in the shadows, break into your home, pull a knife or weapon on you, etc. Sometimes, the assailant wears a mask to hide his identity. It's often quite difficult for the victim to identify the rapist, even if he wasn't wearing a mask.

The action usually takes the victim by surprise, is shocking and it may be difficult to concentrate on the offender's facial or body features or clothing. But noticing a peculiarity can be helpful (a tattoo, scar, a lisp or stutter, etc.).

-Marital or Date Rape: The rapist is your husband or boyfriend. It's usually difficult for a victim in this category to file criminal charges against the perpetrator.

Drug Rape: The use of alcohol and/or drugs is used by the rapist. In other cases the victim is unconscious or passed out

from her own drug use and the rapist takes advantage of the situation. There is an element of opportunity here.

I was told a story about a guy who raped a close relative of his. She was out cold in his home, he dimmed the lights and then he entered her. He didn't use force or drug the victim; she'd had too much to drink then passed out from her own drinking.

Another case occurred in Canada where a hospital orderly had intercourse with a woman in a coma. She became impregnated. That was an instant red flag for the administration of the hospital.

-In extreme cases necrophilia (sex with a dead person) can occur. Some jurisdictions require two workers in morgues.

Regarding drug-related rapes memory and recall may be clouded. Furthermore, resistance to the act can be curtailed or eliminated. In a court of law the defence attorney may hammer away at the victim's testimony.

-Statutory Rape: The sexual act is wrong and illegal because the victim is under-age. With or without coercion, by law the victim is considered too young to give consent to the sexual act. Laws vary according to jurisdiction; more so if you compare North American laws to those of many Third World Countries.

Statutory Rape can also be called sexual assault, carnal knowledge of a minor or rape of a child.

Rape can happen to anyone, man, woman, child or beast. Rape often involves the use of force or threat of force.

In implied force, the victim understands that if she says 'no' there may likely be serious adverse consequences, some kind of a loss, or pressure of sorts. The offender need only to glare at, frown at, motion with the hand or use any other act to signify that he wants sex, now.

Countless African slaves in America were brutally raped. Many others dared not say 'no' out of fear of possible or real consequences. Many slave masters in America were rapists.

The black slave woman was nothing than a piece of property. Having sex with her, with or without her permission and with or without the use of force wasn't against the law.

Some of the founding fathers of the America had black concubines. Indeed, there were some relationships, however, even in these so-called love affairs, the slave woman was perceived as an inferior and often dared not say 'no'.

The slave master could have sex with any of his slaves at will, be it an adult woman, a man or a child.

This kind of implied force is also used in the workforce. Some women are intimidated by their superiors; others may be so

desperate to cling onto their job they'll do just about anything to keep it.

-Rape of an intellectually challenged person involves having wilful sex with someone who's feeble-minded or retarded.

-Beast rape involves a sexual act with an animal. Animals don't have the mental or intellectual capacity to truly understand what's happening during a sexual act with a human being. The human knows better, the animal doesn't. All sex with animals is rape, with the exception of an animal attacking a human.

There have been cases of orang-utans brutally raping women. Women working with orang-utans need to be careful during their period. Animals become excited from the scent, however, male orang-utans become aroused.

Orang-utans are incredibly strong, easily able to scale a tree while holding a woman in one arm. A woman simply can't fight back.

-Opportunistic rape involves a person who may have rape tendencies but are somewhat hidden. Example: a burglar enters a home for the sole purpose of stealing a computer and stereo system. He sees a woman sleeping in the bedroom, then decides to rape her. This is a rape of opportunity, this kind of behaviour also occurs with some pedophiles.

In North America rape is always a crime. It's a matter of reporting the act to the police. If no one finds out, nothing will happen.

Rape victims shouldn't believe statements like:

- It was your fault
- You asked for it
- It was your doing
- You're worthless
- You're a sl_t, wh_re, c_unt or any other derogatory term used by the rapist
- I couldn't help it, baby
- I really love you
- I'm sorry I didn't mean to hurt you
- I know you liked it deep down inside
- No one cares
- It's my word against yours. Even so, if you were raped notify the police immediately and get medical help
- You were sending me mixed signals
- It was nothing, c'mon

If the victim doesn't proceed with legal action regarding the rape, the rapist may do the same thing to someone else. Or,

the victim may be re-raped by the same offender, which by the way has happened before.

A cashier of a convenience store was raped during the graveyard shift. She returned to work the very next day only to be re-raped by the same offender again. It's not our place to judge her. The victim may have been living pay check to pay check and couldn't lose a single day of work. Furthermore, she probably assumed that the assailant would never return, or repeat the rape for that matter.

Everyone can be overwhelmed at times. A sudden rape is a traumatizing event that can take anyone by surprise.

Women who are raped may experience rape trauma syndrome. Their lives are turned upside down while they're dealing with:

- The actual rape event
- The fear during the rape, immediately after the rape, and the long-term lifelong fear
- Inability to sleep and horrible nightmares and night terrors
- Highly intrusive-uncontrollable flashbacks
- Rapid pulse and elevated blood pressure; persistently in a state of fight or flight
- Extreme regret at not having been able to somehow ward off or severely harm the attacker/s
- Self-hatred, pity; feeling dirty and used (most likely immediately following the rape)
- STDs, vaginal and/or anal ruptures; psychosomatic illnesses.
- Increased susceptibility to medical and/or mental illness
- Having to tell family and friends; or keeping the rape a secret
- Possible pregnancy
- A generalized hatred, fear, distrust of males, may include male relatives also

Years ago I knew a white woman who was raped by a man when she was a pre-pubescent. The damage to her vagina and insides was so great she was unable to ever have children

This woman was white, the attacker was black. In addition to her physical trauma she had an extreme fear of all black males in spite of the attacker being only one person and certainly representing no race or either gender. Rapes can leave a deep and long-lasting imprint on a victim

- The victim may become numb or repulsed by sex
- Social, interpersonal and work functions may be adversely affected

Years ago there was an unusual case involving a convenience store clerk who was brutally raped while on duty. Unfortunately for this woman she had to return to work the very next day to pay off her bills. Worse yet, she was raped again by the same person.

Rape is on the rise in North America. In addition, recognition identification and reporting of this heinous crime is also on the rise.

After a rape a victim undergoes immense physical and psychological pain. In addition, the time immediately after a rape is important:

- Your personal safety and security is number one!

- If you were raped by a stranger in unfamiliar surroundings and left after the rape, the rapists may return for some more

- You need immediate medical care regardless of how you feel. Rape can sometimes make a victim numb. You may have serious medical injuries that need to be treated immediately

- Call the police or someone who can adequately protect you from further harm (family or friends, etc)

- You're understandably fearful and anxious about having a physical examination; strangers gawking at you, yet another person touching you and your private parts. There are many men in hospitals and clinics

- During the examination you have the right to say stop at any time

- DO NOT forget to inform the physician and nurse if you're on medication or if you're addicted to alcohol or other drugs; even tobacco. Furthermore, if you have alcohol or drugs in your system at the time of the examination or if you're an addict it's imperative that you inform hospital staff

- If you have any suspicions whatsoever about having been drugged ask the physician to check for traces of rape drugs or similar derivatives

- If you have any food or drug allergies inform the medical staff. You may later forget, pass out or have a seizure. Be on the safe side always

- The examiner is trying to help you. She's searching for signs of injury and whatever she writes in her report can be used as evidence on your behalf

- STD's and possible pregnancy can be determined. In the case of the former many STDs can be successfully treated and cured if detected early. STD's that are more complicated and without a cure should also be dealt with as soon as possible

- Evidence should be collected as soon as possible after the rape. This will give you the opportunity to change your mind at a later date and go through with the criminal justice process

- You may feel that the entire world will find out about your secret
- You lost all control of your destiny during the rape, now you feel helpless again
- You really want to take a shower, throw or wash all of the affected clothing, go home and cry like a baby
- Don't even comb or clean your hair. DNA and other valuable evidence can be obtained from your body and clothing
- A specialized counsellor who has the educational and work experience can begin helping you with your recovery process
- Sometimes, the social worker is also a survivor of rape and/or incest
- It's imperative that a blood test be taken
- Birth control pills are taken to prevent pregnancy
- Vaccination for Hepatitis B; you may be prescribed medication for gonorrhoea, syphilis and Chlamydia
- You need someone caring to talk to
- The information pertaining to your rape is confidential and protected by law (U.S. Health Insurance Portability and Accountability Law). This law applies to adults. Minors need to know their rights in their respective jurisdictions
- Ask about follow-up treatment and medications
- Inform your family physician (if you have one) of what has happened. Ask the medical staff to send an official copy of the exam results to your physician
- You shall decide whether or not to press charges against the assailant
- Rape kits are used to collect valuable evidence relating to the rape; semen, body fluids, hair, skin, fibres, soil samples, etc. All items of evidence are carefully marked then stored in a secure place for easy retrieval. Rape kits contain little boxes, microscope slides and plastic bags
- If someone is charged with your rape, understand that up to 90 percent of criminal cases in the United States are plea bargained. Civil cases are similar. These are the cases that actually make it this far into the system, countless others don't
- There's a statute of limitations on rape. Child rape or child molestation cases are usually exceptions as victims may be allowed to press charges against a perpetrator many years after an alleged crime
- Find out about billing and insurance. Laws and billing vary between jurisdictions. Rape treatment should be absolutely free however this isn't one of the topics politicians talk about during their election campaigns and debates

Remember, anyone can be raped and the rapist need not be a stranger. Oftentimes the rapist is a close family member or friend. Whether the victim was drinking or not or whether she was able to say no or not does not diminish the rape. Furthermore, the victim need not be conscious.

With the identification of rape as a serious problem around much of the world, an increasing number of women in North America are learning how to prevent being attacked and taking special self-defence classes. Below are some tips to help you protect yourself.

- Ask a trusted qualified person where you can find an institution that offers self-defence classes specifically designed for women

- You should learn the street fighting method first, crude but often effective. Chances are the rapist will not fight clean; you're fighting for your mind and body

- Martial arts can be taken, after or simultaneously with self-defence for women. If you're small and the rapist is a large person a punch in his face or shoulder may have little or absolutely no effect upon him. You must learn how to properly attack sensitive areas such as the eyes, nose, ears, groin, shins, ear drums, knees, etc.

- Understand that mastery of the martial arts take years. In addition, many of the leg kicks may involve stretching first. There's no time to stretch during a rape. Street fighting is brutal, can be very effective and if the victim is lucky lightning-fast. In a rape, you may have to fight very dirty.

Years ago an assailant was stalking a woman. She'd been raped earlier in her life and decided to learn martial arts; she got a black belt. He did the same and when the time came he beat her up martial arts style and then raped her

- You must learn how to properly scream and shout 'No', etc.

- Your instructor should be qualified. Don't be embarrassed to check his/her credentials

- Some classes are free, however most are for money

- Ask your local police, social service worker, hospital staff or other victims for details

- It may be more difficult for a victim to fight dirty against an attacker who she loves or is closely related to, but if you're being attacked you must defend yourself at all costs if need be

- High kicks and fancy moves are easier to make in the privacy of your home or in the gym with other friends and classmates. Learn them, but it's imperative that you master the basics first

-The fear, surprise and stress factors are not the same while training in a safe area; the person in the training suit that you learn how to strike won't really fight back, he or she won't hurt you. Fighting and survival instinct and quick action in dangerous situations is imperative

-If it's imperative that a potential victim must physically fight off a rapist she must not hesitate or pull back her blows. This may further aggravate the offender. The strikes must be smooth and automatic

-Don't be ashamed or embarrassed to shout or to say no, etc.

-Run for help if necessary. Potential rapists hate large crowds, a screaming victim, and if at night a lighted place. This action may not work if you're all alone out in the middle of nowhere

-The potential victim may freeze up out of fear and shock

-The potential victim may be in a situation where fighting is out of the question. The assailant/s may be armed or the victim may be thrown into a van in the dark in the middle of nowhere facing several large potential rapists

There's a story about a woman who'd studied self-defence for women. The rapist was a large man. He got on top of the victim, punched her in the face just once, and ended up knocking out several of her teeth, broke her nose and both of her cheek bones. The fight was basically over. He raped her after the first punch.

-You may try to calmly try to talk your way out of the situation. Victims have been known to urinate, defecate or vomit to appear repulsive to the rapist/s. Telling the rapist/s that you have an STD or a vaginal infection are other options. But this is no guarantee; he may have one or more STDs and not care

A true story involved a woman who miraculously 'sweet talked' and 'calmly talked' to an attacking mountain lion. The mountain lion had pounced on the woman but froze still while she sweet-talked him

-There's never a guarantee. Furthermore, a backlash is always possible, but overall self-defence for women has helped many potential and former victims protect themselves from an attack. It also gives former victims a sense of more control over their own lives

-Women who are raped as virgins have additional problems to deal with; virginity never returns once it's lost. In addition, women who are raped by close relatives or gang-raped, tortured in the process, or acquire lifelong incurable or potentially deadly STD's also have additional problems to deal with.

-Many cultures around the world blame the woman for the rape regardless of the circumstances. Furthermore, in some of

these cultures husbands will divorce their wives; if she's never been married and word gets out regarding the rape no man will ever marry her.

-Every woman should have access to free self-defence classes, many rapes can be averted. If you're in college or university your institution may offer free or subsidized classes. Self-defence classes may be taken for credit if under the Department of Physical Education.

Regarding rape prevention some additional tips may be followed:

-Follow your gut instincts. If someone scares you or somehow gives you the creeps don't be alone with this person; this applies to 'creeps' who are males or females. Don't accept gifts, drinks or anything else from this person.

-If you attend a function or party go with trusted friends, have a designated driver and try to stay together. Watch each other's backs.

I was once told a story about a woman who was semi-conscious in a respectable downtown Des Moines bar. A couple of guys dragged her out to their car and no one gave them a second look. Onlookers may have assumed that she was married to one of the perpetrators, or maybe they didn't care less.

-If one of your friends leaves the party or goes off with a stranger meet the person just in case your friend 'disappears' thereafter or suffers from an attack.

-Try to go to familiar places.

-Don't give off the impression that you're weak and vulnerable. Rapists, even those who want their victims to struggle want to win in the end. Look confident.

-Have a cell phone on hand at all times; better yet put your iPhone to good use.

-Tell your family or friends if you plan to attend a party or event especially if it lasts into the late hours of the night.

-Keep a keen eye on your drink and food. If you leave your drink unattended and return don't drink from it if you're at a party.

I know of a young man who was at a party. Pop drinks were free and placed on a large counter. He took one large paper cup and then took a couple of sips from it. It turned out to be full of spit from chewing tobacco. No one saw who placed that particular cup on the counter.

-Date rape drugs are often scentless and tasteless and can't be distinguished from your actual drink. It's doesn't take much work to slip in the rape drug.

-Nightly walks should be with a trusted friend; better yet two or more friends. Large dogs repulse potential attackers.

-If you jog or walk alone outdoors on a daily or regular basis, change your route frequently. If you don't the potential attacker can plan his rape to the last detail, in advance. He'll catch you off guard. Headphones will deeply impair your auditory sense and will distract you of your surroundings.

-Don't walk in dark secluded places, near or around abandoned buildings or near tall grasses and hedges. These are places where you can be quickly and violently pulled into and hidden while being attacked.

-Stay on the alert. If you're a passenger on public transport every so often scan the area with your eyes. Know your surroundings, as someone may be following you or eyeing you intently.

-Populated well-lit areas are places rapists do not like.

-Mace or pepper spray can help however it takes time and coordination to remove the canister from your purse or pocket. Meanwhile you're in a scary situation. Practice at home until you've perfected the action. Even your keys can be used as a powerful weapon but you need to jab a sensitive area. Regarding mace or pepper spray, know what the law in your jurisdiction requires.

-If you think that you're being followed casually confront the pursuer by asking him or her for the time. Stranger rapists don't want you to know them or be able to identify them to the police.

-Try to use more than one self-defence method if attacked. Screaming and yelling is natural and very effective, unless the assailant has somehow muffled your mouth or gagged you. In this regard try to physically struggle. Hit sensitive areas, it's most effective. If you get free run to a lit/populated and scream your head off. Make it known to everyone in the area what'd just happened.

-Respond to an attack as soon and as quickly as possible. Don't wait too long.

-Understand that the vast majority of rapes occur by acquaintances.

-If you live alone tell your landlord or apartment manager upon moving in that you don't want your complete name posted on your mailbox. The first initial of your first name and your last name is sufficient.

-If your potential rapist is your husband or boyfriend you need to know what to do. You must protect yourself; you're number one.

-Don't judge a person solely on his/her looks. Good looks and cuteness don't necessarily correlate with good manners and

behaviour. Judge a person by his/her behaviour. There's no use in marrying or being with a cute or handsome rapist or wife beater.

-The eyes are always good targets to strike. If a rapist is fully clothed and you try to strike his genitals you could miss or hit his penis instead. The most sensitive part of the male genitals is the testicles.

-If you're somehow pinned to the ground or to a bed and are overpowered calculate your strike and make it devastating. Gouge the eyes or you can grab the testicles tightly and then twist. But for that to happen you may have to wait until he removes his underwear. If you temporarily disable your attacker flee the area. Note that failed attacks may enrage the attacker.

Wearing high heels will offset your balance, may reduce your ability to kick, and will hinder your running speed if that's what it takes to get away from your attacker.

Pregnant teens or women, especially in their third trimester need to take special precautions. Some rapists don't have any problem punching or striking a pregnant woman in the stomach, especially if she tries to defend herself. A strike therein is dangerous to the victim's health and well-being and to the unborn child.

Furthermore, if the rapist gets a pregnant woman on her back, it'll be extra difficult to get him off. Running speed will likely be seriously hampered.

Under rare circumstances even during times of peace a woman's cries for help may go unheeded.

The most notorious example in North America involves the case of Catherine 'Kitty' Genovese, at the time a resident of Kew Gardens section of Queens, New York; a nice middle class neighbourhood. The incident occurred on the morning of March 13, 1964.

Twenty eight year-old Kitty Genovese worked in a lounge as a bar manager on Jamaica Avenue just a few blocks away from her apartment.

Kitty drove home from work arriving at home at roughly 3:15 A.M. She parked her Fiat about 30 yards from her apartment door.

But upon exiting her car she took notice of Winston Moseley loitering and bumming around nearby. She tried in earnest to run away but Moseley was faster than her.

In spite of repeatedly shouting for help and being stabbed and raped by Moseley not a single neighbour or resident in the area came to her rescue.

Moseley had been spooked by a shouting neighbour who told him to 'leave that girl alone'! What ensued was only a temporary delay. Thereafter, Moseley was able to stab and rape Kitty three separate times. The rapes and attacks lasted around 32 minutes.

To add insult to injury Moseley took 49 dollars from Kitty's purse.

In all, 38 people had heard the commotion, but many claimed that they didn't know it was a rape and brutal attack. Sometimes people just don't want to get involved.

A word of advice to all hitchhikers, especially women, DO NOT HITCHHIKE! It can be very dangerous. You don't know what kind of a person the driver is, even if it's a woman or an elderly person.

In the fall of 1978, Mary Vincent a 15 year-old girl runaway was hitchhiking through California.

Mary Vincent ended up hitching a ride off of Lawrence Singleton a drunkard-killer.

Mary Vincent didn't think Singleton was dangerous because he looked like he was old enough to be her grandfather. She was dead wrong.

Singleton brutally raped Mary Vincent and then hacked off her forearms and left her for dead.

Mary Vincent survived the ordeal, living armless since 1978.

Singleton only served 8 years for that horrific crime. In 1994 he killed a Florida prostitute. This time he was sentenced to death in 1998. He died of cancer in December of 2001. The executioner missed this one.

Most hitchhikers aren't monsters however you'll probably see your share of weird ones. Groping is probably a big problem for female hitchhikers.

Another horrible incident occurred in February of 2011 in Uttar Pradesh Province, India.

A 16 year-old Dalit girl had her limbs chopped off for attempting to fight off four men who were allegedly trying to rape her. The weapons of choice were axes.

The attack was orchestrated by a man who had a personal feud with the girl's family. So I guess he felt it necessary to have her gang-raped and mutilated.

The victim was first harassed, and as a result tried to escape the harassers.

Rape, in a general sense has no boundaries, even individuals who are mentally and/or physically disabled can be raped.

This type of rape is nothing new. Likely, it has been going on since the beginning of rape itself. But the problem of rape of disabled females is more hidden than for that of non-disabled persons.

It's estimated that 10 percent of the general population of Europe suffers from any one of a number of disabilities, and the

numbers continue to rise. This number is likely doubled for developing countries.

In most of the world, people with disabilities, especially major or profound disabilities are ignored or overlooked by the respective society at large; governments are by no means innocent of this practice.

Disabled rape victims often have excessive obstacles to cross; female and disabled, visible or linguistic minority, poor, uneducated or undereducated, living in a poor Third World country and/or a brutal regime, lack of adequate medical care and social services, living in war-torn or civil war-torn regions, rampant government and police corruption, misogynistic culture.

Regarding police corruption and apathy, years ago a Pakistani woman took her young daughter to the police station to report a possible molestation by her husband. The officer responded 'we don't have this problem in Pakistan'! And that was the end of it.

But unfortunately, there have been incident in Pakistani police stations where complainant woman have been raped. But this problem occurs in other Third World countries too. The people pulling the strings in these respective countries are heartless and corrupt.

For disabled females getting by or living may be quite a challenge as is. Citizenship rights are often compromised even in the developing world.

Mental and physical cruelty against disabled persons can occur from other family members, players in the system or from outright strangers.

Females with major or profound disabilities are by far more likely to be abused, physically, mentally and/or sexually.

It's even worse for a female with communication or severe speech impediments. Any potential rapist will know that 'she won't be able to tell on me'.

Rape victims who are disabled may have additional hurdles to clear:

- Usually considerably weaker than the rapist.
- May have mobility problems.
- Severely disabled females may be a target for a rapist who wants an easy rape or a rape without much resistance.
- Difficulty conveying or reporting the abuse or just getting to the police station.
- Rape cases involving disabled persons require additional and more intricate work; experts may be called in to help. The prosecutor's office must be extra diligent in their follow-up.

There's a possibility that the disabled victim may be viewed as a less credible witness or simply not believed outright.

-The victim may need the rapist for economic and everyday support (spouse, family member, land lord).

-The criminal justice system can be quite cold and assembly-like.

-A disabled person who can't understand what's happening is at an even greater loss.

-Many severely disabled females may have low self-esteem even before the rape. 'Nobody will care; nobody will believe that anyone could do that to me',

-Rape victim organizations generally cater to non-disabled rape victims.

-Self-defence for women most often caters to physically capable females.

The aforementioned obstacles are by no means to dissuade anyone. If you or anyone you know is disabled and you believe that this person has been sexually or physically assaulted you may need to call the police. Aside from all of the problems, there really is justice much of the time. The system isn't perfect though.

Rape on college campuses is one of the most under-reported crimes.

The victims who are raped in campus parties often have clogged memories or may not even remember the assault. Furthermore, the stigma of being drunk and then being penetrated by one or more guys is often more than enough to keep the victim quiet.

According to a U.S. Department of Justice report 95 percent of students who are raped never report the incident to the authorities (in The Sexual Victimization of College Women).

In addition, (as is widely known) but re-affirmed in this study, college women are at an increased risk of being raped on college campuses than in the general population.

Potential rapists in bars and discos are often strangers. In college campus parties even strangers are welcome (identical age cohort, fellow students, belonging to the same culture (college students) or the perpetrator may have been introduced to the victim by a girlfriend or a male friend. In other words, it's easier for a perpetrator to fit in.

Filing a criminal complaint regarding a rape or gang-rape on campus will make a story indeed. The story will spread throughout the dorms and the entire campus. If the victim decides to continue her studies she'll likely be stared at, spoken about behind her back and in many instances pitied. But there will likely be much empathy and love too.

In the worst case scenario she may be called a slut, a bitch, a whore, or a liar; she wanted it, she enjoyed it.

If the perpetrator or perpetrators are jocks additional problems may ensue.

Recurring thoughts (sometimes contradictory) may ring in the victim's ears:

-What will my family say?

-Will I have to quit school for the time being to go through a potentially long legal process?

What about work; I have to work to help pay for my tuition?

-What about the stress of telling my story and repeating it over and over again?

-What about having to go to the emergency room, being stripped and re-touched and re-examined by strangers; I don't want to see any men in the emergency room

-Will they believe me?

-Will anybody believe me?

-Was I really raped or was it just rough sex?

-Am I over-reacting?

-He's not a stranger, I know him, he's really a good guy

-I feel like everyone's looking at me

-I don't want everyone to know my secret!

-Will I get pregnant?

-Will I acquire an STD?

-I feel dirty and filthy

-I just want to take a shower, clean my clothes and forget about what happened

-I wish I can go back in time and erase this event

-How could I have been so stupid?

-Was it my fault; was I asking for it?

-Did I lead him/them on?

-I hate his/their guts! I want to kill him/them!

The perpetrator/s often has friends especially the jocks. Some or many of these people likely won't believe the victim's story. These friends are males and females alike. But in all fairness too, every accused person is innocent until proven guilty, otherwise our criminal justice system will indeed become a nightmare for all of us. The rights of society as a whole and both the defendants and plaintiffs must be protected; due process is the best method.

Although every accusation of rape must be taken seriously, in a tiny minority of cases the so-called victim does lie. It may be a matter of vengeance (he/they had sex with me and then he/they dumped me; I couldn't have said yes to all those guys, I'm not a sl_t, they must've raped me).

In a rape incident, the victim may have invited the perpetrator/s into her dorm room or entered a perpetrator/s dorm room without suspecting anything.

The victim may be drunk or sober. If an attack ensues the victim should try to use several or more methods of self-defence. Usually, in a dormitory shouting and screaming and flailing will shock the assailant/s. Neighbours and passersby will hear the commotion. Someone will almost certainly ask if the screamer is all right or bang on the door. Banging on the door will certainly shock the perpetrator.

If the victim is inebriated, self-defence abilities are reduced or annihilated (if the victim is out cold)

It's best for a female college student to always be aware of her surroundings; better to be safe than sorry. Try to picture worst case scenarios if you're going to a party or to some guy's room.

Many men and women have two or more faces. Under the right context the other face will be exposed. In the sexual context, some men are like lions, they can't take no for an answer. Lions use physical force to mount lionesses. They roar and their mean during copulation.

Date rape drugs can easily be slipped into drinks and can be available at some campus parties.

Date rape drugs when mixed with alcohol can wreak havoc on a potential victim. These drugs are colourless, odourless and tasteless. Only a tiny amount is needed to do the job.

Depending on the particular person and circumstances the 20 minute mark is when the drug begins to take effect. You can be escorted to a room, chat and smile with the perpetrator or perpetrators meanwhile he/they are counting the minutes.

A few warning signs if you've awakened after being out cold for an indefinite period of time:

- You've had a rough night of partying, you're in the nude or semi-nude and you have a throbbing headache

- You're in an unfamiliar place or someone else's room

- You were with your girlfriends but somehow you were split up and they're nowhere in sight

- The party is long over

- Your clothes have been tossed onto the carpet or are nowhere in sight

- You feel pain in your vagina or rectum

- Dried or fresh blood in and around your vagina and/or rectum

- There's a stench in the air, like semen and/or vaginal fluid. Or the general scent of genitals.

-You have crusted semen on any part of your body, or on any article of your clothing.

-You puked your brains out but don't remember the details. The scent of puke and visible puke are a dead giveaway that you lost consciousness and were unable to defend yourself (if something did happen).

-You left your drink unattended to or were given a drink by someone. You probably don't remember who.

-Someone offered you a drug and you accepted.

-If you can remember, you remember being with one or more guys alone or maybe conversing with them away from the crowd.

-If you can remember, you were speaking to more than one guy and they appeared to be 'together' 'buddies', focused upon you.

An international student studying in the U.S. once conveyed a story to me. She was in a bar sipping on a drink then two guys approached her. Apparently, they liked the way this 'foreign girl' looked. They kept speaking to her and eyeing her. She told me she got the creeps from the very beginning.

A short while later, they asked her to come along with them. She declined and then walked away. She was probably very lucky to do so.

Another story that closely resembles a date rape on in a campus party was conveyed to me by a friend.

A male friend of his was at a party, not on campus but in a bar; this person met up with several guys. Although he didn't know them they looked like they fit in and were initially friendly.

The male friend's memory went blank thereafter. When he came to he was in a strange place, in the nude and lying on his side. His rectum had dried crusted blood on it and it was hurting him. Furthermore, there was a slightly bloodied brick beside him. This explained why he had a bump on his head.

It was obvious to him, to the person conveying the story to me and the others around what'd happened. This kind of drug rape scenario happens to guys too, but at a considerably lesser degree.

If a woman suspects that she's been raped a shower should not be taken, clothing should be kept as evidence and not washed. If she can, she should try to hold back her urination until after the initial exam.

Furthermore, the police should be called and the victim must go to the hospital or a clinic. Calling the campus police is another option. However, the police always have more jurisdiction and authority in this matter. Campus police may be pressured from the college or university administration to keep

'these things' hushed. The school's reputation is important. Security may know some of the alleged offenders.

The victim needs to be given a ride to the hospital or clinic.

A trustworthy and beloved friend to the victim can accompany her. Two brains are better than one. The victim's friend may be able to fill in some of the blanks.

Because sexual assault on college campuses in the United States has been receiving added attention, it can't be ignored or hidden anymore. So much so, the U.S. Congress has enacted laws that make it mandatory for schools to make known their security procedures, report crime data, and to secure victim's rights:

-Student Right-to-Know and Campus Security Act of 1990 (the "Clery Act"*) (20 U.S.C. § 1092): Another name for this bill is the Clery Bill in memory of Jeane Clery; she was raped and killed on her college campus in 1986.

-Campus Sexual Assault Victims' Bill of Rights of 1992: This is an amendment to the 1990 Act. This act mandates that schools draft prevention policies and provide certain assurances to victims.

Women in college who drink or use drugs at parties or elsewhere should be extra careful.

More and more women are using, abusing and becoming addicted to alcohol, tobacco and drugs in the United States. According to a decade-long research study by the National Center on Addiction and Substance Abuse at Columbia University over 20 million girls and women abuse drugs and alcohol and 30 million are addicted to tobacco.

As a general rule females get drunk faster than males. Their bodies have less water than males and more fatty tissue; the latter increases alcohol absorption. In addition, women have lower rates of dehydrogenase (ADH); this enzyme breaks down alcohol.

Addiction to nicotine is higher for females than for males.

Teen females may abuse alcohol or drugs to lose weight, reduce stress or boredom, raise their spirits, lower sexual inhibitions, self-medicate or enhance confidence.

Women often use alcohol or drugs to help manage their lives; work, husband, children, family, personal problems.

Women who try to self-medicate themselves or alleviate their problems in this manner become more susceptible to abusing tobacco, alcohol, non-prescription medication or prescription medication. Women are more likely to self-medicate with drugs than men.

Often-times when a woman tries to self-medicate she inadvertently becomes accustomed to using drugs to 'get that high feeling' or euphoria, when the effects wear off normal pleasure producing activities no longer do so; she needs the drugs just to feel normal.

Furthermore, increased quantities of drugs are needed over time as the body and brain chemistry adapt.

Alcohol abuse can become a real problem for some women. This 'liquid drug' is legal for anyone meeting the minimum age requirement and having enough money to purchase the bottle, cans, drink/s, etc.

A woman can drink in many different places without being stigmatized by others. But women are more likely to get sicker faster from alcohol abuse than men.

Any woman who continuously abuses alcohol may become an alcoholic.

She'll likely, at times feel bad about her drinking, not be able to stop before getting drunk, get drunk faster, and become agitated when others question her about her drinking, or to even insinuate that she has a problem.

Any alcoholic male or female must be on medical and mental supervision when quitting.

A thorough medical examination is needed in order to determine if any physical damage has incurred from the heavy drinking.

Furthermore, whatever problems the alcohol abuse was used to mask haven't gone away. Dealing with the underlying problem/s through counselling may be necessary.

Lifetime maintenance and group support are vital. Naltrexone and acamprosate will lower the intensity of a person's need and urge to use alcohol and will aid in relapse prevention.

The first drug prescribed to help curb the urge to drink alcohol was antabuse or disulfiram. This drug caused unpleasant symptoms if used in combination with alcohol. The idea was to make alcohol repugnant and repulsive (as long as antabuse was taken as prescribed).

Cocaine use during pregnancy can affect the mother's health and her newborn child's:

- Increased chance of having a premature baby
- The head and brain of the baby is more likely to be smaller in proportion to body size than a normal baby's
- Low birth weight (increases the likelihood of death)
- Cocaine reduces the flow of nutrients and oxygen to the foetus
- Increased likelihood of labour complications

-Cocaine use by mothers is also accompanied by other drug use; alcohol, tobacco, marijuana, hashish, or heroin

-A surviving baby has an increased probability of having mental and/or physical disabilities or challenges

-Interrupted sleep or sleep disturbances

-In the case of an addicted mother, the child may undergo withdrawal shortly after birth

-Cocaine can literally devastate the mother-child relationship. An addicted mother may become extremely neglectful or outright dangerous to her baby

-The mother may be constantly struggling with cocaine use, addiction, quitting; this is not the kind of mother a baby needs, let alone a sickly baby

-The best case scenario is for a woman to never use illicit drugs. If she does, she should be 100 percent certain that she's not pregnant.

-Likelihood of horrific birth defects increases

Marijuana smoking during pregnancy can also be hazardous to the health of the foetus or newborn:

-Oxygen supply to the foetus is reduced during marijuana use. Furthermore, the marijuana smoke in the mother's lungs won't help matters either

-Development of the foetus can be compromised

-Miscarriage

-Premature birth

-Visible birth defects of the head and/or face

The number of women becoming addicted to alcohol and drugs is not only rising in North America but around the world too.

But in America even small rural areas aren't immune to drug addiction, in this particular case, heroin.

Mary Doer grew up in rural Ohio. She was raised with love and care by her parents.

But in September of 2008 she lived with her mother and her young daughter. Growing up, Doer was taught and knew right from wrong. She was once a cheerleader.

But Doer who was now addicted to heroin was five months pregnant with her second child.

Doer claimed that she awakens at four in the morning, sick to her stomach from heroin withdrawal, cramped up and sweating.

Doer gets out of bed to get her heroin fix, goes back to bed and then a few hours later needs another fix. She needs her heroin fix just to feel normal. Withdrawal which doesn't take long, for Doer results in thrashing around and puking.

Throughout much of the rural heartland of Ohio, between Cleveland and Columbus, heroin is everywhere, it's reached epidemic proportions and as Dane Howard of the Huron County Sheriff's Department described it, 'it's snowing heroin'.

Plymouth Ohio and the surrounding area where Doer grew up have been hit really hard with heroin use.

The heroin problem in the area appeared to have begun in the mid-1990s, when people began to use a very powerful painkiller, OxyContin.

As people started to become addicted to this powerful prescription drug, drug dealers took advantage of the situation by selling heroin.

The two drugs have similar effects, but OxyContin became very expensive, at 80 dollars a pill.

In the case of Doer it's easier said than done, but a woman who becomes pregnant should try to live a healthy life, free of hard drugs. Even non-prescription drugs can be dangerous to a pregnant woman and her unborn fetus.

Heroin is highly addictive and can wreak havoc on both the mother and unborn child.

All drugs aren't alike. Some are dangerous throughout the duration of a pregnancy and some during certain stages. A pregnant girl or woman must be informed.

In the case of cocaine, crack and methamphetamine, powerful stimulants, if used during pregnancy, can seriously compromise the development of the fetus. In addition, miscarriage and premature labour can result.

Furthermore, the unborn child may become addicted to the drug the mother is using. Withdrawal for a newborn is serious and dangerous. Horrific birth defects are possible too.

Even smoking tobacco is dangerous to the pregnant mother and her fetus. No pregnant mother should ever use tobacco.

- Tobacco is a widely known carcinogen

- Highly addictive; the effects may be passed onto the unborn child

- The mere act of becoming pregnant is made more difficult by smoking

- Placental problems

- Increased risk of miscarriage

- Low birth weight

- Early birth

- Increased incidence of Sudden Infant Death Syndrome (SIDS)

- Likelihood of birth defects increased

- Reduced oxygen supply to the unborn child

In Pakistan heroin, hashish and alcohol addiction in the villages is now hitting females; the number of female addicts is rising quickly.

A typical story is that of Ayesha, 28 and addicted to heroin. The first time she tasted heroin was studying in class, when she was in ninth grade in the village of Swabi.

Ayesha's brother was a heroin dealer. At first, for Ayesha smoking the white powder in a cigarette felt really good. However, soon afterward, it became apparent to her that withdrawal was quick. She couldn't do without the white powder for long. She'd become very jittery and restless. As she was conveying her story, tears were rolling down her cheeks, understandably so.

But in 2001 while she was a sophomore in college a double shocking event occurred for Ayesha, her brother who was also her supplier died of an overdose of heroin. Her guaranteed constant supply of heroin suddenly ended.

Ayesha left home and headed for Peshawar. For the following eight years she wandered the streets searching for a fix and losing the urge to live in the process.

Unofficially, it is believed that there are five million drug addicts in Pakistan. The number of females in this statistic is unknown, but as stated earlier is rapidly rising.

An estimated 60 percent of the addicts belong to Khyber Pakhtunkhwa and nearby tribal areas. To compound the problem, this area is near to Afghanistan, the number one producer of opium (94 percent) in the world.

Although most of the female addicts are poor village folks, there are an increasing number of well-to-do addicts.

According to an article dated May 5, 2008, the number of babies born to addict mothers {in the UK} has doubled in the last five years.

In 2007 there were 1,970 women who were addicted to drugs upon giving birth. In 2003 there were 1057.

Of the 1970 addicted women, 1211 babies were born addicted to drugs. This means that every single day several drug addicted mothers will give birth, and of those roughly 60 percent of the babies will be born addicted, with withdrawal symptoms imminent. The stats for poor inner city mothers in the U.S. are considerably higher.

These unfortunate babies will manifest withdrawal symptoms:

- Loud and pitched crying
- Stomach aches
- Overly sweating
- Tremors
- Irritability

- Vomiting
- Seizures
- Easily startled

Long-term effects may include:

- Birth Defects
- Impaired growth
- Lifelong behavioural problems
- Delayed motor skills development

NOTE: The aforementioned list should not be used as a diagnostic tool or criteria. An addicted baby should be diagnosed and treated by qualified medical staff. There's absolutely no substitute.

These addicted babies need good specialized care in medical settings. Mothers are often incapable of properly taking care of themselves, let alone a newborn baby. Furthermore, below normal birth rate may increase the likelihood of infection and may reduce the body's ability to fight off common germs. Compound this with the babies' fight against drugs and you have a potentially big problem.

When a woman is pregnant what she consumes passes into the baby's bloodstream. -Alcohol, tobacco, cocaine, crack, heroin, opium or artificial stimulants can be hazardous to the baby.

Attacks and rapes against women can be massive in scale; it can be part of a military campaign, an ethnic cleansing campaign, revenge or a spontaneous series of actions during a rampage.

Mass terror-rape is the worst and most grand-scale of all rapes.

A case in point involves the rape and in many instances the gang-rape of up to two million German women by the Red Army. This mass terror-rape began soon after the German Military began to seriously disintegrate and retreat near the end of the Second World War.

Millions of Slavs and much horrific devastation had been caused by the German Military during the Second World War. Starvation, imprisonment, horrible destruction and rape were inflicted upon the Slavic peoples.

Bent on revenge, top brass and the Red Army's soldiers decided that one way to punish the German people was to rape their women.

As the Red Army proceeded hardly a female was safe; females between the age of eight and eighty were targeted.

The rapists included Russians, Cossacks and other Slavs. Alcohol and other unknown drinks were rampant and it brought out the worst in many of the soldiers.

The rapes began in East Prussia; by January of 1945 the German Military was unable to properly defend the peripheral of its borders.

Many of the victims were also beaten, some mutilated and many were spat on as onlookers laughed. Not all the soldiers and officer corps approved of these actions, however, vengeance, anger and victory were in the air.

Joseph Stalin and his cronies knew exactly what was happening but did little to stop it.

Ilya Ehrenburg, Minister of Soviet Propaganda urged the Russian soldiers to punish the German women. Never mind they weren't combatants in the least sense.

In at least one instance which occurred in Dahlem, inside a maternity clinic and orphanage nuns, elderly women, pregnant women and new mothers were raped or gang-raped. There was no sympathy in the air.

The Red Army soldiers even had their 'fill' in liberated concentration camps, even raping their own kind (Russian women) and Jewish survivors of the camps.

Many German women tried to hide others made themselves appear ugly and unattractive by pasting their faces and bodies with dirt.

The mass terror-rape of Bosnian Muslim women was a calculated move by the Serbian Authorities. One of the purposes of the rapes was to impregnate the victims.

Many of the Muslim women were taken at gunpoint and then repeatedly raped often by more than one person.

The Partizan Hall, located in the center of a small village named Foca, was used as a special rape camp for two consecutive summer months in 1992. Dozens of women were routinely raped and gang-raped by Serbian soldiers, without mercy.

During the war dozens of rape camps were used throughout Bosnia. The Partizan Hall rape camp was located beside the local police station; complaints and pleadings were ignored. This was a horrific civil war.

But beside the rape centers there were countless other rapes conducted by Serb soldiers and paramilitary groups.

The victims of these rapes who are still alive are still suffering from the effects, no doubt.

During the Armenian Genocide (1915-1917), a plan by the Turkish Authorities to exterminate and expel the Armenian population within its borders was implemented.

Between 1 and 1.5 million Armenians were slaughtered outright, died of starvation or exhaustion, torture or from the elements (deportation, long treacherous treks).

Many thousands of women were brutally raped and gang-raped. Within many of these rapes were horrific acts of torture and mutilation.

During the conflict in the Democratic Republic of Congo, mass slaughter, plundering and ransacking and rape were rampant. Rapists included members of the military, paramilitary and individuals out for revenge.

U.N. Special Representative Margot Wallstrom once referred to Eastern Congo as 'the rape capital of the world', where it was estimated that 48 women were being raped every hour.

Throughout this conflict many of the victims were raped for being on the wrong side, living in the wrong village or being at the wrong place at the wrong time. Any excuse to rape. And as with other acts of mass terror-rape being too young or too old is no guarantee of safety.

But this land had endured mass terror-rape earlier in the 20th century. Belgian soldiers 'did' many Congolese women. There were also instances of young Congolese men being forced to have sex with their mothers, at gunpoint of course.

During the brutal civil war in Sudan, in particular Darfur and the surrounding regions horrible slaughters, tortures, expulsions, starvations and deprivations and intimidation of countless peoples was a normal occurrence.

However, in addition to the horrors of the Sudan civil war there were countless rapes and gang-rapes of women, some young and others old.

The Janjaweed, a so-called Arab militia, used mass rapes and gang-rapes as one of their methods of punishing, terrifying and controlling their enemies. The raped women were non-combatants, innocent of any wrongdoing.

One of the common methods of the Janjaweed was to enter a village, well-armed and sometimes on horseback, separate the men from the women and begin their work.

Many men were slaughtered. The prettiest women were further separated from the other women. Being pregnant was no defence either.

The rapes occurred in secluded places, in public and sometimes in refugee camps. Victims have reported that the rapists enjoyed themselves during the act, laughing and singing away. In addition, the rapists would taunt the victims. A common taunt was 'slave'. The cries of the victims were ignored.

Many rape victims in Sudan, both Arab and African have a hesitant attitude regarding conveying their stories.

Birth control devices and pills weren't easily accessible. Furthermore, STDs and the shock of giving birth to an innocent baby resulting from a rape are traumatizing. The mere act of looking at her child is a reminder of what'd happened.

Married rape victims could expect to be divorced by their husbands. Single rape victims could expect to be off limits to men.

Most of the literature in the news pertaining to the horrific was in Sudan condemns the Arab government and combatants. Looking at the whole picture, the conspiracy was to carve a piece off of Sudan, once the largest Arab country which happens to be predominately Muslim. The people pulling the strings couldn't care less about the Arab or African peoples in Sudan, the combatants or the victims. Since when does the western world care about blacks in Africa? For them, there's no difference between a black Arab and a black non-Arab.

It's beyond the scope of this to go into detail about the colonialist aspirations in the Sudan and the rest of Africa.

Rape has become a rampant problem for women and also children in South Africa. It's so bad some experts refer to this situation as 'a war against South African women'.

South African women have a 25 percent chance of being raped prior to turning 16. In addition, marital violence and child abuse is common.

Although the South African public is more attuned to the rape problem in their country most rapes and attempted rapes are not reported. Understandably, better policing and stiffer penalties haven't put a dent on this problem.

Since South Africa's independence the rate of child abuse incidents has risen several hundred percent. There are even cases of baby rape; a preposterous belief amongst many men in Southern Africa regards having sex with a baby a cure for HIV and AIDS. Where this preposterous belief originated, I'd surely like to know.

Many rapists in South Africa truly believe that they have an inherent right to have sex with women and that raping them isn't wrong.

South Africa's Deputy President, Jacob Zuma blames apartheid for 'sowing the seeds for the breakdown of the institution of the family'.

In addition, there has been a recent, significant rise in rapes of lesbians in South Africa. The belief is 'this act will cure you of your lesbianism'. In addition, brutal attacks and murders of lesbians have been on the rise. These crimes for the most part are not publicized and aren't punished.

A case in point involves Eudy Simelane, a former star/athlete of South Africa's national female football league.

She was open about her lifestyle; her life ended in a brutal gang-rape, a beating and being stabbed a total of 25 times in the face, chest and legs.

I don't support gay or lesbian lifestyles or actions in any way, shape or form. However, the brutal rapes, beatings and murders of people by raving lunatics are a grave danger to any society; they're acting as judge, juror, executioner and moral police.

During the Second World War the Japanese Military used 200,000 (some estimates are higher) 'comfort women'. These women were sex slaves for the Japanese soldiers. The women were all Asians; Indonesia, Malaysia, Taiwan, Thailand and Vietnam.

The comfort women were scattered throughout the Japanese occupied territories and also in Japan proper.

The comfort women were used as sex slaves to the fullest intent.

The first comfort women though, were Japanese prostitutes who began their work in the early 1930s. However, supply and demand were lopsided. This resulted in the luring of additional women from the territories with work and other opportunities; the women were lied to. They had no idea what they were getting into.

Comfort women, especially during the war were nothing more than sex slaves. Many lived and were treated like beasts.

The absolute worst and most heinous brutal acts of rapes and gang-rapes occurred in Nanking, China; commonly referred to as the 'Rape of Nanking'. There was no restraint in the bombing and raping of Nanking; as stated by many witnesses 'it was extremely savage without any limitations'. The age parameters of victims was broad, children or elderly grandmothers were also rape victims.

There was no Nuremburg-style trial/s for the perpetrators. Punishment for the losing side was selective at best. Many of the rapists and those who orchestrated these acts lived the remainder of their lives without fear of being arrested.

Many comfort women were used for months on end or longer, having to service many men in the process. So whatever the estimate is regarding the number of comfort women, it's safe to multiply that number many-fold to get an idea of how many acts of rape and gang-rape were committed.

Although the Communist Party of China has ensured that its citizens not forget the rape of Nanking, the heinous acts are continuing by the very organization that's doing the reminding.

In particular people practicing Falun Gong and other minorities have been subjected to persecution and brutality.

Females practicing Falun Gong have been subjected to extreme sexual harassment, aggressive groping and sometimes rape by Chinese policemen. Mothers are also raped too.

As a general rule, policemen aren't charged, tried and convicted for these offences. In fact, policemen are sometimes given bonuses or promotions. The Chinese authorities have learned absolutely nothing from the Second World War; and it seems that much of the world is ignorant too.

During the civil war of 1971 in Pakistan that led to the establishment of Bangladesh, countless Bangladeshi women were brutally raped and gang-raped by Pakistani soldiers.

This horrible series of acts was so shocking that soon afterwards, the Bangladesh Government of Sheikh Mujibur Rahman declared that all Bangladeshi women raped during this conflict were 'heroines'.

Pakistani soldiers swept into Bangladeshi villages, sometimes in truckloads, rounded up the women and then took them to military compounds.

Countless Bangladeshis were slaughtered and villages were pillaged and burned during this brutal civil war.

The rapes were well-orchestrated and the command and 'permission' to commit the acts came from the top brass. The idea appeared to be to punish, humiliate and harm the entire seceding region; no wonder they seceded.

The only good news is that many Bangladeshi women were able to flee beforehand and hide from the rapist soldiers.

An unknown number of rapes occurred while husbands were forced to watch their wives. The husbands of course were either tied up or were somehow prevented from interceding.

The Bangladeshi Government estimated that up to 300,000 of their women were raped. There's no way to determine the exact number, but the aforementioned number doesn't seem to be off base. In addition, millions of people lost their homes or much of their subsistence. Estimates of Bangladeshi deaths range from a few hundred thousand to three million, depending on the source.

The conflict only lasted nine months but the devastation and its reverberations would last decades-on-end.

Many of the Bangladeshi women were impregnated. By tradition of the area, many of the husbands refused to take back their raped wives (impregnated or not). In addition, by tradition of the area, most virgins who were raped became off limits for marriage, even though they were raped and it could be proven so.

Eighty percent or more of the women raped during this conflict were Muslims most of the rest were Hindu, and the tiniest percentage was Christian.

Although the Pakistani soldiers were, in theory Muslims, mass terror-rape often takes a circuitous route; co-religionists, members of identical races, languages, etc. can be 'raped' or 'gang-raped' for so-called justifiable reasons; targets of rapes and gang-rapes, they become nothings.

Many of the rapists in this conflict were hypocritical; raping their defenceless co-religionist women and then later performing Salat (ritual prayer).

When large numbers of soldier commit terrible crimes in a systematic way, there's usually some kind of brainwashing, the military and hate mongering is likely emanating from the ruling elite and top brass.

Although this horrible civil war's termination was aided by Indian Military intervention the primary motive was political and for vengeance.

In 1947 India was brutally partitioned, a large section became Pakistan. Millions of Muslims, Hindus and others became homeless countless others were killed or wounded.

Since the partition India and Pakistan have gone to war and countless skirmishes have occurred. Furthermore, the Indian Military has also used rape as a horrific tool against the women of Kashmir. I will discuss this later.

Bangladesh officially became a nation on December 16, 1971, but the mass terror-rape of its women has for the most part been ignored or deliberately kept a secret in the media outlets around the world. Furthermore, even though the two most powerful individuals in Bangladesh today are women, it doesn't seem to have helped the average woman living in a village.

Since 1989 at the onset of the profoundly lopsided armed conflict the Indian Military has significantly increased its use of systematic killings, brutality, torture, imprisonment, harassment and the rape and gang-rape of women and girls in their illegal occupation of Kashmir.

The international community has, for the most part turned a blind eye to the crimes against humanity occurring in Kashmir; the United Nations appears to be impotent in imposing any kind of true sincere protection for the people of Kashmir.

Kashmiri women and children suffer the brunt of violence. Kashmiri women are specifically targeted for rape, and many have also been tortured in the process. Indian soldiers have literally carved up rape victims with knives and other sharp objects. Beatings of both men and women occur routinely.

A study conducted in 2005 by Medecins Sans Frontieres (Doctors without Borders) indicates that Kashmiri women are ranked as one of the worst victims of sexual violence.

Kashmiri rape statistics are grossly incomplete. Many rape victims are absolutely terrified of conveying their stories in

public or to take their cases to court. Retribution by the courts and vengeance by Indian Military personnel and individuals is a constantly lurking fear.

During the profoundly lopsided war in Chechnya the Russian Military used brutal rapes and gang-rapes (even of visibly pregnant women), indiscriminate killings, torture, kidnappings, checkpoints, unlawful incarceration, disappearances, massive devastation and destruction and brutal blockades to terrify and subdue the Chechen population.

But during the late 1990s until early in the 20th century horrific accounts of rape had been documented. According to human rights watch 'Russian Soldiers have been raping Chechen women in areas of Russian-controlled Chechnya.

The horrors though, began in 1994. And by 1999 up to one fifth of the population had either been killed or disappeared.

Beatings during rapes and gang-rapes had occurred too. Soldiers were often drunk, drinking Vodka. Sometimes raped victims were brutally killed afterwards.

There were instances of non-combatant women locked up and repeatedly raped by Russian soldiers. But regardless of the statistics, in Chechnya too, single women who are raped will very likely stay that way; hardly a man will want to marry the victim, even if it can be proven that she was raped. Married women may be divorced by their husbands.

Another category of Chechen rape victims were those who were brutally kidnapped and sent off to detention centers where anything goes. Russian Military checkpoints were also a place of danger for Chechen women; they could be beaten, spat on, insulted or in some instances taken away and then raped or gang-raped.

Although rape during a conflict is considered a war crime (Article Four of the Geneva Convention defines rape as a war crime. Furthermore, Article twenty seven clearly prohibits it), we've seen this heinous act occur over and over again. Considerably weaker and smaller nations than Russia have thumbed their noses at the United Nations and world court. In addition, Russia has permanent superpower status.

This mass terror-rape of the Chechen nation and women was well orchestrated. Conveniently, many of the males therein were killed or sent off to detention centers.

Rape has also been used as a terror tactic against the Kurdish communities in Turkey. The Turkish authorities commonly refer to this population as 'Mountain Turks'. They don't even want to accept the true identity of the Kurds.

But for decades-on end the Turkish Military has been slaughtering Kurds, imprisoning them without due process, destroying their homes and villages, using horrific torture and

interrogation methods and soldiers have raped countless innocent Kurdish women.

Once again, the co-religionist type of rape occurs. Technically, the most Turks and Kurds are Muslims. Historically, Christians have done the same to other Christians and other religious groups have also done likewise to their brethren.

Rape of women is a common component of brutal wars, occupations and large scale devastations.

The number of Kurdish women who've been tortured and raped is significantly higher than is shown; in this culture women are often dishonoured if they're raped or sexually abused.

In addition, many Kurdish women are fearful of the Turkish Military and authorities.

Rape, torture and sexual torture are also used in detention centers. The victims of rape and sexual torture sometimes include males and children. Within this atmosphere there's no respect for the basic rights of a Kurd in particular in south-eastern Turkey which is a hub for Kurdish nationalism.

There are up to 40 million Kurds scattered throughout Turkey, Iran, Iraq and Syria.

After the First World War, the Allies carved up the Middle East into illogical borders, deliberately disregarding the aspirations of indigenous groups; religious, cultural and historical factors.

Today, the entire region is still destabilized. The Kurds along with the Palestinians were deliberately not given a homeland in order to further destabilize the region. In the case of the Kurds, it was to protect the rich oil deposits in 'Northern Iraq'.

During the Turkish invasion of Cyprus (launched on July 20, 1974) Turkish soldiers raped over 1000 Greek Cypriot Women. The invasion was rife with horrible human rights abuses. Historically both sides (Turk Cypriot and Greek Cypriot) have abused the other side. However, the focus of this book is 'woman abuse' and in this particular section, rape.

In the recent civil war in Libya, hundreds of Libyan women had the courage to come out and admit that they were raped or gang-raped by forces loyal to Gaddafi (co-nationals-soldiers) and militia men. Orders were given by what appears to be Gaddafi himself to rape the women in order to punish and humiliate the resistance.

But the number of Libyan women who'd been raped during this conflict is likely considerably higher. The usual stigma of a woman in this culture who's been raped holds true. Many of these victims will have to bottle-up their horrible feelings for the remainder of their lives, many of them won't tell anyone even close relatives. As to those who'll become impregnated, their

fate will likely be far worse. The rapists have blamed the victims and so has society.

Rape during war is always unjustifiable, regardless of what one side had done to another or if the 'raping side' is getting revenge for what their enemies had done to their women. Fighting during war, as horrible as it may be can be free of rape.

But mass terror-rape can also be a tool of the government to punish, humiliate, terrorize and subdue female inmates, in this particular context, the Soviet Gulags.

Tens of millions of people, many of them tried and convicted without any due process of law, others not even given the benefit of a 'circus trial' were sent to the Soviet Gulags.

Forced labour, starvation and horrible treatment were the norm.

Women endured rapes, gang-rapes and beatings from male camp employees, guards and sex starved raving inmates. There was simply no one to complain to.

Some female inmates were forced to take camp husbands for purposes of protection, security and a semblance of male companionship, sentences could extend for years-on-end, sometimes for life.

Some women who were sent to the Gulags were pregnant, others became pregnant therein. If a pregnant woman was super lucky, she was released.

But in the vast majority of cases, it was forced labour as usual. The inmates were considered political enemies of the state, without any rights to speak of.

Many babies were systematically confiscated from their inmate mothers and sent off to orphanages or elsewhere. For the most part, the children could never be found by mothers who were released from the Gulags.

The Gulags were in a sense to be used as punishment and as 'corrective devices' for all dissidents.

For female detainees humiliation began upon entry into the Gulag. Many women were forced to strip naked, shoved into filthy enclosures, sometimes roofless and often the floor therein was dirty littered with frozen fecal and urine matter.

Many of the women's 'good personal items' were conveniently confiscated by the Gulag workers. Meanwhile, the women were freezing.

During their stay women in Gulags were sometimes subjected to degrading searches en masse, often occurring during the night.

Depending on the particular Gulag, night searches could be conducted on a regular basis; women were shouted to out of bed, in the nude of course.

These so-called night searches were nothing more than a ruse to further brutalize, punish and break down the inmates. But being in the nude was a special punishment for the women therein.

Shortly after Columbus and Cortes arrived in the so-called New World, slaughter, enslavement, torture, plundering and destruction, expulsions, mass rapes and a sex trade ensued.

The initial treatment of the Taino and soon afterwards the Arawak were excellent indicators of how the native peoples in the whole of the Americas were to be treated thereafter.

Columbus, Cortes and those 'commanders' who followed them were nothing short of brutal war criminals.

The brutal rape of girls as young as eight was part of the mass terror-rape inflicted upon the natives of the Caribbean. Spaniards often raped women in front of their bound husbands.

A lucrative sex slave industry evolved; native women virtually had no rights. In a larger sense, not only were many native women violated and raped in the Americas, 'the Americas' were also raped.

Initially children were sometimes used as dog food; forced salvage of gold was practiced; minimum amounts were required by each slave worker and in many instances if the quota wasn't met the hands of a native were literally chopped off. It's estimated that ten thousand natives had their hands chopped off. Who knows, maybe more?

How can we or any other decent human being who knows the truth even contemplate celebrating Columbus Day? The celebration of this day is nothing short of the celebration of large scale violations of human rights. Even the earth and its valuable deposits were plundered.

OTHER ABUSES

The forced sterilization of women still hasn't been delegated to a war crime or crime against humanity.

One form of sterilization is referred to as a tubal ligation. This entails a surgical procedure to tie a woman's tubes (fallopian tubes). The fallopian tubes are permanently obstructed; eggs cannot reach the uterus therefore preventing any possibility of fertilization.

Tubal ligation involves major surgery. As with all other surgeries there are risks, some are drastic.

But for the purpose of this book I'll deal only with forced sterilization or deceitful sterilization (sterilization done covertly or otherwise through the use of deceit).

Forced sterilization is something that has occurred in many different countries, including Canada and the United States. This is a heinous act, premeditated and the command was often given from high up in the respective government/s.

Hundreds of thousands of men and women were forcefully sterilized during Nazi rule (estimated at 400,000), likewise in Japan (estimated at 800,000). Forced sterilization was used in Australia against the indigenous people therein. They were considered filthy and heathen-like in their religious rituals.

Forced sterilization is still being used against indigenous peoples in Latin America. This has been going on for decades-on-end and for the most part it has been neglected by the world media.

In Mexico forced sterilization of indigenous women may be wholeheartedly performed by medical staff; in fact these same medical workers often use fear and intimidation as a tool to psychologically subjugate the victims. Lying about the medical procedure is another tactic used.

According to the Liberated Latina website, Puerto Rico has the highest percentage of sterilized women in the world (a unanimous secret indeed). Let's not forget that Puerto Rico is a U.S. Territory. The people therein are considered American Citizens.

In Peru the number of forced sterilizations is believed to be 300,000 women and over 20,000 males. Many of the signatories for the procedure were illiterate; they simply had no idea what was happening to them. In reality, the genocide against the natives of the Americas is still going on. Much of it is done covertly however even massacres aren't big stories in the western media.

Complications during the sterilization surgery are 'tough luck' for the victims. There's usually no recourse whatsoever.

Forced sterilizations in America began to take hold in the early 20th century.

The sterilized women were for the most part non-European, deemed to be undesirables; intellectually, mentally or physically disabled or challenged, criminal-natured, drug addicts, or later typical welfare recipients. By the logic of the sterilizers, these women had to be sterilized for the good of society they should be denied the right to breed more like their kind (targeted population control). Many states in the union allowed for their sterilization.

In the case of Buck v. Bell (1927) a teenage girl named Carrie Bell was judged to be feeble-minded and morally offensive following an out-of-wedlock birth.

Forced sterilizations continued in America until the late 1970s. Shockingly, old sterilization laws were still in California's law books.

In a landmark case, several Mexican American women sued the Women's Hospital at the USC-Los Angeles County General Hospital

for their forced sterilizations shortly after they'd undergone caesarean sections.

The phrase 'Mississippi Appendectomies' refers to the prevalent forced or deceitful sterilization of many southern black women.

The American eugenics program rivalled those of Germany's until the onset of the Nazi Party and the rise of Adolph Hitler. Soon afterward, the Nazis became the champions of hostile eugenics and forced sterilizations.

But Joseph Stalin also experimented with eugenics but at a much grander scale. This occurred during in the 1920s, before the rise of Nazism in Germany.

Stalin wanted a super human-ape hybrid soldier (humanzee). He sent a father and son team of scientists to Africa in order to try to impregnate women using chimpanzee sperm. Expectedly, the project was a total failure.

Racism in America, like the rest of the America's, began as soon as or very soon after the arrival of the settlers to the respective lands. Intermarriage between a European and a native was considered a major sin and an unnatural act by the early pilgrims. The belief in a nutshell, 'humans don't marry savages'. But this kind of racism can be seen all around the world to one extent or other; usually it's only a matter of degree.

Forced sterilization also took hold in Canada; in particular Alberta and British Columbia.

The most glaringly shocking event in this context was the passing of the Alberta Sexual Sterilization Act of 1928.

Within a year of passing this act, the Eugenics Board of Alberta began the process of deciding which feeble-minded Albertans should be hindered from procreating. From the onset of this act until 1972, in Alberta alone 2800 Albertans were sterilized; men, women and children.

The beauty standard for women can often be painful, even mutilating and causing eventual death.

Chinese foot binding, though, rarely caused death, however gangrene was a possibility.

-The practice involved tightly binding the feet of young girls in order to prevent further 'normal growth'. Their bones are softer and are more easily breakable than those of adults

-Normally it involved the use of force or other kind of coercive measures; the girls' opinion was generally irrelevant

-It was a virtual mutilation of the feet

-Toes were broken and forcefully bent towards the soles of the feet, kept intact with bandages

-Lifelong pain of some sort or another was the usual result

-Once the feet took on the shape of bounding, it was virtually impossible to correct

-The ideal beautiful foot was only three inches long, a maximum of four inches; lotus shaped

-The lotus shaped foot was only attained by a minority of women

-A non-supporter of bound feet, a casual observer would consider the feet brutally deformed

-The practice lasted for one thousand years

-Special lotus slippers were worn

-Bounded feet were considered beautiful, sexy, desirable, marriageable, and a symbol of high status. Some poor women also bound their feet for the latter reason

-The gait of women with bounded feet wasn't normal; for the most part they were prevented from running (used for controlling the women and better ensuring chastity). In addition, they were forced to swing their hips when walking to compensate for the deformed feet. Walking had to be done on the heels, otherwise extreme pain would result

-The practice of foot binding likely originated during the South Tang Dynasty; a favoured court dancer with wrapped feet danced in front of Emperor Li Yu. Thereafter, the practice of foot binding may have taken off. Note though, that there are numerous theories to how foot binding first appeared; no one theory can really be proven absolutely correct

-During the one thousand years of foot binding there were calls for its eradication. None were successful until 1912, when the practice was outlawed. Mind you, it didn't disappear immediately though. It phased out until it was outlawed again by the Communist Government in the mid-1940s

Today there are a few elderly female survivors of this practice. Though rumours have it that the practice is still performed in secret, thankfully the numbers are very small. But hopefully no one else will ever have her feet bound again.

Sometimes, females, self-abuse themselves by seriously compromising their eating; because they feel insecure, not in the in-group, want to have that ideal 'skinny look'. Eating disorders are often a symptom of a far deeper problem though.

The most commonly known eating disorder among females is anorexia nervosa, or simply anorexia.

Anorexia is an eating disorder that wreaks havoc on a woman's body; young girls can have it too, but I'll use the word 'woman' unless specifically referring to young girls.

Psychology is very important in understanding anorexia. Women with anorexia must be treated medically and through counselling. The decision to refuse to eat or curtail food consumption is in the head unless there's a medical condition

causing this behaviour. In the latter case, it may be a different problem altogether.

A woman with anorexia reduces her food intake well beyond the normal dieting regimen. Although many anorexics may begin by dieting things get out of hand.

Distorted images of becoming thinner, control, fear and anxiety are common problems with anorexics.

A morsel of food may appear little to the casual observer but to an anorexic it may represent drastic or unwanted weight gain.

Staying thin may become more important than staying healthy. This is one of the reasons many women with serious cases of anorexia must be checked into a specialized clinic or hospital. They simply don't want to eat.

Excessive exercising, laxatives, diet pills or other drugs and even cigarette smoking have been used to curtail a woman's appetite.

The anorexic becomes obsessed with her starvation routine; oftentimes not seeing the starving body that she inhabits.

Some people claim that by stating these beliefs a person is somehow supporting 'pro-anorexia' behaviour. I'm not doing that.

You may have a relative or friend who has this illness. We need to understand how anorexics think and behave in order to help them.

Below is what is commonly referred to as the ten thin commandments:

- If you aren't thin, you aren't attractive
- Being thin is more important than being healthy
- You must buy clothes, cut your hair, take laxatives, starve yourself do anything to make yourself look thinner
- Thou shall not eat without feeling guilty
- Thou shall not eat fattening food without punishing oneself afterward
- Thou shall count calories and restrict intake accordingly
- What the scale says is the most important thing
- Losing weight is {always} good; gaining weight is {always} bad
- You can never be too thin
- Being thin and not eating are signs of true will power and success

Other issues related to anorexia include:

- An abnormal preoccupation with wanting to be thin
- The prospect of gaining any weight is terrifying
- Losing weight becomes more important than anything else

- The anorexic is likely a perfectionist
- Unhealthy or unstable family environment
- Has a sibling or close family member with anorexia
- The physical self-image becomes grossly distorted. Extreme thinness may be interpreted as being overweight hence more weight loss is needed
- A deep-strong refusal to maintain a normal body weight
- There's always a need to lose more weight
- Denial of having a problem
- A feeling of control (controlling how much is eaten or not eaten)
- Mealtime is difficult and anxiety evoking
- Food is hidden; made to appear that she has eaten
- Self esteem is determined by weight
- Unpredictable mood swings
- Dieting at any and all costs
- An obsession with identifying foods as good or bad (excessive counting of calories, reading labels, nutrition content).
- Practicing unusual eating rituals
- Social functions are seriously hampered
- Starvation is an escape from another deeper problem/s
- The anorexic must understand that she's not alone
- Family and friends notice that the anorexic has lost considerable weight and appears sickly
- There's good help out there; it's best to get it sooner rather than later

After getting help an anorexic should strive to eat healthily, deal with her problems in healthy and constructive ways, and understand that weight loss alone or being thin isn't the magical key to being happy.

Anyone who suspects that he/she has an eating disorder should seek immediate help. The ten thin commandments should not be a diagnosis of any sort. Only an individual who's licensed and qualified to diagnose anorexia should be sought.

Over 90 percent of anorexics are females; most are Caucasians in the middle or upper economic class. Many of these females are in their teens, but there has been a recent disturbing trend that has seen the gradual inclusion of children as anorexics.

Being thin may be strongly recommended or required in certain occupations; actors, airline attendants, runners, dancers, ballerinas, gymnasts, public relations personnel, culture, etc.

The culture, especially the media has much to do with the belief that thin women are beautiful; fat or even full or pudgy women are ugly.

In parts of Africa very fat women with large breasts (often-times sagging) are still perceived as being beautiful.

In the Arab countries persons who are seniors can attest that fat, full large-breasted women were sought after. Thin women were considered less attractive, especially if they had small breasts.

Today, however even a casual observer will notice that there is a higher percentage of thinner Arab women, especially those who move to the west.

An elderly Arab woman told me many years ago 'western women don't have breasts'.

Several years before the writing of this book a young Kuwaiti woman who was studying in Montreal died because she'd been using diet pills. She'd come from her native country, was likely shocked to see how beautiful and slim many of her classmates and other females in the city were.

She probably didn't know or understand the possible dangers of using diet pills and going on sudden shocking diets.

The 'thin culture' of the west must change. Beauty is really below the skin. Personality needs to be placed higher up on the beauty scale.

Many teen girls are literally starving themselves to hit that special target 'size zero'. Required vitamins, minerals and protein are greatly diminished or removed altogether to attain a size zero.

There are two main types of anorexia:

-The Restrictive Type involves weight loss through drastic dieting, excessive fasting and excessive exercising.

-The Purging Type involves weight loss through vomiting, diuretics, laxatives or other medications.

Inducing vomiting on a regular basis can cause decay in teeth. Worse yet, internal injuries like a fatal stomach rupture may ensue. Furthermore, starving and then binging will have serious consequences on a person's metabolism; it will also shock the body. Although rare, it can be fatal.

A partial list of anorexia symptoms include but are not limited to the following:

- Energy loss
- Irritability
- Bloating
- Constipation

- Tooth and gum problems and decay
- Noxious breath
- Inhibited problem solving
- Memory loss
- Dry hardened feces that is difficult to excrete
- Emergence of lanugos (fine dry hair growth noticeable in places where hair wasn't present before anorexia); lanugos is the body's way of insulating itself
- Dizziness and fainting spells
- Headaches
- Yellowish-coloured skin
- Dry skin
- Fine brittle nails

Anorexia nervosa can lead to lifelong illness, disability, coma and even death. Self-starvation eventually causes the body to eat up reserves of muscle tissue and more. The body is trying to compensate by finding another source of energy.

The underlying cause of the eating disorder must be tackled, otherwise, the eating regimen may improve but the deep-seated problem may be manifested in another way.

In very serious cases of anorexia the teen girl or woman will have to be hospitalized; an IV drip is a lifesaver.

Bulimia nervosa, commonly referred to as bulimia is a type of eating disorder in which the person eats unusually large quantities of food in a shorter period of time than normal (binging) and afterwards rids his/her food by inducing a vomiting episode or by using laxatives (any medication that speeds the movement of food through the body); in this case the intent is to prevent weight gain). This unnatural ridding of food is called purging.

A big problem with bulimics is that they cannot normally control the quantities of eaten while bingeing; all they need is the availability of food and time to eat it.

Aside from purging bulimics may exercise beyond the normal level that their body can take or they may go through periods of eating little or even fasting. Whether eating or fasting, there appears to be a lack of real self-control.

Like anorexia, bulimia is often a symptom of a deep underlying problem. This problem must be diagnosed and treated, hopefully cured, before real security can occur. Otherwise, even if the eating disorder is controlled the underlying problem or problems may manifest themselves in new, even more dangerous symptoms.

Many bulimics, though, appear normal on the outside (normal weight category and may appear healthy), but weight

consciousness, lack of self-control, and an obsession with their body shape are lingering problems.

Binging may cause the following:

- Tooth decay
- Calluses on the knuckles used by the `binging hand`
- Fatal stomach rupture or other internal complication during and/or after binging
- Chronic or frequent heartburn; other stomach problems may ensue
- Noxious breath
- Choking or choking to death on vomit. Because purging is often done alone, there may be no one nearby to perform CPR or to call 911. Furthermore, the event can be aggravated if none of the people in the vicinity know how to handle the emergency. Choking to death can occur quite quickly; calling 911 and the arrival of the paramedics takes time regardless of how soon or fast action is taken.
- Injury to the heart and other body organs including the brain
- Biochemistry of the person can be altered
- No benefits to this behaviour
- Pregnant women who purge may cause serious injury to themselves and to their foetus or premature birth (underweight)
- Post pregnancy is another potential problem. It's imperative for every new mother to be healthy and to be able to nurse her child. Eating disorders have no place during this period.

Up to 90 percent of bulimics are females, not necessarily all adults though. Many are teens and there's a worrying trend in which younger girls and some boys are binging.

The culture of much of the western world in particular North America values thinness for males and females but with a considerably stronger emphasis on females. Seven to eight million people are believed to suffer from eating disorders in the United States alone.

The attainable weight and figure is simply impossible or outright dangerous for most women to attain. Some kind of starvation, semi-starvation or cigarette smoking or over-emphasis on artificial sweeteners or diet pills is often sought. In worse case scenarios, a dangerous misuse of diet pills and in the case of some fashion models hard drugs occurs.

For those women and girls who want to look like the beautiful princesses on the covers of magazines, the internet, on posters, in books and on television, many of these women are suffering immensely. Even if they don't have an eating disorder,

but quite a few do. It takes much work and deprivation to look like the so-called perfect model or actress. Regarding magazine covers, pictures and other images, computer work and touch-ups, special makeup designers, lighting, etc. are used to make the model appear very attractive and perfect.

Remember one more thing; no beautiful woman can look like 'her advertised image' 24-7. Perhaps many photos and takes are taken; the image has to be perfect as is the case with the pose, lighting, and if applicable sweat. Many photos and images are discarded.

Any woman that's in the beauty spotlight has a tough act to follow. There are many other girls who want to take over her position; as she ages it'll become more and more difficult to attain the needed look. The vast majority of fashion models are unceremoniously booted out sooner or later; the younger up and coming models usually couldn't care less about the ousted ones.

Some of the people running the fashion industry couldn't care less if a model has to sniff cocaine, use heroin or whatever, to continue working. The industry's purpose is to flash beautiful, incredibly thin-looking females. Often-times their breasts can't be large as this is a sign of fatness. Some of these fashion models have flattish breasts. They don't need a bra to hold them up; there's nothing there.

Even among non-models there's a lot of competition between women. They exercise, keep fit, reduce their calorie intake to look good maybe to men, but often times they're in competition with other women. If you're a young beautiful woman, just wait until you begin to age.

I personally know a woman who I initially met when she was deep into middle age (late 1980s); still beautiful but definitely past her peak. She relied on her beauty to flirt with many men. I don't know what else she did with them; she was married.

A few years later, her husband divorced her. Year after year, it became more and more difficult for her to attract men. Then she hit the senior citizen cohort.

I began to see her standing around in busy walkways chain smoking, unable to get a single smile from one man. Even the most beautiful woman or handsomest man will age, unless he or she dies prematurely. Soon, wrinkles will appear, the body begins to sag memory begins to laps and so forth. Diet and working out can only do so much. Aging is irreversible.

The following can have an influence on bulimia rates:

-The culture.

-Close family member/s who have an eating disorder; sometimes very close friends are included (ex. if you hang out with anorexics and bulimics or people who are obsessed with their bodies, beauty or food)

-Physical, psychological and/or sexual abuse during childhood

-A sudden grand emotional or physical trauma

-Losing control of your life or your body, or the perception thereof

-Stress in school especially at the collegiate level has been noted as a culprit

-Pre-existing psychological or psychiatric illness

-Low self-esteem

-An abnormal fear of getting fat

-Genes, Neurochemistry, biology.

Additional signs of a bulimic person include the following:

-Overuse of diet pills and diuretics

-Excessive exercising, beyond the person's natural capacity

-Frequent bowel movements following the use of medications for the purpose thereof

-Frequent trips to the restroom; especially during meals and right after meals on a regular basis.

-The face may appear swollen or puffy

-Swollen salivary glands

-Broken blood vessels in the eyes caused by intense grimacing, squirming of the face and pressure caused by induced vomiting.

-Personality disorder, noticeable mood swings

-Social relationships may be seriously hampered

-Drug abuse

Binging and purging may occur every few days or in more serious cases two or more times daily; the sudden onset of additional stress can cause an upsurge. If purging and binging is done less often, the acts are often well-planned; the girl or woman thinks about the act very deeply.

Food may be hoarded or stolen. In extreme cases shoplifting of food may also occur.

As with any other serious eating disorder, if you suspect that you have a problem please seek help immediately. There are professionals out there who'll care about you and can help you cope with your problem.

If you have a family member or a friend who you suspect of having an eating disorder, be calm and polite; speak to him or her about your suspicions. Don't take any chances, extreme

danger for this person may be lurking in the shadows. The person you care about may actually need and want to talk to someone about his/her problem; indeed you may be her number one choice.

Don't belittle or blame the person. Understand that treating and curing eating disorders takes much dedication and work. Tell her that you care and want the best for her.

If a family member or friend admits to having a problem, don't try to treat or diagnose it. Seek professional help.

Eating disorders can affect young girls in grade school, sometimes as young as eight or nine, and perhaps younger still. There's something terribly wrong here. Large scale action must be taken before this problem worsens.

At the other end of the scale is obesity. Obesity is tough for anyone.

A recent study by Utah State University found that girls who are obese are likely to endure lifelong lower income, lower socioeconomic status and are less likely to earn a bachelors degree than their non-obese counterparts.

Changing or altering the way obese people are treated will take much work. It should begin in grade. Fatness is disliked, but obesity is mocked and disrespected at the very least.

Better and healthier diets for kids are a good start, but the fact is some people are genetically predisposed to be obese. They have more fat cells than most people and their metabolism may be considerably slower.

Obesity is increasing in the United States. It's worse for females because they have less muscle mass than men and naturally have more fat deposits on their chests, buttocks and thighs. Not to mention the weight gain resulting from pregnancy. Furthermore, society's 'beauty standard' though used on both sexes is more intense for females. There's more pressure for a girl or a woman to look beautiful.

Obese women are often rejected for jobs based on their appearance. The interviewer may not personally have any prejudices of his or her own, however any front desk or public service job requires looking presentable.

A study conducted by the University of Texas at Austin found obese girls are only half as likely to attend college as non-obese girls.

If obesity is uncommon in the high school the obese girl attended the likelihood of attending college drops below the 50 percent mark.

Obese girls are more likely to suffer from medical and psychological conditions than their non-obese counterparts. The likelihood of abusing alcohol, drugs, contemplating suicide and suffering from low self-esteem are also heightened. Worse yet,

regardless of the obese female's age, she'll be teased and mocked in public; that's a fact.

But in all fairness, let's not blame all of this on just being obese. Society as a whole can be really ruthless to obese people. Being teased and mocked at is often another excuse to eat more junk food.

Obese boys are more likely to be bullied. However, in numerous studies obese girls have been shown to be more likely to become bullies.

A recent study conducted by Queen's University published in the European Journal of Obesity found that obese girls were three times more likely to be bullies (non-physical bullying) than their non-obese peers.

Several years ago I saw an obese woman walking in the mall. With every single step she took she panted heavily. Furthermore, she was sweating profusely. But what shocked me the most is the number of people that were frowning, glaring staring at her.

Thankfully, the obese woman was unaware of what was happening around her; or maybe she was good at pretending that she wasn't aware; practice makes perfect.

Obesity affects females more than males regarding college attendance. Body image, though tough on both sexes is more important for girls.

Sometimes, obesity can become so profound the behaviour of the person can be saddening. Oftentimes, it can be extremely tough to carry all that extra weight.

While living in the dorms during my school years in Des Moines I knew of a certain undergrad student, a very obese woman who was so lazy she drove from the women's dormitory to the men's. The two building were almost beside each other. I wouldn't have believed it if I hadn't been a resident of the dorms.

But this woman, as told to me by a fellow student who was from her hometown, she'd apparently lost 60 lbs. just before coming to school.

One day, while the woman was lying down on her friend's dorm room bed she got the urge to pee. She was too lazy to get up and go to the restroom, which was down the hall.

The woman peed in her underwear and pants while she was still lying on her friend's bed. Wow, I don't know what to say.

Further back, during my high school days I remember some of townies (NOT ME!) used to call this one obese girl and her obese friend 'Russian Tank' and 'German Tank'.

Referring back to the woman who urinated on her underwear and pants, I remember a guy who made reference to this girl; he put all the blame on her inability to control her eating; 'all she has to do is stop eating junk food'! He said to me.

This guy had a lightning-fast metabolism. I used to see him eating junk foods like Hostess snacks, candy bars, chips, pizza, burgers, and more. While he made his statement to me regarding the woman he was munching on a Hostess snack, and he had the rest of the carton beside him, like umm he was going to eat the whole box's worth. He couldn't see the hypocrisy of his talk. I'm almost certain that he didn't have the will power to stop eating junk food. Most of us who have plenty of food to eat (including myself) fall into this category. Let's be honest, most junk food tastes great.

When a person deliberately cuts herself with a sharp object piercing the skin and resulting in noticeable cuts or abrasions that bleed, it's called self cutting or cutting for short. The person is referred to as a cutter.

Cutting is a form of self-abuse. The vast majority of cutters are female, usually beginning their cutting in their early or mid-teens. Some girls, especially those who don't seek help continue cutting into adulthood. Some cutters are addicted.

Cutting may be done on the arms, forearms, wrists, legs or abdominal area. Although there are other forms of self-abuse like burning oneself with a lit cigarette or matches cutting oneself is the most common form of self-abuse.

The cuts and abrasions usually leave lifelong scars. Cutters generally hide their cuts by wearing long-sleeved shirts and long pants. They're secretive about their ritual.

Cutting is not the source of the problem though, it's only a manifestation of a deeper lying problem/s. Sources may include:

- Mental distress
- Stress
- Depression
- Fear
- Feeling ignored
- Feeling isolated or imprisoned
- Feeling of being somehow trapped
- Feeling endangered
- The perception of loss of control
- Feeling unjustly judged by family and others
- Feeling unimportant or insignificant
- Anxiety
- Feeling rejected or not being part of the in-group
- Feeling out of place
- Overwhelming tension
- A sudden tragic loss or trauma or other overwhelming incident
- Pre-existing psychological or psychiatric illness

- Drug abuse
- Sex abuse
- Family problems, stress, divorce, physical, mental abuse
- Pregnant cutters may not be fit mothers. The diagnosis must be made by a qualified professional. If needed, legal action should be taken

Cutters lack the proper coping skills to deal with their feelings.

Cutting is like a quick fix (alcohol, cocaine, heroin) but this so-called quick fix is short-lived and in the intermediate and long run makes matters worse. Cutting acts to temporarily mask or relieve the underlying problem/s.

Cuts that are too deep may bleed. Furthermore, infections may occur by using dirty objects to perform the act or not stitching or properly healing the wounds. Cutting an artery can cause an emergency situation requiring a 911 call. And to make matters worse, cutters generally hide their cutting from others wearing clothing to camouflage the cuts.

Cutting may result in a fatality (accidental) or deliberate (suicide). Some people who commit suicide cut their wrists. This practice has been going on for thousands of years.

The onset of cutting usually doesn't involve deep or long thinking. The cutter just does it, not having any idea what she's getting into.

Sometimes teen girls perform cutting in small groups (clique cutters); until now though, this has not been the tendency; most cutters are female and they tend to perform alone.

'Clique cutting' is very dangerous in that it gives the appearance that cutting is the thing to do; a way of fitting into the particular group. Soon though, things may get out of hand; cutting may become a contest to see who has the biggest and nastiest cuts.

The following are important points for cutters:

- Tell loved ones
- Get a referral, seek professional help. You may think that you can effectively battle this problem on your own, but if you're able to cut your own body, know that this is a deep-seated and possibly dangerous problem
- Mental health professionals can help you identify your underlying problem/s
- Request a complete medical exam including a blood test; a vaccination for tetanus, hepatitis, etc. may be needed. Only a physician can determine what needs to be done. Note: if you share cutting devices with others you're putting yourself at

great risk for HIV, AIDS, Hepatitis and other contagious diseases. Don't automatically trust anyone else regarding this matter, even if it's a close family member.

-In an ideal family your relatives should help you cope with your problem and give you emotional support

-The person/s you tell should understand that you have a serious problem. If the person doesn't appear to care or thinks that your problem is trivial, find another person to talk to

-Healing from cutting takes hard work and dedication. You may have strong urges in the future. Professionals will teach you how to redirect your behaviour safely and normally

-Your physical scars may be permanent. A few months before the writing of this book I saw a middle aged woman in a subway train cart with numerous scars on her forearms. The scars appeared very old and healed, nevertheless they were still visible.

If you have a cutting problem please seek professional help immediately and notify your family. If you're in high school you can speak to your school counsellor, teacher, principal or nurse (if one is available).

If you're too shy, afraid, or apprehensive to speak to someone at school go with a beloved trusted friend.

The cuts of a cutter tend to be straight-lined, left-to-right or vice versa, or up to down vice versa if on the forearms.

These cuts don't look like accidental cuts in that there are several of them and they appear too straight. But there are exceptions as cutters can use a knife, sharp scissors segments of aluminum cans, glass or other sharp objects.

If you're not sure politely ask. Chances are the cutter may admit her problem or if not you may get a feeling that something is wrong.

You may also observe the number, placing and freshness of cuts.

The aforementioned are lucky case scenarios, as was stated earlier most cutters try to hide their scars. They know that something is wrong but in many cases become habituated or addicted to the cutting. Long-sleeved shirts and pants may be worn at all times.

Don't try to diagnose and treat a cutter. This is the job of professionals who are educationally qualified and have experience in dealing with this matter.

It takes much hard work and dedication to treat a cutting problem. If the end result is that this problem goes away and never returns, it's worth it. The cutter can have a chance at a normal life and will stop mutilating herself.

There's an extra urgency to seek help for pregnant mothers and women who are nursing a baby. The baby's well-being must be of prime importance.

Mutilation of a part of a female's body can also be caused by external factors; culture. In this particular case, the female often-times a young girl has no control over what's happening to her.

Female genital mutilation (FGM) is a horrible procedure that has been practiced for at least two thousand years believed to have originated in the Arabian Peninsula or in the horn of Africa. In the distant past there was much trade and seafaring in the area.

FGM is practiced in parts of Africa and the Middle East. However, some immigrants from affected areas living in the western world have transported FGM to their adopted home.

There's no religious compulsion to perform FGM. However, the cultural practice of this procedure is so deeply ingrained many people who practice it think or like to believe it's obligatory in their religion.

FGM has been performed on babies to teenagers in their mid-teens. Most females are pre-pubescent or just hitting puberty.

FGM in general can be of three types:

- Partial removal of the retractable fold of the skin and the tip of the clitoris.

- Clitoridectomy involves the complete removal of the clitoris and the labia.

- Infibulation includes a clitoridectomy and then the vagina is partially closed to allow for urine and menstrual blood to flow. This is the least common FGM.

World Health Organization (WHO) estimates that 140 million women around the world are presently living with one form of FGM. The statistics from other sources included range from 90 million to 140 million. There's simply no sure method to determine the exact number but whatever it is, the number is way too high.

FGM in a nutshell is not done for medical reasons or to promote better health. On the contrary, there are possible short and long-term complications and other problems related to FGM:

- Outright psychological shock and terror just before, during and right after the procedure. Death can result, however, it's rare. The instruments of use appear terrifying

- The victim is forcefully held down, usually by female relatives. Many girls scream, plead, cry and try to kick and

flail their body and limbs. All to no avail, I've never heard of a single case of a girl getting away

- FGM is well-planned. In fact, sometimes the child or girl is tricked into going to the place of the procedure; she's told something else. Then, it's too late

- Often-times, there's a component of envy and jealousy involved. 'I had to do it, no you have to'

- Lifelong mental stress (flashbacks, nightmares or night terrors, recurrent thoughts, etc.) can occur

- Distrust or disdain for family members involved in the procedure or actively promoting it

- In a culture rife with FGM a young victim may have no one to complain to

- Sexual dysfunction, pain or extreme pain during intercourse, also remembering the event every time she has sex

- Never enjoying sex

- Partial or complete retardation of pleasure within the affected areas

- Lifelong yearning or hoping to un-due the procedure

- Although FGM may be performed by a health professional, this is the exception not the rule. Usually the procedure is done by a person who specializes in this horrid act

- The instruments are often not sterilized and are crude; a piece of glass, tin, knife, scissors, razor or other object

Complications of FGM include but are not limited to:

- Bacterial infection or overwhelming bacterial infection (may result in serious medical complications or even death)

- General infection

- Urine retention

- Excessive bleeding or dangerously high levels of bleeding

- Tissue damage in and around surrounding areas

- Abrasions

- Sores

- Cysts

- Abscesses

- Excessive growth of scar tissue

- Urinary tract infection

- HIV AIDS

- Hepatitis B

- Corrective procedure may be needed

- Failure to properly heal

- Urinary incontinence (possible complication of infibulations)

- Reversal of the procedure (infibulations) is required for normal birthing

-Many of the girls who endure FGM may be anaemic or otherwise sickly before the procedure. They come from poor villages or countries. There may not be enough food to eat and the water may not be clean. Furthermore, medical personnel and medication may not be readily available

The idea behind FGM is to drastically reduce a woman's libido ensuring that she remains chaste (no premarital sex, extramarital sex, flaunting or fooling around). Most importantly it's to ensure virginity at the time of marriage. This kind of logic puts little or no blame or responsibility on the males.

Amnesty International has already begun work on trying to eliminate FGM. Today, this practice is considered a human rights issue.

In extreme cases of gender preference would-be parents choose to terminate a pregnancy. The foetus is female; males who are specifically aborted are very far and very few between.

Gender Selective Abortion (GSA) is the deliberate termination of a pregnancy based solely on the gender of the child.

In these cultures a large population, lack of economic value of females, a perceived burden of raising a female, or the praiseworthiness and economic advantage of baring a male child are the main reasons for GSA. There's no religious reason for GSA.

GSA occurs in China, South Korea, Taiwan, Thailand, India, Pakistan, Afghanistan, Armenia, Georgia and Azerbaijan.

GSA is often practiced by parents in isolated areas in other parts of the world. It's difficult to give stats to this latter group because would-be parents may claim that they want an abortion, period. No mention of the gender is necessary, or it may cause a problem in that particular culture.

Shockingly, many of these parents manifest a 'couldn't care less attitude' or a 'we don't want a female' attitude. In these areas males are considered assets (workers) females (liabilities).

I personally knew a man whose wife bore him several females, one after another without baring him a male. Upon his wife's baring him her final female he didn't even go to the hospital maternity ward. The guy was pissed off as hell; never mind that it's the 'Y' chromosome that determines maleness.

Rampant GSA has caused an abnormal ratio of men to women. This is quite apparent in India and China where there are literally millions of 'missing female births'.

The general ratio of males to females at birth is 105 or 106 male births to every 100 female births. Males of course die at a higher rate than females from birth onwards. However, with

serious reductions in female births the participating cultures or nations are messing with nature. Horrible results are definitely looming ahead.

In China male births in some regions can be 117 male births to 100 female births. However, in remote rural areas this disparity can reach 130 male births to 100 female births. Females in the affected areas are literally perceived as 'foetal trash'. China's one child policy makes it ever more tempting for would-be parents to practice GSA. But there's more; some would-be parents may go through a few or even several GSAs before finally having a male child.

Large populations of immigrants coming from affected GSA countries are coming to North America. As is commonly known, cultural practices from the mother country of immigrants are usually brought over with them. We must ensure that GSA is not transported to our country or any other country. In addition, a worldwide effort must be made to target the source of GSA.

Technology has made it somewhat easy to discover the gender of a child before it's born. Would be parents living in places where abortion is legal can claim that they just want an abortion without making reference to the true reason.

In the not so distant past female babies were killed by being buried alive, dumped somewhere or given away. Female infanticide has been averted today because would-be parents can kill their daughter before she's even born.

The magnanimous level of GSA is so great another name for this problem is gendercide.

In this context, GSA or gendercide (the word gendercide was first used by Mary Anne Warren) is the wilful intent to exterminate large numbers of fetuses based on their gender (females).

Gendercide in the general sense can refer to males or females, but the context of this topic is females. Furthermore, would-be parents or mothers who practice GSA aren't guilty of gendercide; they're part of the overall problem though. Gendercide takes the whole picture into consideration; millions of gender specific abortions.

The mass killings of men usually occur during times of war and slaughter. They're killed after they're born. The vast majority of political prisoners who are also tortured are men. Killing and extermination comes in different forms.

According to Rajendra Kale, editor-in-chief of the Canadian Medical Association Journal a ban on indicating the sex of the child until 30 weeks into a pregnancy will make it more difficult to obtain an abortion.

No doubt, if this opinion were to become official Canadian medical policy there'll be much outrage amongst parents, including the majority who don't or will never practice GSA.

The Society of Obstetricians and Gynaecologists of Canada disagree with Kale. Their policy is to respect the need and the right of patients to know the sex of their baby {if asked the physician tells}.

GSA is our problem, every one of us male and female regardless of race, nationality, creed place of residence or nationality. Millions of would-be births are deliberately aborted every single year based on gender alone.

But GSA isn't as outright brazen and apparent as killing a live baby. Historically the vast majority of infanticide victims have been females.

Female infanticide (FI) is the cold-blooded, unlawful killing of female infants, because they're perceived as being a liability, unable to accrue income, and worth considerably less than male babies; they're homemakers rather than money-makers. Female infanticide is also widely known as gender-selective killing.

There are no religious reasons to kill female infants. However, the cultural and economic aspects of FI are often the true reason for this act.

In societies where many people are filthy poor and the population is large, parents perceive their sons as taking care of them when they reach old age rather than their daughters.

In some cultures in India, dowries may be large, paid by the parents of the bride to the prospective groom. Paying one dowry is often strenuous, paying two or more may be virtually impossible. Money is perceived as more important than the life of a baby daughter.

In India and China FI further aggravates the pre-existing problem of male to female births ratio. But thankfully, FI doesn't occur en masse, it occurs in isolation; one is too many though.

In addition to female infanticide baby females may be sold or given away, dumped or when they grow up sold into prostitution.

In the past many cultures encouraged the killing of unwanted babies (mostly females) and those who were sickly or handicapped. They were too burdensome to keep. Furthermore, female babies could even bring about shame and disgust in the parents, especially the father.

During pre-Islamic days in the Arabian Peninsula countless baby girls were buried alive. It seemed like no one gave a damn about them. Burials usually occurred immediately after birth and with no time to waste in the process. The baby girl could bring

about embarrassment to the family, worse yet, sometimes from the tribe.

But at the onset of Islam in the Arabian Peninsula, a revelation in the Noble Quran banned this practice; in addition, it condemns in strong terms those persons who rejoice upon the birth of a male but become saddened at the birth of a female. In addition, the Prophet Muhammad (PBUH) banned FI.

According to the Noble Quran, the act of infanticide (against males or females) is a grave sin that would be revealed and questioned on the Day of Judgement. The infant will be asked 'for what crime were you slain?'

In the not so distant past in Europe and in Colonial America, witchcraft was a powerful weapon that was used to accuse, demonize, put on trial, torture, incarcerate and kill tens of thousands of people (with some estimates at much higher numbers, and in my opinion rightly so).

Eighty five percent or more of the victims convicted and punished for witchcraft were females. Elderly women, especially those living alone were a common target. May GOD forbid she has a witches' pimple on her nose.

Some witch hunts were solely against women across Europe, accusations of witchcraft became commonplace. In most of the cases no evidence was needed for accusing, trying, convicting and punishing.

The job of witch-finder also referred to as witch hunter became commonplace. These persons were feared and dreaded by many. The most famous witch trials in America were the Salem Witch Trials of 1692, where 14 women and 6 men were sentenced to death.

Manuals and books were written about how to 'sniff out' witches and to kill them. One such book was the Malleus Maleficarum.

The judges, ministers, constables, jailers, doctors, jurors and torturers were almost always men, with a very few exceptions. Witnesses though, could be male or female, from any age cohort.

Witchcraft was believed to be the primary domain of possessed women. The accused women were believed to lust for the Devil; sexual servants of Satan. Others were accused of kissing the Devil's behind. In a broader sense though, women were seen as the controllers of men; controlling them with their beauty and cunningness.

Countless people, mostly women were tortured into confessing that they were witches. Religiously, Eve was unjustly blamed for being the source of driving 'man' out of Eden. Women accused of witchcraft were believed to have been seduced by

Satan himself, through his evil devils. Women's so-called excessive lust was a factor in this belief.

Other preposterous beliefs about witches included the following;

- Weaken men's natural defences
- Harm or kill them
- Induce impotence in males
- Destroy properties and food supplies
- Cause natural catastrophes
- Curse others.

-The Halloween flying witch myth does have some basis in old time belief. During the witch hunt craze many people believed that witches could and did fly

-Herbs, spices and special ointments aided them to do their evil work

-Witches' children were often deemed possessed too, and as such could be severely punished

For several centuries beginning in the 14th century with peaks and low points and phasing out during the mid-17 century (Period of the Renaissance), women in particular were targeted for persecution, trials, punishments and often-times killings.

Unjustifiable rumours and outright lies against minority religious groups' and non-Christian groups' intent on destroying Christianity began to circulate.

As is the usual case, catastrophes or wars can aggravate this kind of condition. After the black plague, the time was ripe for finding scapegoats to blame. The mid-16th to the mid-17th century was a terrible time; many people were accused of being witches or possessed. There was no due process to speak of; a person could be accused by an enemy, someone out for vengeance, envy or jealousy or property as was partially responsible for the Salem Witch Trials.

1550 to 1650 was perhaps the period of the greatest intensification of the witch hunt terror especially in Germany and France women were accused of witchcraft throughout the land, including remote villages. Many thousands were sentenced to die during this witchcraft craze. Some villages in Germany were believed to be cleansed of women. This bit of history has for the most part been hidden.

With so much torture performed throughout Europe, new gruesome instruments of interrogation and punishment had to be manufactured. Below is a list of some of those instruments and actions:

-Crushing to death was done by placing the accused flat on her/his back and then a board was placed on her/him. Stones or other weights were slowly added onto the board. Meanwhile, the accused was interrogated into confessing. A confession though, didn't mean a cessation of weight adding

-Bootikens: Special boots that extended from the ankles to the knees. Wedges were hammered up the boots. This caused bone breaks and bone crushing

The Pear of Anguish: A pear shaped contraption 'properly inserted' into the orifices of the accused. The torturer then opened or expanded the pear causing rips, tears, shearing, breaks and/or gross dislocations of body parts. Often-times, spikes were welded into the pear causing further turmoil to the victim by spiking the flesh, then penetrating it

-The Turcas: A device used to yank out or slowly pull out the fingernails. Afterwards, the injured bloodied flesh would be pierced with pins

-Red-hot pincers could be used to forcefully tear out chunks of the victim's flesh; occasionally these same chunks would be shoved into the victim's vagina and rectum

-The strappado involved the tying of the suspected witch's hands behind her back using a rope. She was then hoisted into the air like a factory farmed animal on a conveyer belt and then unceremoniously dropped causing shock and trauma to the shoulder joints and depending on the particular case causing gross dislocation. This process was repeated over and over again

-Breast Ripper: Women's breasts were a usual target; mutilation or chopping off of the breasts and 'tormenting the nipples' was another form of punishment. This form of punishment was also inflicted upon women who committed adultery. Many wives especially those of knights and crusaders were forced to wear chastity belts that looked like giant metal under wears

-Witches were usually in the nude during torture sessions, giving the punishment a sexual sadism-like characteristic. I've never heard of a single case of a torturer breaking down and crying. But don't take my word for it, maybe there was, in some remote dungeon centuries ago

-Stoning to death: The stoning could last for whatever length of time, depending on the size of the stones, the number of throws, and in what frequency the stones were thrown. The mob wasn't sympathetic to the accused. In fact, they were usually rag tag or just plain ole people from the general public

-Swimming: The accused was tested by drowning. If the water accepted the suspect she was declared innocent. If she floated she was guilty and as such was sent off to 'the bonfire'.

Dunking: The accused was strapped to a chair or just thrown into a body of water

-Burning at the stake was the most common and widespread punishment for people accused of witchcraft. But in an ironic sense, it most resembled the punishment in Hell

-The Refined Pulley: A specially designed pulley was used to pull and distort the body of the suspected witch in every shape and contortion possible.

Women can also be abused while serving a sentence behind bars. Being sentenced to serve time should never include abuse, intimidation or sexual assault. A person should do his/her time behind bars and that's it. No corrections officer (guard: prison or jail) has a right to unjustly abuse an inmate. Furthermore, as in the case of many men's prisons, countless inmates are raped by other inmates.

In women's prisons, abuse, sexual harassment and rape may occur by another inmate but not at the frequency of that in men's prisons.

A problem in women's prisons is the attitude and behaviour of a minority of correctional officers.

Rape of female inmates by correctional officers does happen. There have also been cases of raped inmates being impregnated. Some cases are quite obvious an inmate who isn't allowed conjugal visits for years-on end can't become impregnated by another inmate (a woman).

Women inmates are often at the mercy of corrections officers; food, what little outdoor time they have, cigarettes (if applicable), and whatever 'small benefits' in the prison, except for food can be withdrawn or partially withdrawn with the discretion of the prison administration.

Corrections officers have much access to women's sleeping and bathing quarters and anywhere else in the prison.

The abuse of power can come in the form of outright rape or 'coerced sex'; sex done for the sake of privileges. The latter is still a form of rape because the inmate is coerced into giving it up.

Prison officials understand the magnanimous power differential between correctional officers and women inmates. It's illegal in every state of the union for any corrections officer to have any kind of sexual contact with an inmate whether both partners agree or force is used on the inmate.

Years ago a professor of mine informed me of several correctional officers who were discovered having intercourse with women inmates of a jail. Although not one of the women complained about being raped, every single corrections officer involved in the escapade was promptly fired. Maybe, that was enough of a punishment for the women inmates.

Whatever the stats the incidence of this crime is certainly much higher. Hardly a woman inmate will dare complain while she's still behind bars, seeing the same guy or guys on a regular basis. Retaliation against the inmate can come in many forms, sometimes indirectly.

Living in jail or prison is hard as is even without making enemies with the corrections officers. Ideally, corrections officers are trained to be tough, take a person down really fast and to hold their ground, if possible.

There are 200,000 women incarcerated in U.S. facilities. This includes state, federal and immigration detention facilities.

Raped-pregnant inmates may wait too long for an abortion to be possible. Also, the services for this procedure may take more time for someone behind bars. But there have been cases of forced abortions too.

Having a baby behind bars is quite complicated at the least especially if the inmate was raped, or even if she wasn't raped for that matter. The fate of the infant is of the utmost concern.

Much of the general public is unaware of goings-on behind bars, and often times couldn't care less. Women are serving time behind bars because they broke the law. There's no objection to this, only to unjustifiable abuse therein.

Rape or sexual assault can also occur within the mental health organization.

In a 2008 study conducted in mental wards in Victoria, Australia just under two thirds of the patients claimed to have been sexually abused or harassed by male patients.

In a report detailed by the Victorian Women and Mental Health Network it became apparent that over two thirds of mental health workers were aware of the abuse occurring within public hospital wards. In this study the abuse was blamed on sick male patients, and the acts were occurring frequently.

Abuse of this nature has harmful effects on the women in mental institutions or wards. This is not what they need, especially for women who were initially admitted for being victimized for sexual assault or had been assaulted in the past.

Women who were highly medicated or mentally aloof weren't aware of being raped at the time. In this kind of case scenario no force or intimidation is necessary.

A case within this study indicated a male patient entering a female's bedroom and sexually assaulted her.

In Victoria, mental wards became mixed gender units during the 1960s, opening up a Pandora box of additional problems.

In a story dating back to 1993 London Police investigated the alleged rape of five patients in a psychiatric hospital.

This hospital had below standard staffing levels and security operations.

In an unrelated incident occurring at the South London Hospital, a mental patient who was supposed to be under round-the-clock supervision was allegedly raped by another patient. Shockingly, the alleged perpetrator was a convicted rapist; he'd done four years of maximum security at Broadmoor and was transferred out to a mixed gender psychiatric ward at Springfield Hospital, Tooting. Someone totally screwed up here.

The alleged perpetrator was sent back to Broadmoor, but there was insufficient evidence to officially charge him with the alleged rape.

Mental health wards:

- Having mixed gender living quarters where males and females can easily enter the rooms of each other will result in problems

- Criminals and dangerous mental patients should not be freely mixed with non-dangerous patients. This will certainly result in violence and rape. Non-dangerous mental patients may be suffering from excessive grief, depression or other non-dangerous problems or disorders. The violent mental patients may be killers, rapists, etc

- Better overall security measures and coordination of staff and line workers is necessary

- Better training of staff and workers

- Restraints should be used properly and only in emergencies or when a serious situation arises and there's no other viable alternative. Restraints should be removed as soon as possible and should not be a form of serious punishment. Workers should understand that restraints are extremely uncomfortable. Some patients become claustrophobic from being restrained. Furthermore, orderlies must ensure that the patient doesn't have an injury that will worsen by the restraints

- Restraints and seclusion should not exceed a certain period of time.

- Take all complaints seriously

The aforementioned are only a few recommendations. Unfortunately, more money is needed. The money has to come from somewhere. Furthermore, the field of psychiatry isn't one of the more respected fields in medicine. Funding of mental institutions and wards is often the first to be reduced during times of economic crisis.

Although there are horror stories emanating from some mental wards, some individuals are too sick to be on the outside

and must be medicated and kept within the confines of mental hospitals or clinics.

If you have a relative or friend that needs to be checked into a mental hospital or ward and you want to help, do your research. Find out something about the hospital and if there are complaints or hostile stories about it. One such organization is the National Alliance for the mentally ill; they research abuse in hospitals and grade them too.

Mental care workers or more commonly called orderlies must sometimes get physical with the more violent and physical patients. Someone has to restrain the patient otherwise he or she will hurt him or herself or others. Strong medications are used along with physical restraints. These two devices though, must be last resorts and not to be used on a whim without just cause.

Orderlies working at the bottom rungs of the hierarchy are overworked, underpaid and overly-stressed out. Depending on funds they may also be under-trained and receive little or no benefits.

The psychiatrists, psychologists, social workers, nurses and psychiatric nurses are usually much more educated than most orderlies. Furthermore, the job of an orderly is unpredictable at times, with incredibly dangerous situations emerging suddenly and sometimes without any warning whatsoever. A patient can appear calm, docile and friendly for months or years-on-end and then suddenly have a dangerous outburst.

The turnover rate for orderlies is high, therefore making it a bad investment for the state or the institution to offer long-term and intensive training.

Homelessness is often very stressful and can be quite dangerous for both males and females, young and old.

Females though, have particular problems. Homeless female teens and young women face incredible stress. Violence and intimidation on the streets is often daily and can involve verbal intimidation or threats, sexually demeaning words, or putdowns; violence can also be physical or sexual.

A homeless female may endure being touched, groped, spat on, shoved, grabbed, punched, kicked, etc. Worse case scenarios include sexual assault or rape.

Attackers are often confident that justice won't prevail. In fact, the system generally looks down upon homeless people.

Passersby are many some verbally humiliate a homeless person by saying 'get a job' 'you're a lazy bum' 'you got what you deserved' 'you're an alcoholic' 'you're lazy', etc. These kinds of verbal humiliations can come from males or females. Passersby are many most won't bother a homeless female however

given the sheer numbers of them chances are a verbal humiliation will occur.

Street walkers or street prostitutes usually endure the most verbal and physical violence. They can be brutally raped, stabbed, shot or killed. Johns are many, most may not be violent, but again the sheer numbers of them make it statistically likely that sooner or later something horrible will happen.

In British Columbia, homeless indigenous girls and women tend to get the worst treatment of whatever kind of violence exists. Passersby or Johns, or just plain ole racist guys know that this category of females is an easy target; the justice system often treats these females with disdain.

The immense anxiety, apprehension, fear and stress homeless girls and women face often results in serious mental and physical problems:

- Increased risk of trauma, HIV and AIDS, Hepatitis, tuberculosis, high blood pressure, gastrointestinal problems
- Finding enough potable water may be a problem
- Often times a lack of clean and wholesome food; also a lack of enough food
- A general feeling of helplessness
- Major long term depression
- Persistent anxiety
- Chronic fear and apprehension
- Anger at passersby and the system
- Lack of enjoyment for life; knowing that good times if any are short-lived
- Apathy for life; feeling that there's no chance to make it in the world
- Seriously interrupted sleep patterns, nightmares or night terrors, not having a clean, safe and regular place to sleep or eat in. Apprehension about being booted out of her sleeping place, by the police, another stronger homeless person
- Flashbacks of horrible incidents.
- Alcohol, drug and tobacco abuse. Many women with pre-existing use become more ingrained into it as a result of becoming homeless. Other girls and women are clean of alcohol, drugs and tobacco, but begin to use one or more as soon as they become homeless.
- Women and girls with pre-existing mental disorders usually see a worsening thereof
- Withering away of physical body and mental health from overall difficulty and stress of being homeless
- Smelling bad and knowing it. Feel physically unclean and wearing dirty clothing that cannot be washed

-Lice, skin problems, being near and around urine, feces, vomit. Sometimes blood is nearby

-Apprehensive about being brutally attacked by a passerby or another homeless person/s.

-No knowing who to trust

-Guarding her property and valuables like an animal

-Not being able to enter a mall, a building or a store for shelter; being thrown out of the aforementioned places by security.

-Cold-blooded evasive passersby who hardly give her a first look let alone a second one. Many cringe when she approaches them this makes her feel even more dirty

-Harassment by the police

-Being on the run

-Self-harm

-Contemplating or committing suicide.

According to a study by the Canadian Medical Association Journal of homeless women (18-44 years of age) were 10 more likely to die than women in the general population in Toronto, Ontario. This rate of death is near that of homeless men in the same cohort.

To add insult to injury, often-times homeless girls and women had escaped abusive family environments; being homeless becomes a continuation of the abuse.

Shelters, boarding houses or any other accommodations for homeless people that are mixed gender tend to be very dangerous for women; anything goes therein.

A few recommendations are in place:

-Politicians and the players in the system need to take the homelessness problem more seriously

-More funding and better management of the funding and facilities are needed

-Crimes against the homeless should be investigated, especially violent ones

-Long-term support services are needed

-Special accommodations for women and children

If you're being stalked by someone regardless of the reason/s (if you know why) understand that this kind of behaviour is illegal and in some cases can lead to serious violence.

Although both men and women can stalk according to the National Center for Victims of Crime (US) nearly 80 percent of stalkers are men.

Your stalker may be one of the following:

- An estranged or separated husband
- An ex-husband
- An ex-boyfriend
- Someone that you casually rejected
- A casual friend who for some reason thought that you liked or loved him
- A relative (often-times known to be or visibly unstable)
- A stranger who has an infatuation with you
- He may be a celebrity stalker, hence you are a celebrity
- The stalker may be infatuated with you for whatever reason; in his eyes you're the most beautiful woman in the whole world; you once smiled at him and then continued on. The smile was perceived by the stalker as an invitation or a sign of your love for him
- A stranger who's eyeing you to prepare himself for a more sinister act
- A person with the intent to retaliate against you for some real or imagined incident

Any one of the aforementioned can turn violent or deadly. Never assume that a stalker is someone who's silly and will never harm you.

Determining whether you're being stalked entails the following:

- You should always be familiar with your surroundings. For example, when using public transportation every-so-often scan the area to make certain that no one appears unusual or has his/her eyes fixed on you. Your instincts may give you a clue
- Notice the people around you. Is there someone that you keep seeing over and over again in various places? If you start to notice a familiar face wherever you then it may be time to raise your guard. If this persists, you may have to notify the police but remember to document the times, places and dates of seeing this particular person. Take the information with you when you go to the police station
- Stalkers may call you excessively. Often-times, they'll hang up the phone without saying a word
- Be careful before and after leaving your home, car, etc. Scan the area for the stalker's presence
- Notice destruction of or rummaging through your property at home and your garbage. Take pictures of and an inventory of damaged property. Notify the police and don't re-arrange or try to fix anything until after the police have done their work and give you the okay. The damage may be evidence for criminal action against the stalker

-Make absolutely certain that you lock your home door and car doors whenever you're in them or when leaving

-In more extreme cases your more intimate personal actions may be monitored (emails, mail, phone calls, hidden video cameras, Global Positioning System (GPS))

-Watch out for and never accept gifts

-If you're deemed to be stalked by the police don't open any suspicious letters. Give them to the police and explain to them what has been happening. If you find any other pieces of evidence give them to the police

-Keep an eye out for prowler/s (the stalker) near and around your property. In extreme cases the stalker may enter your property. Thereafter, anything may happen

-You get the jittery jumps, the creeps or stressed out from being around the person

-The stalker may make inquiries about you to family and friends

-Stalkers may also pose a danger to your family and friends

-If you feel threatened by this person, or in immediate danger call 911; don't be shy or embarrassed to make the call. The police are there to help protect you

-Ask the police for further information on behaviour and safety tips

-If the stalking persists get a restraining order. You may have to follow up with a criminal complaint

-Don't show affection to the stalker. Furthermore, communication of any sorts will likely worsen the situation

-Ask the police for phone numbers and addresses of stalker hotlines. In addition, ask the police for tips on what to do and what not to do

With little exception stalking victims are fearful, not knowing what to expect from the stalker who by all means is mentally unstable and perhaps planning a violent confrontation if he/she doesn't get what is expected.

It's estimated that 3 million people in the United States alone are stalked annually and women receive the brunt of victimization.

In January of 2011 President Obama issued a National Stalking Awareness Month proclamation.

According to Henry Schlieff president and general manager of Investigation Discovery 'nearly 80 percent of women who were murdered by an intimate partner were stalked by that partner prior to their murder'.

Some perpetrators are considerably more dangerous than the average everyday stalker. These guys are the serial rapists, serial rapists and killers, killers of women and mass killers of

women. Their actions are horrible but there's no doubt that they have a bitter hatred of women and act out that hatred too:

-On December 6, 1989 a gunman (carrying a .22 calibre rifle) named Marc Lepine confronted 60 engineering students in their classroom.

After separating the men from the women, he orders the men to leave the classroom or else.

Thereafter, a massacre ensued. Lepine was after women, killing whomever of them that he could. The shooting rampage occurred on three separate floors and into several classrooms.

Lepine went so far as jumping over desks to shoot women who were hiding beneath.

Lepine made clear whom he wanted to kill when he yelled out 'I want women!' 'I hate feminists'!

In spite of at least one plea from at least one victim that they're not feminists, just engineering students, it was to no avail.

After murdering 14 women and wounding at least one man in the process, Lepine placed his weapon in his mouth and fired. He died, likely instantly.

This sudden massacre shocked the entire school, families of the victims and much of the city of Montreal. This is the biggest massacre of students in the history of Canada. Hopefully it will stay that way; no one wants a repeat occurrence.

Andrei Chikatilo (October 16, 1936 - February 14 1994) was born in Soviet Ukraine shortly after the horrible Ukraine famine, and he was no doubt the worst serial killer in the history of the Soviet Union. His nicknames 'Butcher of Rostov' 'The Rostov Ripper' were indicative of how ruthless of a killer he was.

The killings, mutilations and sex crimes began in 1978 in the city of Rostov-a-don.

As a child Chikatilo was conveyed many gruesome stories by his mother of the Ukraine famine, in which cannibalism and other horrible acts occurred.

Chikatilo was married in 1963, and fathered a son and a daughter. But for the most part he was a wimpy husband. His wife often berated him.

The first of Chikatilo's 52 documented victims was a 9 year-old girl whom he lured into an old house. He tried to rape her but couldn't get an erection.

But like other rapists, the girl's struggling aroused him. He strangled and stabbed her to death; the gore and excitement of the act caused him to ejaculate during the process.

Chikatilo preyed on boys and girls, prostitutes and homeless women. He raped many of them, terribly mutilating their

bodies in the process, and even cannibalising some of them. He gouged out the eyes of many of his victims.

During Chikatilo's 15 year reign of terror, he was able to evade the authorities. Soviet police, though incredibly efficient at spying on people, weren't too knowledgeable in criminology. In addition, under Soviet rule, denial of the existence of a serial killer was a problem; 'this only happens in Capitalistic societies'.

Although Chikatilo was arrested and questioned about the murders, he was presumed not to be the perpetrator. However, a few years later he was arrested.

Chikatilo was executed (told to stare at the wall and was then shot in the back of the head).

One of the most powerful forces in this world that sexualizes women in a derogatory manner is the prevalent porn industry.

Even so-called filtered email accounts sooner or later will receive unwarranted porn advertisements, often used through 'trick' or 'underhanded' fashion.

The subject line used may be legitimate words or words to entice the person to open the page; chances are there's a guy or girl out there that'll be sunk into the ploy. Other subject lines appear as sexually derogatory words or phrases often derogatory or even smut-like and nasty.

If a person inadvertently opens up the page, even the 'Click Here to Unsubscribe' link is often a trick. It'll get you onto a porn page or site. Furthermore, you will likely be placed on a list of recipients for other sites.

Much porn objectifies and dehumanizes women. Often with one woman and one, two or more guys, even groups of guys commonly referred to as 'gang-bang' or 'gang-bang sex' the woman is nothing more than a creature to be done.

Regardless of how much humiliation and degradation there is in a scene or movie, 'she' always likes it. If she doesn't than the topic is referred to by words like 'rape' or 'gang-rape' or 'forced sex' 'brutal sex' or trivially as 'play rape'. Other words and phrases are too dirty and nasty for this book so I'll refrain from using them. Just use your imagination and think of the dirtiest smut words, unfortunately you'll find them on the internet.

Some of the lower budget, Russian porn likely use trafficked women.

The richer more successful female porn stars enjoy making the big money and they may actually think that they're real celebrities, or maybe they're in denial.

But I think, deep down inside at least some of them know very well that they've given up their dignity and self-respect.

Their precious bodies have been violated and anyone who sees their movies, shows or still pictures can see those precious bodies in the nude. Strippers are in a similar boat. But if they perform sex it's in private.

Pornography unless it's gay porn or other non-heterosexual type is the sexually graphic imagery of men and women. In the vast majority of heterosexual porn the woman is subordinated. Only in the dominatrix-type of porn, which is not the standard you see women dominating other men or other women.

But even in the dominatrix-style porn by far the vast majority of viewers are males.

In much of straight porn, women are portrayed in subordinated positions; on their knees 'servicing' one or more guys. Furthermore, women for the most part are ejaculated on in a humiliating manner. Women are objectified and dehumanized.

In heterosexual porn the woman is the main object of desire. There's more pressure on her than on her male counterpart to be fit and beautiful. That's not to say that all female porn stars are beautiful, however, a man can be visibly overweight and not very good looking but still be a performer.

In most straight porn the woman is almost always smiling and she continues to want more. Sometimes, more than one male is 'doing her'. Even in rape porn, at least in the very end of the scene or movie, the woman is often shown smiling or giving in because deep down inside 'she really wanted it'.

This kind of porn is dangerous to women in general. There are a lot of sick people out there, some will believe in what they see in this kind of porn.

In the recent past hardcore porn was primarily limited to adult bookstores, adult movie theatres, or order by mail materials. Yet a bit further back in time, Playboy and Penthouse were the mainstream porn magazines viewed.

Today, the internet has caused a major explosion in porn production. Hard-core, kinky, bisexual, tri-sexual (will try anything), beast-porn, fetish, child, violent and even macabre-type porn can be viewed in picture form or in movie form.

Laws relating to porn are often not enforced; porn sites may be located in countries with lax or hardly any enforcement practices. Pedophilia, as a whole sees more enforcement. But the cases making the news are aggrandized, for each case therein, there are stockpiles more.

Linda Susan Boreman (1949-2002) almost exclusively known by her porn name 'Linda Lovelace' was an American porn star whose most famous movie was Deep Throat (1972, the title is self-explanatory) became a giant in the industry. The movie was enormously successful and for years people didn't know the true story behind the making of the movie.

In later years, Lovelace became a staunch anti-porn advocate denouncing her own porn career. She was for a time a spokesperson for the anti-porn movement.

Lovelace claimed to have been forced into the porn industry by her abusive first husband, Chuck Traynor who for a time was her pimp and manager.

Ejaculate is often used as a powerful tool for the humiliation of women in porn. Hardcore porn use words like 'Bukake' 'Gang-Bang Bukake' 'Cream-pie' 'Facial Compilations' 'Facials' 'Facial Humiliation' and other words that are inappropriate for this book to indicate humiliation. The aforementioned words are self-explanatory.

The porn actress may be on her knees servicing one, several or a large group of men not intimately, in a humiliating manner. The end result is a 'humiliating shower' that not even a sewer rat deserves.

The U.S. Attorney General's Commission on Pornography (Meese Report-1986) and the Surgeon General's workshop on Pornography and Public Health have determined that pornography is harmful. Indeed, porn is harmful to men, women and children, and in a considerably smaller number of cases harmful to animals.

According to the Meese Report (1986) organized crime is heavily involved in pornography. The commission relied heavily on state, federal, and local law enforcement authorities in obtaining their intelligence.

A retired veteran Federal Bureau of Investigation (FBI) agent made it clear that {much of} the distribution of pornography needed an okay from organized crime.

Pornography is good for organized crime. There's much money in it and it's acquired rapidly.

Organized crime tends to target major distributors of porn; that's where the big money is. However, even adult bookstores that may appear to be free of organized crime can indeed be. Organized crime has a long reach, even telling an adult bookstore owner what he or she can or can't sell.

Organized crime relating to porn is not only an American problem, it's an international problem, like drug and narcotics trafficking, illegal weapons smuggling, wildlife and wildlife by-products trafficking, trafficking in prostitution, slave labour, etc.

Organized crime players in the porn industry can be quite dangerous indeed, as is organized crime elsewhere not only to the porn stars but to anyone in the industry who tries to take them on or defy them. Destruction of property, intimidation, harassment, extortion, racketeering, assault, and murder are powerful weapons of organized crime.

The facade, or face of the porn industry may appear crime free, but don't be fooled.

Assuming that a women entering the porn industry is doing so on her own free will, isn't deceived and hasn't been shot up with drugs or narcotics, she'll likely enter for the money that can be earned lightning-fast and by having lots of sex.

The upper echelons of porn stars actually live in Hollywood mansions. As a general rule, females are paid considerably more than their male counterparts.

But female porn stars have serious problems to deal with in the industry:

-Brooke Ashley former porn star: On March 29, 1998 tested positive for HIV. Before her last movie she was given lines of cocaine and some champagne. The movie was entitled World's Biggest Anal Gang Bang.

Many men penetrated her, and as Ashley recalls she was crying and pleading 'with them' to stop because it hurt her so much. To add insult to injury, the \$15,000 check she was promised bounced

-Porn Star Mary Carey: Says that she and another porn star named Tawny have Xanax prescriptions. Medication is needed for her to sleep

Carey is quoted as saying 'because we're both crazy'. She has a drinking problem too

-Jenna Presley Porn Star: According to her 90 percent in the {porn} industry do drugs or alcohol but maybe 70 percent have a problem.

-Porn Star Erin Moore: "There are always drugs and we would binge on ecstasy, cocaine, marijuana, valium, vicodin, and alcohol. Thank God I am even still here"!

-Porn Star Belladonna: "99.9 percent of the porn industry has herpes. I have had herpes for five years".

-Un-named male porn star: "Drugs are a major, major problem in my business. Anyone who says otherwise is lying to you".

Although the aforementioned statements are likely exaggerations of sorts, the words chosen aren't meant to be precise stats but as indicators of big problems in the porn industry.

Not all smiling women's faces in porn movies are conveying what they feel inside. Many women in the porn industry are suffering, smiling for the cameras but hating it all along. This is the great lie and deception of the porn industry:

-HIV, AIDS and other STDs are always a terrifying possibility for any porn star. The porn industry endured its

first major recorded outbreak in the 1980s. Thereafter, there have been additional cases of infections

- An AIDS scare occurred in 2004 following HIV positive results for two heterosexual porn stars. This resulted in the closing down of the heterosexual porn industry for a 30 day period.

- The Adult Industry Medical Healthcare Foundation conducts many of the STD tests on porn stars. Regardless of the stats, the numbers are higher as many porn actors are low-grade unknowns, while others may get out of the business and keep a low profile. In addition, gonorrhoea, syphilis, herpes. Chlamydia and crabs are additional problems

- Many of the sex acts are hated by the female porn stars

- Some of the men are sweaty from many or previous takes and they're stinky too

- Some of the men are unattractive or outright ugly or repulsive.

- Faking it is part of the job; smiling and 'loving it' and wanting more of it

- Being touched by many persons (often strangers) who are only doing their job, getting their kicks and don't give a damn about you even if they hurt you

- Some female porn stars puke out of disgust between scenes

- Smoking, alcohol and drugs are a temporary escape

- New and additional requirements may be made upon arrival to the studio; do it or leave and you don't get paid. She may be underpaid, or the check may bounce

- Sometimes, checks bounce. There's little or no recourse

- Producers usually demand no condom use; many of the viewers prefer it that way too

- Many female porn stars experienced childhood sexual, mental or physical abuse

- Extreme trauma can occur from rough sex and sex with multiple men in a short period of time. Some men are 'very big' and can cause serious damage to a woman's vagina or rectum

- Having a normal marriage or relationship is usually quite difficult

- Eating disorders, over-exercising, demand to look slim and beautiful for 'pretty stars' is a big burden

- Female porn stars with children or who are pregnant have additional hurdles to cross

- Acquiring or maintaining medical insurance can be a problem. Life insurance for someone who performs high risk work can be a problem too

- In extreme cases suicide may occur

Much of the porn industry is centered within the San Fernando Valley suburbs of Los Angeles.

Some films can depict 'acted out' or if underground 'partially or more so real' violence.

Further down the pit hole are 'snuff films' that depict a character/s killed during the movie. Lowest down in this category are extremely underground movies, 'real snuff movies' depict a real person that's really killed during the ejaculation of the killer.

There are too many missing children, women and to a lesser extent males. I'm afraid that some of them are likely killed in these movies (my opinion).

Another way of seriously harming someone is to deliberately and knowingly infect a person or persons with an STD. Criminal transmission of an STD does happen.

- The intentional spread of HIV and/or other STDs

- Reckless spread of HIV and/or other STDs. There's a shady line distinguishing between intentional and reckless spread of an STD/s. For this particular subject matter, in a court of law, recklessness is usually less of a criminal intent than an intentional act.

In reckless spreading the individual is seeking sexual pleasure as a primary motive and not to deliberately infect another person/s. The victim isn't told about the STD status of the offender (at least not during the act)

- Accidental spread of an STD/s: The person wholeheartedly didn't know that he/she had an STD

Depending on the jurisdiction, this category can also include persons who knew they were infected with an STD, took precautions but somehow something went wrong; a tiny hole or rupture in the person's condom

In a court of law proof regarding the intentional spread of STD can be difficult at times. If the case goes to court the defendant can claim to have told the victim of his/her STD status before the act.

Some rapists who know that they have an STD will use this as a weapon in addition to a rape. Deliberate transmission of an STD/s literally becomes part of the intention to rape.

Internet dating can be very dangerous. There are predators out there (male and female) who feel so terrible about being infected with an STD (often-times incurable or even life-threatening) they have a strong urge and desire to punish others; to make them like themselves (STD infected).

A controversial site on the internet is womansavers.com. This site aids women to perform a background check on

potentially dangerous males. The method used is postings by other women who warn about dangerous or potentially dangerous men. Although there can be good in this site, there's also room for lies, distortions and mistakes. In theory, the site is a character referral.

Furthermore, there are legal ramifications for some of the actions taken by forum guests.

A person's reputation and life can possibly be ruined by fake or incorrect postings. The good though can be used to warn others of violent and/or STD infected individuals.

In a historic case/verdict that occurred in April, 2005, an Ontario man was found guilty of murder for deliberately spreading the Virus that causes AIDS.

Johnson Azia, 52, was found guilty on two counts of first-degree murder and 10 of the 11 counts of aggravated sexual assault that he faced. This verdict has opened up a legal can of worms. Deliberate infection, reckless infection, not taking enough measures, informed consent, etc.

But there are cases out there that are truly deliberate. Many years ago I read a story that sent shivers throughout my entire body.

A man had unprotected sex with a woman in a motel room. They'd just met the night before and for the most part were strangers. It was a one night stand.

When the woman awakened the next morning she saw the words 'WELCOME TO THE WORLD OF AIDS' written on the bathroom mirror. This kind of thing does happen but normally the offender isn't so brutally manifest about it. Men can infect others and women can infect others.

During the American Civil War, like in many other wars, sexual behaviour especially for soldiers was directly affected by the conflict.

Cheap priced sexual-natured novels were available to soldiers and officers alike. In addition, with the discovery of the pinhole camera by Al-Hazen (Ibn Al-Haytham) roughly 1000 C.E. and later the invention of photography in 1839 by Louis Daguerre enabled the use of pornography by soldiers during the war.

Many of the soldiers were young others old and far away from their wives. Some kind of an outlet hand had to be found.

The sheer anonymity of war-time, gossip, distance from houses of prayer, and relatives opened the door for premarital and extramarital sex and pornography.

Most of the porn photos were in card form, sold per piece or by the dozen. Officers and soldiers could afford them, and many bought them.

Women were either shown as posing or were performing sexual acts. However, sexual acts for the most part consisted of non-white women.

Many of the cards were produced in France (carte de visite), hence the term 'French postcards'. Following the war, much of the porn literature and photos were promptly destroyed.

Prostitution flourished in many cities, and many soldiers on both sides took advantage of this new phenomenon, but at a big price.

Washington D.C. had more than its share of brothels, hundreds of them and many prostitutes. The south had its own share of brothels and prostitutes too. Memphis was referred to as 'Gomorrhah of the West'. Nashville had a re-known and popular red light district.

But even out of the towns and cities, prostitutes could tag along with marching or stationed soldiers.

One of the prices paid was an incredible number of STDs. There were over 180,000 cases of gonorrhoea and syphilis among white Union Soldiers and an undetermined number among Confederate Soldiers. Neurosyphilis wreaked havoc on many people during the 19th century.

The actual number of STD infections was likely higher, people during this era didn't know much about the process of STDs. As soon as the visible symptoms disappeared it was often believed that the problem was gone.

Furthermore, many soldiers likely died during or after battles not knowing about their STD. Other soldiers likely kept it a secret at war's end; they were going home back to their wives or to find a wife, and to meet their families. What would the men of GOD say to them?

Furloughs resulted in a spike in sexual intercourse with prostitutes. Many soldiers promptly took advantage of their break.

Porn addiction, though most commonly affecting men can also affect women. In this regard, it's better to be safe than sorry. What's perceived as innocent soft porn may eventually lead to hardcore porn and a lot more.

Porn on the internet can be quite easily accessible for any man, woman or child. Anonymity can help produce or sustain porn addiction.

More women are now becoming addicted to porn. At first, soft porn may be viewed casually. But for those women who are inclined to become addicted to porn, they gradually slip deeper and deeper into hard-core porn. They can see nudity and sexual acts with a few punches on their keyboard.

Women may view porn out of curiosity, being in an unhappy relationship and not being satisfied (erotically and

emotionally), needing more in a relationship but not wanting to commit adultery, or because she's unable to find a compatible partner. Yet other women like what they see.

A 2006 survey conducted by Internet Filter Review found that 17 percent of women claimed to be struggling with porn addiction. A 2008 statistic by Internet Pornography Statistics indicated that nearly 30 percent of internet porn consumers are women.

Addiction to porn follows a similar pattern to that of other addictions; men and women also follow similar patterns.

A woman need not be exposed to social repercussions if she views internet porn in private. Porn has been around for a long time, but the easy accessibility to it has literally 'invited' women to view it more readily.

But women who view porn at home shouldn't be fooled by the possibility of addiction. Viewing porn from can be understood as a first step, a giant step towards porn addiction. Though most women viewers never become addicted, no woman has a fool-proof guarantee.

A word of caution; watch out who you give personal information to online especially in porn chat rooms, porn sites or swinger sites. Meet-ups with strangers can be very dangerous or even fatal. You really can't be sure who you're dealing with until the meeting. STDs during meet ups are another problem.

Women shouldn't believe that only men can become addicted to porn; porn addiction often follows the same or similar pattern as alcohol, drug and tobacco addiction.

In writing this eBook I chose the term 'Feminology' rather than Women's Studies' because in my opinion this is a better word to use.

Psychology; biology, zoology, chemistry, FEMIOLOGY; the study of women should be and can easily become one of the academic areas of colleges and universities. The scholars are there and so is the literature.

Introduction courses at colleges and universities can be of 3 credits value each like in other fields. Furthermore, degree programs can and should be established.

Feminology courses can deal with psychology, sociology; biology, anatomy and physiology, entomology; criminal justice, political science, history, anthropology, etc. Wherever women were or are the field can be included within Feminology.

Women are at least 50 percent of the world's population. It can be done.

I hope you've enjoyed reading my eBook. Below is an INFORMATION BOOTH containing numerous URLs, with a table of contents and headings for each topic to make it easier for you to find a specific website, webpage or topic.

You'll find words on the right of each and every URL. This is what you type into your search engine to find the site or page. The URL is reconfirmation. I use Yahoo search engine.

INFORMATION BOOTH:

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- G. Mental Emotional Verbal Abuse
- H. Leaving Escaping Abusive Person/Relationship
- I. Restraining Orders
- J. Filing Criminal Charges Calling the Police Against an Abuser
- K. Using Deadly Force Against an Abuser
- L. Lesbian Partner Abuse Woman on Woman Violence
- M. Forced Marriage
- N. Recovery
- O. Groping
- P. Honour Killing General Violence
- Q. Sex Trafficking
- R. Prostitution
- S. Rape Prison Rape Psychiatric Rape
- T. Rape Prevention
- U. Rape Kit
- V. What to do if You've Been Raped
- W. Date Rape Drugs
- X. Diffusion of Responsibility Kitty Genovese (a Sad Case)
- Y. Violence Against Disabled Women
- Z. Rape Campus Fraternity
- AA. Women and Drugs
- BB. Mass Terror-Rape
- CC. Forced Sterilization
- DD. Chinese Foot Binding
- EE. Anorexia Nervosa Bulimia Body Image
- FF. Cutting Self-Harm
- GG. Obesity
- HH. Female Genital Mutilation
- II. Gender Selective Abortion or Gendercide
- JJ. Female Infanticide
- KK. Witch Trials Witch Hunts
- LL. Harassment Sexual Harassment
- MM. Potential Problems and Dangers While Traveling
- NN. Inmate Abuse
- OO. Homelessness
- PP. Stalking
- QQ. Massacre Killing Serial Killing Rape

RR. Pornography (All Sites are anti-Porn)
 SS. STDs in the Porn Industry
 TT. Deliberate Transmission of an STD/s
 UU. Sex Pornography STDS Medical Treatment of STDs During
 the American Civil War
 VV. Psychology Mental Health
 WW. Psychiatry
 XX. Maslow's Hierarchy of Needs

HOTLINES EMERGENCIAS NETWORKS ORGANIZATIONS :

www.thehotline.org **National Domestic Violence Hotline (U.S.)** 1-800-799-7233 (SAFE)
www.thehotline.org **National Domestic Violence Hotline (Canada)** 1-800-363-9010
www.womensaid.org.uk **Women's Aid (United Kingdom)**
www.ibiblio.org/rcip Rape Crisis Information Pathfinder
www.nnedv.org **National Network to End Domestic Violence**
www.aware.org Arming Women against Rape and Endangerment
www.rainn.org **RAINN: Rape, Abuse and Incest National Network (U.S.)**
www.helpguide.org/mental/domestic_violence_abuse_help_treatment_prevent Help Guide: Help for
 Abused and Battered Women
www.justicewomen.com/help_special_rape.html **Women's Justice Center: Special for Rape Victims**
 (U.S.)
www.musc.edu/vawprevention **National Violence Against Women Prevention Research Center**
www.crcvc.ca **Canadian Resource Center for Victims of Crime**
www.womensweb.ca **Women's Web (Canada)**
www.sexualassault.aloak.ca **Sexual Assault Survivors (Canada)**
www.womanabuse.ca Woman Abuse Council of Toronto
www.womenaid.org WOMEN AID INTERNATIONAL
www.cfhs.ca/athome/human_animal_violence_connection **CFHS| Women and Pets Escaping Violence**

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www.womanagainstrape.com/index.htm Woman against Rape
www.womansavers.com Woman Savers
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www.undp.org/women Women's Empowerment: UNDP
www.stopvaw.org Stop Violence against Women
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www.womennewsnetwork.net Women News Network
www.womensenews.org Women's eNews
www.allgirlsallowed.org All Girls Allowed
www.pbs.org/kued/nosafeplace No Safe Place

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