

FGM: Your body belongs to YOU.



SAFETY, TRUST AND RESPECT
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FGM stands for female genital mutilation. It's when another person cuts or removes some or all of a girl's genitals for no medical reason. It's also known as 'cutting' or 'female circumcision'. There are different levels of 'cutting' but every single one is painful, upsetting and can have significant, life-long lasting effect on physical and mental health.

Girls might be told that FGM 'protects' them from shame or dishonour, and that being cut will help them to have a happy life. Whatever the reason given, FGM is abuse and it's ALWAYS wrong.

There's absolutely no shame in your body, exactly the way it is. It's how you were made.

There's no dishonour in not wanting to go through unnecessary pain.

Abuse and violence should never be promoted and does not contribute to happiness.

All forms of FGM are abuse, and it's illegal in the UK.

Everybody has a right to be safe and protected, free from fear and harm, especially from those we love and who say they love us.

If you've had FGM, or you're worried that you're at risk, There is always help available! You're not alone.

HAD FGM? Help and support

Talk to a counsellor from NSPCC by:

Ringling 0800 028 3550 (FGM helpline 24/7)

Emailing fgmhelp@nspcc.org.uk

Or visit their website for 1-2-1 [online chat](#)

They can talk to you about what steps you want to take, including where to get support.

If you're in pain or feel unwell, it's really important that you get medical help:

You can call your doctor, or if you're not sure what to do, try calling the 24/7

NHS 111 Wales helpline by dialling 111 or 0845 46 47.

In an emergency, call 999.

Worried FGM could happen to you or someone you know?

You might be feeling pressured to have FGM. You might worry that if you're not cut, your family will be upset. Maybe you've been told that the family's honour depends on it. This is not OK.

**FGM is never OK. It's abuse.
You have the right to be safe and get help.**

Speaking up and telling someone that you're worried can be scary. Maybe you're worried that your parents will get in trouble, or that your family and community will turn against you.

It's normal to feel this way.

See below for how to get advice and support.



NSPCC - FGM Helpline - 0800 028 3550 - Email fgmhelp@nspcc.org.uk - 1-2-1 Online Chat [here](#).

BAWSO - 0800 731 8147 - Information, Advice and Support for Black & Minority Ethnic people in Wales.

Daughters of Eve - text 07983 030 488 - works to advance and protect the physical, mental, sexual and reproductive health rights of young people from FGM-practising communities. Visit their [website](#).

Petals - download an app for young people which has information on FGM [here](#).

Everybody's Business - a website about FGM run by young people for young people. Visit [here](#).



Live Fear Free Helpline Llinell Gymorth Byw Heb Ofn

0808 80 10 800



**Cymorth i Ferched Cymru
Welsh Women's Aid**