

Throughout London, girls, women, boys, men, families, and whole communities are choosing to speak out to stop the practice of FGM.

Thanks to the strength of many people speaking out and the collective support they have found in their communities – countless women and girls have been protected. These voices are part of the powerful movement against FGM.

If you or someone you know is at risk of, or has been affected by FGM, help is available:

Contact the NSPCC helpline on: **0800 028 3550**
or fgmhelp@nspcc.org.uk

For those who have already been affected by FGM, speaking to a support service can be the first step in understanding, and potentially treating side-effects of FGM, where possible.

Talking to someone who understands what you've gone through can also be a very powerful way to deal with emotions or ongoing trauma you may be feeling.

For more information and details of organisations who can offer help and support, please visit: www.london.gov.uk/FGMStopsHere

If you're a community leader or work with young or vulnerable people you must report FGM to the police

Known cases of suspected FGM in girls under 18 should be reported to the police. Known cases are when a girl tells someone she has had FGM or it is seen by a professional in the course of their work.

Contact the police by dialling 101.

Developed in partnership with:



MAYOR OF LONDON

“I spent four days in labour because of FGM.

My children are going to stay uncut.”



FGM STOPS HERE.

FEMALE GENITAL MUTILATION IS A HUMAN RIGHTS ABUSE AND A CRIME.

**“Culture is caring.
It’s not painful or harmful.**



**THERE IS A LAW...
You cannot cut women
or girls whether in or
outside the country.**

What is Female Genital Mutilation?

Female Genital Mutilation (FGM) is when the female genital organs are deliberately cut, injured, changed or removed for non-medical reasons.

FGM is sometimes called “female circumcision”. Other local terms are: tahoor, khitan, gudnii, absum, ibi, bondo, halalays, sunna, kutairi or the “bondo society”.

FGM causes both physical and psychological harm

When FGM is performed on a girl or woman she can experience serious and sometimes life-threatening health complications including severe blood loss, pain, infections, complications with childbirth. FGM can also be very emotionally damaging and can trigger serious long term trauma, depression and difficulty with intimacy.

FGM is an abuse of human rights and a crime in the UK

All forms of FGM are considered child abuse and violate the human rights of girls and women. Under the Female Genital Mutilation Act (2003) and the Serious Crime Act (2015), it is against the law to:

- Practise FGM in the UK
- Take British nationals abroad to carry out FGM
- Help anyone carry out FGM

Those convicted face up to 14 years in prison.

There is no religious basis for FGM

No religion, including Christianity, Judaism, or Islam requires girls to be cut and there is no evidence in any religious text that allows FGM to take place on girls and women.

**I SEE SO MANY PEOPLE
JOINING THE MOVEMENT.”**

Throughout London, girls, women, boys, men, families, and whole communities are choosing to speak out to stop the practice of FGM.

Thanks to the strength of many people speaking out and the collective support they have found in their communities – countless women and girls have been protected. These voices are part of the powerful movement against FGM.

By working together we can protect the next generation.

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If you are a healthcare worker, you must report FGM to the police

All regulated professionals must report any known cases of FGM in girls under the age of 18 to the police. Known cases are when a girl tells someone she has had FGM or it is seen by a professional in the course of their work.

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MAYOR OF LONDON



“My father made sure it didn't happen to me and my sisters.

Things are changing, more women are speaking out.”

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“It’s important for women to have choices over their own bodies in every way.

FGM TAKES THAT AWAY.



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FGM causes both physical and psychological harm

FGM can cause serious and sometimes life-threatening health complications.

These include:

- Extremely heavy bleeding
- Pain
- Infections
- Shock

In the longer term, FGM can cause:

- Painful periods
- Problems with childbirth - in very serious cases, even the death of the baby
- Cysts and scarring

FGM can also be very emotionally damaging with many girls and women experiencing deep trauma, depression, difficulty with intimacy and severe post-traumatic stress.

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There is no religious basis for FGM

No religion, including Christianity, Judaism, or Islam requires girls to be cut and there is no evidence in any religious text that allows FGM to take place on girls and women.

More women are speaking out and are telling their stories. WE’RE MOVING ON FROM FGM.”

Throughout London, girls, women, boys, men, families, whole communities and religious leaders are choosing to speak out to stop the practice of FGM.

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If you work with young or vulnerable people you have a duty to report FGM to the police

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MAYOR OF LONDON

“The nurse told my grandmother I could have died. I was six.

There's no way I would allow my daughters to go through FGM.

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“All my friends, all the women
that I interact with...”



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FGM causes both physical and psychological harm

FGM can cause serious and sometimes life-threatening health complications including extremely heavy bleeding, pain, infections and complications with childbirth. FGM can also be very emotionally damaging and can trigger serious long term trauma, depression and difficulty with intimacy.

There is no religious basis for FGM

No religion requires girls to undergo FGM. There is no evidence in any religious text; including Christianity, Islam and Judaism that allows FGM to take place on girls and women.

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...WE ARE ALL AGAINST FGM.”

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**“There are no benefits
from this harmful practice.**

**Together we
can make a
difference.**

**It just starts
with a
conversation.”**

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“My loved ones see the life harm FGM causes.

**THERE IS SO MUCH YOU CAN
ACHIEVE WITHIN THE COMMUNITY.
Let's empower, encourage...**



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...and uplift girls to be amazing women.”