

SUNNA
NIAKA KUYANGO

MEGREZ

BONDO
FGM/C

FANADU DI
MINDJER

KUTAIRI WAS
ICHANA

MUSOLULA
KAROOLA

KHITAM



sdas

KHIFAD IBI
GUDINIIN

MEKHNISHAB
HALALAYS

QODIN

ABSUM

UGWI

THARA

TAHOOR



*Is it
the best
thing for
you and
your family?*

**IF
YOU
ARE:**

at **risk** of being cut
in **trauma** after being
cut and **seeking help**,

in need of **advice**

**WE
CAN
HELP**

How we can help:

At SDAS we understand the trauma that can result from FGM/C. We also understand that women and girls could live in fear of being cut, or being forced to cut their daughters against their will. We provide **1-2-1 sensitive, emotional support** to survivors of FGM/C who come forward. We also empower women to make decisions about their own and their daughters' bodies by providing them with information about their rights, protection and the law.

SDAS provides sensitive and approachable staff of BME origin so do not hesitate to contact us.

Although FGM/C is done with best intentions for the future welfare of the child, and not intended as an act of abuse, it is child abuse in the UK. FGM/C is illegal, with a maximum penalty of 14 years in prison for anyone found guilty of the offence. It is also illegal to take a British national or permanent resident abroad for FGM/C or to help someone trying to do this.

*Female Genital Mutilation/
Cutting (FGM/C) includes the
partial or total removal of the
female external genitalia for
non-medical reasons.*

HEALTH COMPLICATIONS INCLUDE:

- Severe pain and shock
- Urine retention
- Injury to adjacent tissues
- Fracture or dislocation as a result of restraint
- Haemorrhage
- Infection
- Death
- Extensive damage of the external reproductive system
- Infertility due to infections
- Pelvic pain
- Uterus, vaginal and pelvic infections

- Complications in pregnancy and child birth
- Difficulties in menstruation
- Urinary tract infections (UTIs)
- Anger at the person who performed FGM/C or arranged for FGM/C to be carried out.
- Feelings of not being a 'whole' or a 'normal' girl or woman
- Emotional distress, fear, and feelings of helplessness
- Difficulties in sexual relations due to pain associated with FGM/C
- Flash backs, nightmares, anxiety and depression for a long time after FGM (known as Post Traumatic Stress Disorder, PTSD)

*Telephone
for advice*

023 9200 8328



SDAS provides inclusive services to victims and survivors of domestic abuse in South East Hampshire.



This information has been produced by SDAS in association with the African Women's Forum (AWF), the Community Development Workers Team (BME Mental Health and Wellbeing) Solent NHS Trust, and the Guinea Community of Portsmouth Group. The project is supported by Portsmouth City Council and The Office of the Police Crime Commissioner, Hampshire and Isle of Wight.

Supported by
**Portsmouth
CITY COUNCIL**



If you would like any help or advice or simply want to talk to someone about your experience you can contact us on 023 9200 8328 or 07788 495 387.

Email: patience.manhovo@southerndas.org