

Raise  
your voice  
against  
female  
genital  
mutilation



Female genital mutilation (FGM), also known as cutting, excision or circumcision, is a practice that consists of partially cutting or totally removing the genitalia of girls and women, which causes damage to their physical and mental health that lasts for the rest of their lives.

Female Genital Mutilation is a violation of human rights, a threat to communities, which concerns both women and men. It affects our partner, daughters, sisters, mothers, nieces, friends...

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Salud sexual en clave cultural



@saludsexcultura

Subvencionan



Mbaye Khole



Ibrahim Bah



Masirent Drame



Romeo Cbaguidi

Your voice  
counts!

FEMALE GENITAL MUTILATION  
ALSO CONCERNS MEN



unión de asociaciones familiares

**The engagement and involvement of men is crucial for putting a stop to FGM, by breaking the silence and publicly expressing their opposition to this form of violence against girls and women.**

**Female genital mutilation has serious health consequences and can even lead to the death of the girls or women who are subjected to it:**

- It can cause death by traumatic shock; also by infection of hemorrhage
- It increases the risk of the transmission of HIV
- It can cause infertility and it increases the risk of death during childbirth, of fetal distress and of the death of the new-born (s).
- It makes sexual relations painful, reducing sensitivity and pleasure
- It causes emotional suffering, anxiety, depression, low self-esteem, post-traumatic stress.
- It causes fistulas, complications with the kidneys, very painful periods, urine infections, pain around the scar, inflammations.

**FGM is NOT a religious mandate**  
It originates from customs that existed before religions. It is not mentioned in the Quran.

**FGM does NOT increase fertility**  
It can cause genital infections that make the woman infertile. Childbirth can be more complicated and cause fetal distress

**FGM does NOT benefit girls**  
Girls benefit from being protected from any danger that could harm them. Avoiding a practice that has dangerous consequences for the health and wellbeing of girls and women for the rest of their lives is a great act of love towards them.

**In Spain FGM is punishable by law, with 6 to 12 years in prison and the loss of custody over daughters.** The law also applies to people who participate in some way as an organiser or intermediary and it also applies when it is carried out outside of Spain.

**Many people around the world have abandoned the practice of FGM. Traditions can change** over time as the result of the community gaining new knowledge and experience. At least **5 million women and men, from 1,900 communities in more than 16 countries in Africa have abandoned female genital mutilation** in order to protect the health and life of girls and women and of the whole community.

*What can you do?*

**Find out more!**  
**Contact organisations and people who are working against FGM.**  
**Speak with your relatives and friends about the consequences of this practice.**  
**Spread awareness on your social media.**

