16 ways to help end FGM
FORWARD (Foundation for Women’s Health Research and Development) is a campaign and support charity that promotes and safeguards the health and reproductive rights of African girls and women. [www.forwarduk.org.uk](http://www.forwarduk.org.uk)

YPSO (Young People Speak Out) is a network of young advocates who educate and empower their peers through creative events, trainings and exciting fundraising projects on gender-based violence.
Female Genital Mutilation (FGM) is a cultural practice that involves the removal or injury of external female genitalia.

- FGM is practiced in 28 African countries, parts of the Middle East, and South East Asia.
- 24,000 girls under the age of 15 are at high risk of FGM in England and Wales.
• 140 million girls and women worldwide are affected by FGM.

FGM is child abuse and a violation of human rights. It is illegal in the UK.

Want to get in touch with us?

Facebook: Young People Speak Out Against FGM - FORWARD UK

Twitter: @FORWARD_Youth
A LITTLE GOES A LONG WAY

Everyone can help to make FGM history— including you! Here are 16 things you can do, from telling a friend about FGM to making a film...

Keep us posted about how you get on:
youth@forwarduk.org.uk
Spread the word

Tell your friends about FGM
Join YPSO

Like YPSO’s Facebook page & share it with friends

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Take the quiz on our Facebook page
Go flyering

Hand out FORWARD flyers at school and in your local community.
- In class
- In an assembly
- To parents

Get up, stand up!

Do a presentation on FGM
Put up a poster

- At home
- At school
- At your GP
LOOKING FOR INSPIRATION?

Meet FORWARD's young activists

"Since joining YPSO, I've been committed to campaigning against FGM - and I won't stop until it's history!"  
Awet
“YPSO has given me the confidence to stand up for what I believe in and fight for change.”

Rashida

“Being a member of YPSO makes me part of a global network dedicated to protecting girls and women.”

Natalie

To join YPSO, email: youth@forwarduk.org.uk
Get creative
Send us your work & win a prize

Design a poster
Record a song
Paint
Write a poem
Attend a forward event

Check out the website for more details — www.forwarduk.org.uk
Get together

Set up or join a group to campaign against FGM. Contact FORWARD for more info.
Fundraise for Forward

bake sale

sports day

fashion show

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Lights, camera, action!

Make a film about FGM and upload it to YouTube
Make a Night Of It

Have a film screening & show your own work
"I object!"

Set up a debate on FGM
Don’t stop

Pass this on and get others to help end FGM