



16 ways
to help
end FGM

FORWARD

Safeguarding rights & dignity

F O R W A R D (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

Y P S O (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.

FGM FACT FILE

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
- 24000 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

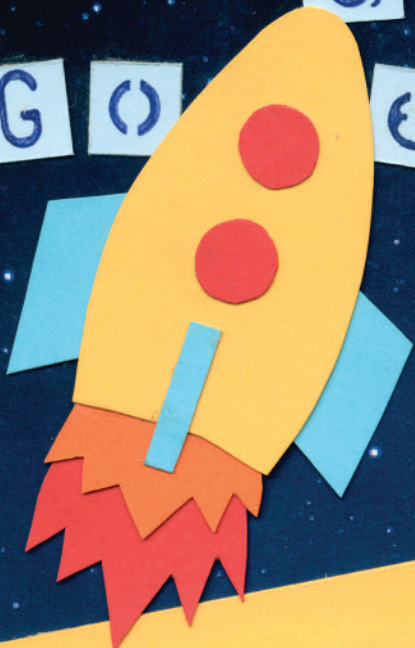
Everyone can help to make FGM history—including you! Here are 16 things you can do, from telling a friend about FGM to making a film...



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

3, 2, 1 ...

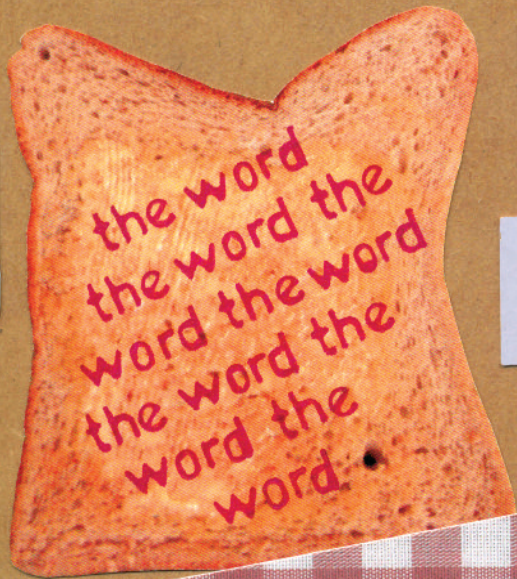
GO EXPLORE



Find out about FGM:
www.forwarduk.org.uk &
www.homeoffice.gov.uk

S p r e a d t h e

w o r d



Tell your friends
about FGM

2



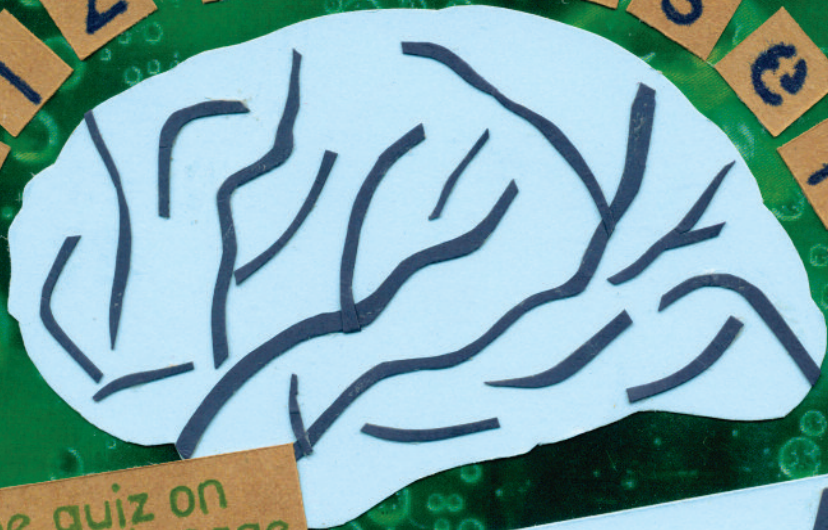
J O I N
Y P S O

Like YPSO's
Facebook page &
share it with
friends




3

QUIZ YOURSELF



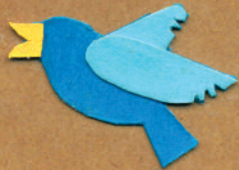
Take the quiz on
our Facebook page

4



B I O G P O S T

& T W E E T



A B O U T F G M

5

GO flyering

Hand out FORWARD flyers
at school and in your
local community



6

- In class
- In an assembly
- To parents

GET UP,

STAND UP!

Do a presentation on FGM

7

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

9



Attended
FORWARD
event

Check out the website
for more details -
www.forwarduk.org.uk

10

A herd of zebras is walking across a dry, grassy savanna landscape. In the background, there are trees and a clear sky. At the top of the image, a banner with yellow rectangular pieces contains the text "Get together" in green, hand-drawn letters.

Get together

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

11

FUNDRAISE
for FORWARD



fashion
show

bake
sale



sports
day





L i g h t s,
c a m e r a,
a c t i o n!

Make a
film about
FGM and
upload it
to YouTube



13

M C K E A

N i g h t O f I t



Have a film
screening & show
your own work

14

“

”

l o b j e c t !

S e t u p a
d e b a t e
o n F G M

15



Don't stop

Pass this on and get others
to help end FGM

16

FORWARD

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