Understanding FGM

Female Genital Mutilayion (FGM) is a procedures that intentionally alters or causes injury to the female genital organs for non medical reasons.

KEY FACTS

- FGM has no health benefits.
- It can cause lifelong physical and psychological harm.
- It is recognised internationally as a violation of the human rights of women and girls.
- In Scotland and the UK, FGM is illegal under the Prohibition of Female Genital Mutilation Act 2005.
- FGM is a form of socio cultural abuse and gender based violence.

What Is The Physical and Emotional Health Impact of FGM?

1

PHYSICAL HEALTH IMPACT

- Severe pain and bleeding
- Difficulty urinating
- Complications with menstruation
- Complications in pregnancy and child birth
- Increased risk of stillbirth and maternal death
- Risk of infection and unpleasant odour
- Risk of infertility

2

EMOTIONAL & SOCIAL IMPACT

- Trauma, anxiety and depression
- Feelings of betrayal and Isolation
- Challenges with relationships and intimacy

PROJECT ESPERANZA FGM AWARENESS

Ending FGM Together

EMPWERING WOMEN
PROTECTING GIRLS
STRENGTHENING COMMUNITIES

About us

We are a trusted organisation whose purpose is to offer practical, emotional and integration support predominantly to families of African heritage but we also support a huge base of people from multi ethnic backgrounds. We are the pioneers of race, faith and culturally sensitive, authentic and appropriate; specialised support and services in Edinburgh.

We are an anti racist and womanist initiative committed to providing specialised support services tailored to the unique needs of migrant women, families and communities

We achieve this by offering advocacy, family support, employability services, integration, youth work and women empowerment initiatives all delivered through a human rights-based paradigm.

Healing Together

Our Services

How Project Esperanza Will Support You.

- **Confidential Support & Advocacy:** safe, non-judgemental space to talk
- **Health & Wellbeing Referrals:** connections to doctors, mental health support and specialist clinics
- **Trauma Informed Support & Complementary Therapies:** one to one and group support spaces availabel weekly
- **Education & Workshops:** helping individuals and families understand the law and the risks
- **Survivor Peer Support:** connect with others who have experienced FGM

Contact us

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Follow Us: @uk_esperanza

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What Action Can You Take?

- Learn more about FGM and share knowledge with others
- Support women and girls at risk
- Challenge harmful social norms in safe, constructive ways
- Join community dialogues and workshops

If You Or Someone You Know Is At Risk:

Call 999 is someone is in immediate danger.