



**“
I was cut
when I was little.
I’ve grown up
believing
that the pain
it’s caused
is normal.”**

Female genital mutilation, or ‘cutting’, is violent, painful and can cause problems that last a lifetime. It is child abuse and it is illegal. Every girl has the right to a life free from FGM.

You can help stop it.
For advice and support, call us.

**FGM helpline:
0800 028 3550**

Free. 24/7. Anonymous.
nspcc.org.uk/fgm

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR