



COMMUNITY CONVERSATIONS

Collective Voices for Improving the Care and Reducing the Risk of FGC

Raising a Girl!



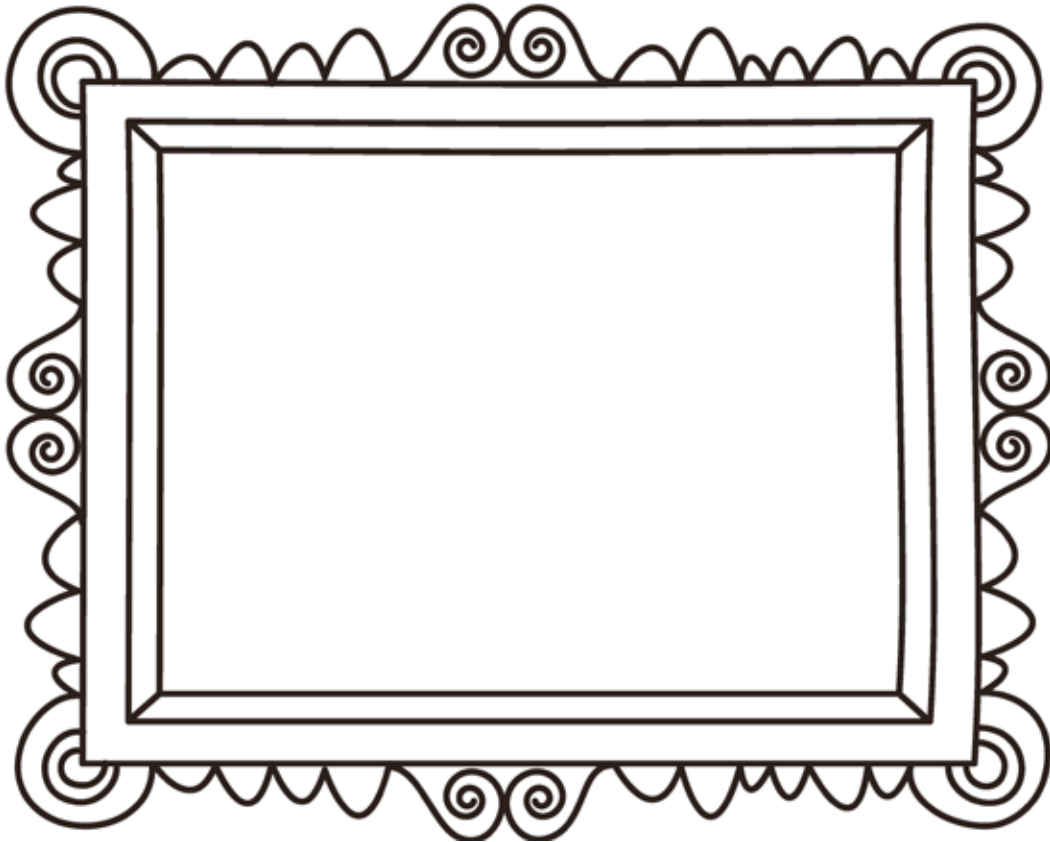
With a Special
Focus on
Conversations
about Female
Genital Cutting

Handbook Activities for Newcomer Mothers and Daughters

Moms and Daughters

This book is for the two of you to write and draw in. Before you get started, let's remember that this is a place for both of you to express your thoughts and be honest. There are many activities and questions to help start conversations. We encourage you to take your time completing this book so that you can get to know each other!

In the picture frame below, draw or place a picture of the two of you!



About You and Me

Moms and Daughters

Each of you, circle five words that *describe* you. Then, using a different color, circle five words that *describe* the other.



Why did you choose these words to describe each other?

What is your favorite thing about each other?



What makes us beautiful?

Puberty can be hard. Your body is changing and sometimes these changes can be uncomfortable. You may find that society's ideas of beauty are impossible to reach. Take the time to talk about what beauty is to you.

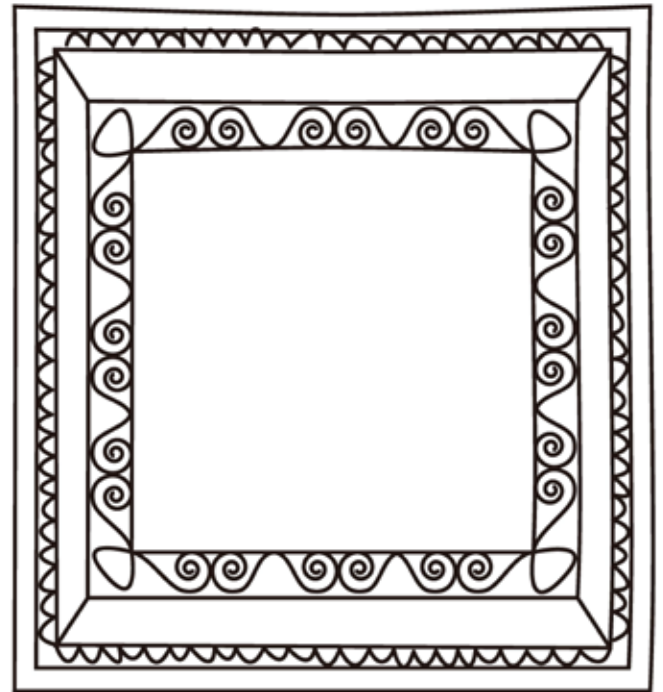
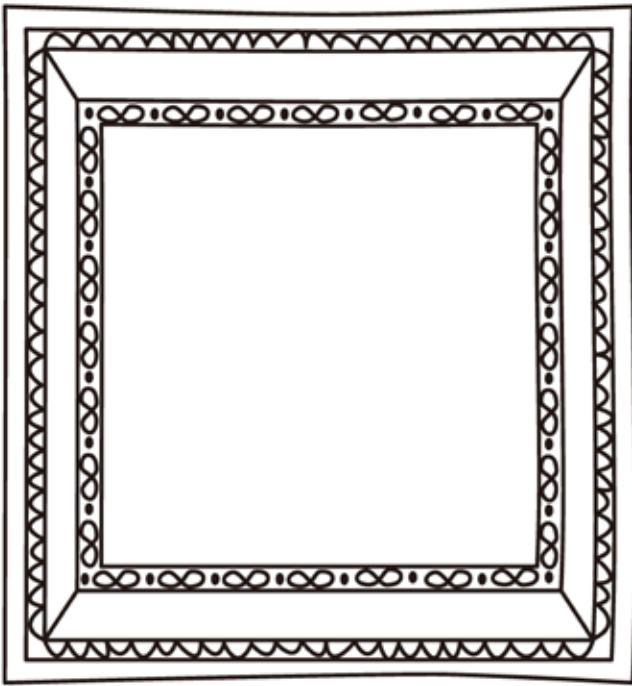
What is beauty?

Who in your life do you think is beautiful? What makes them beautiful?

What do we think is the most beautiful part of each other?



Draw a portrait of each other,
celebrating the most beautiful parts of you!



Tell me a story

Take time to share stories about yourself with each other. Choose from this list or ask about something else you are curious about!

Something
funny that
happened
to you

Your
favorite
day

A
time when
you were
scared

Your
biggest
accomplishment

Your
craziest
dream

Something
you remember
about being
my age

Spending time together

What are some things we can do together? Some examples include:

Go for a walk

Cook our favorite meal

Go shopping

Read a book

Volunteer

Start a craft

I enjoy _____ with my mom because _____

I enjoy _____ with my daughter because _____

My favorite place to go with my mom is _____ because _____

The best thing about spending time together is _____



What is a woman?

For Mothers

List five goals you have as a mother:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

(examples of goals could be to have dinner three times a week with the entire family, attend ESL classes to learn English at the same rate as your child, or spend individual time with each of your children)

What do you think it means to be a woman?

What do you admire about the women in your life?

What do you admire about yourself as a mother?

Share your goals and responses to this activity with your daughter.

How can you help her achieve her goals and keep her accountable?

How can she help you?



For Daughters

List five goals related to becoming a woman:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

(examples of goals could be to graduate from high school, have healthy relationships, learn English, etc.)

What do you think it means to be a woman?

Are there women in your life you admire or look up to? Why do you look up to them? Write their names in the hands on the tree below, then add some color!



Share your goals and responses to this activity with your mom. How can your mom help you accomplish your goals? How can you help her accomplish hers?



Appendix

Additional Resources

To learn more about our project, Community Conversations: Collective Voices for Improving the Care & Reducing the Risk of Female Genital Cutting (FGC) visit www.brycs.org.

For additional information and resources on Female Genital Cutting, take a look at our [highlighted resource list](#).

What to expect from this book

This book was created for parents and preteens who are new to the U.S. and addresses things that often come up in families raising girls in the United States. This book focuses on the healthy development of girls and includes the following topics:

- * FGC
- * How to talk about FGC
- * Normal body development for preteens
- * Health implications of FGC
- * What to expect when visiting the doctor
- * Sex Education at School
- * Friends in the U.S.
- * Building Healthy Relationships
- * Alternative Rites of Passage

This book is intended for mothers and daughters or caregivers of girls who are new to the U.S. to read through and talk about together. However, girls may feel more comfortable talking to an older sister, an aunt, or even a grandmother, which is just fine and the book can be used in the same way. The important thing is that you talk about these topics and provide the support girls need to transition into womanhood in a safe and healthy way. Feel free to openly share your opinions with one another and ask questions.

This can help girls and their caregivers understand each other better and strengthen their relationships. This is especially important as you transition into a new culture and as girls transition from childhood to womanhood. Conversation starters and questions are provided on each topic.