Thank you for participating in this peer exchange and your interest in this topic!

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• During the Q&A session, please use the chat pod on the left to submit your questions. Any unanswered questions will be posted and responded to on our BRYCS Blog.

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Today’s Presenters

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-Information & Research Specialist, BRYCS

☀️ Jennifer Siegel, MSW
-Consultant and PhD Student
Agenda

• Brief overview of FGC
• Overview of the Community Conversations project
• Details of the project process
• Overview of Raising a Girl
• Ways to use Raising a Girl
• Other available resources
• Questions and Comments

What is Female Genital Cutting (FGC)?

• The cutting, pricking, removing, or sewing closed all or part of a woman or girl’s external genitals
• Called many different names: Female Genital Mutilation, sunna, khatna, excision, infibulation, etc.
• Considered a violation of human rights, gender-based violence, and child abuse
• Classified into four different types

Why is FGC Practiced?

• Cultural norms, religion, rite of passage into womanhood, chastity, marriageability, etc.

Where is FGC Practiced?

• Practiced in approximately 30 different countries in Africa, parts of the Middle East, and Asia. Also in Europe, Australia, Canada, and the U.S.
• 200 million women and girls affected worldwide
  • 513,000 girls at risk in the U.S.
Physical and Psychological Health Implications

- Short term physical complications
  - Excessive bleeding, shock, infection, death
- Long term physical complications
  - Chronic infection, vaginal cysts, problems during sex and childbirth
- Psychological complications
  - PTSD, shame, depression, anxiety, fear of sex and childbirth

The Community Conversations Project

- Decrease the likelihood that currently impacted refugee communities will continue FGC
- Improve the practical response of service providers
- Develop community informed resources

Focus Groups

- Held once a year at five different sites
- Included a variety of cultural communities
  - Voluntary
- Informed us of needs
  - Important topics that should be addressed
- Suggested edits and approved developed resources
Raising a Girl: A Handbook for Newcomer Mothers and Daughters

- Created for preteens and parents new to the U.S.
- Designed for preteens and parents (or another trusted female) to go through together.
- Special focus on FGC
- Intended to provide education about healthy development of young girls.

Handbook Design

- Each topic has separate sections for moms and daughters
- Topics include discussion questions
- Joint activities throughout

Topics Addressed

- FGC
- Puberty and physical changes in adolescence
- What to Expect when Visiting the Doctor
- Sex Education at School
- Building Healthy Relationships with Friends
- Alternative Rites of Passage
- And more!
Addresses physical, emotional, and biological changes expected in adolescence.

Provides information about female exams, pictorial guides of female anatomy, and information about going to the doctor.

Provides information about female exams, pictorial guides of female anatomy, and information about going to the doctor.
How to talk about FGC together

Health implications of FGC

Alternative rites of passage

Activity Pages

The activity pages are designed for mother and daughter to do together. They’ve purposefully been placed after more difficult topics to encourage fruitful conversations.

Activities include:

* About You and Me
* Tell Me a Story
* What Makes us Beautiful
* Spending Time Together
* What is a Woman?
Ways to Use Raising a Girl: At Home
- Mothers and daughters
- Daughters with elder sisters, aunts, grandmothers, etc.
- Read together
- Discuss the topics together
- Work on activities together

Ways to Use Raising a Girl: As a Group
- Led by service providers, local group of women, etc.
- Each chapter is a session
- Mothers and daughters attend together
- Group can learn from one another

Ways to Use Raising a Girl: In Schools
- Led by teachers or parents in a school setting
- Add key topics to sex education curriculum
- FGC generally not addressed
Other Available Resources

- Female Genital Cutting Background
- Raising a Girl: A Handbook for Newcomer Mothers and Daughters (available in Somali)
- Ways to Use the Handbook
- Starting a Conversation with Your Doctor for Women and Girls Who Have Experienced FGC (available in Amharic, Arabic, French, Oromo, & Somali)
- Pregnancy and Childbirth for Women Affected by FGC (available in Amharic, French, Somali, & Tigrinya)

Female Genital Cutting Fact Sheets for Practitioners
- Child Welfare Professionals
- Educators
- Health Practitioners
- Obstetric Care
- Resettlement Providers

Other Available Resources

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Female Genital Cutting Fact Sheets for Practitioners
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Questions?

Raising a Girl
A Handbook for Newcomer Mothers and Daughters