



**“  
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](https://nspcc.org.uk/fgm)

**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**