

## What does a 'known case of FGM' mean and what does this mean to you?

A known case is when a child discloses they have had FGM or a parent discloses the child has had FGM or physical signs of FGM are observed by a professional.

## Why do my female children have to be referred to children's services, because I underwent FGM as a child?

In line with UK legislation and our local safeguarding procedures, any female infants in the care of a female who has undergone FGM are deemed as an increased safeguarding risk. In view of this, all children who are identified as being at an increased risk will require a safeguarding referral to children's services. This is so that the health, safety and wellbeing of the child can be ensured. It also supports children's services to ensure that the delivery of important information such as the legal and health complications can be discussed with you. This doesn't mean that your health professional assumes you agree with FGM and would put your child at risk. It is more for information sharing purposes and to ensure the protection of children is met.

**A WOMAN'S EXPERIENCE,  
EVERYBODY'S CONCERN.**

**Change starts with one voice...**

## What can you do if you feel you are at risk of FGM or a friend/family member is in danger?

There are a number of places where help can be sought; your concerns can be discussed with any healthcare professional, social services, teachers, police or support agencies such as BAWSO, NSPCC.

### If you are in the UK:

- **NSPCC** 24 hour helpline 0800 0283550  
fgmhelp@nspcc.org.uk
- **FORWARD** on 0208 960 4000
- **Police** on 101

### If you are in Cardiff, Wales:

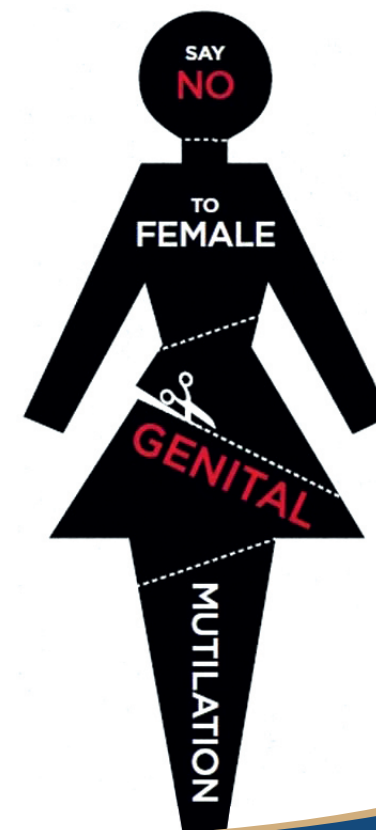
- **BAWSO** 24 hour helpline 0800 7318147.
- **Children's Services** 02920 536400 or 02920 788570 - Emergency Out of Hours
- **Cardiff & Vale UHB** - For advice: Lead FGM Midwife, Women's Wellbeing Clinic, CHAP, CRI. 02920 335449  
CAV\_CHAP@wales.nhs.uk

**If it is an emergency** and you think you or someone you know are in immediate danger of FGM, **ring the Police on 999.**

**If you are abroad** then the **Foreign and Commonwealth Office** in the UK should be contacted immediately on +44 (0) 207 008 1500.

# Female Genital Mutilation (FGM): Raising Awareness Patient Information

## Cardiff & Vale FGM Lead Midwife



## What is Female Genital Mutilation (FGM)?

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FGM is a form of both Gender/Honour Based Violence and is a form of child abuse. It is a cultural practice that is usually carried out between infancy and up to the age of 15; with most reported cases performed prior to puberty. FGM can also be known as ‘**Cutting**’, ‘**Circumcision**’ or in other languages; terms such as ‘**Sunna**’, ‘**Halalays**’, ‘**Bolokoli**’ or ‘**Tahur**’.

It is an irreversible procedure where the female genitalia are deliberately cut, injured or changed for non-medical purposes (this can include pulling of the labia and genital piercing).

## What are the health complications of FGM?

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There are no health benefits for FGM and it can cause life-long harm for individuals.

Complications from FGM can include:

- Increased pain (Physical & Psychological)
- Repeat infections (Urine & Vaginal)
- Problems getting pregnant
- Excess bleeding, cysts or increased scarring
- Problems passing urine
- Period problems
- Pain during sex
- No sexual pleasure
- Flashbacks, depression or other psychological illness
- Pregnancy and childbirth complications

## What should I expect from my health professional if I disclose I have had FGM?

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Health professionals are there to support you with all your health needs; this includes both physical and psychological aspects of care.

Questions around FGM are becoming a routine question within health services. So health professionals may ask you questions such as ‘have you ever had FGM?’ or ‘do you intend to have your daughters cut?’ during routine health appointments. If you disclose you have had FGM, you can expect to be cared for by your health professional in a non-judgmental manner and with respect, privacy and dignity. If you have any language barriers and do not speak English, an interpreting system can be used. Please let your health professional know if you need any translation support.

There are different types of FGM and in order to provide you with the appropriate management and treatment on disclosure of FGM. The health professional caring for you, may ask for your consent to examine your genitalia. This will only be carried out with your consent.

## Why might you be offered an examination?

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The purpose of being offered an examination is because we are aware that FGM can carry with it health problems. In some cases, FGM may also require a procedure to ‘re-open’ the female genitalia in order to help improve the health and well-being for the individual. This procedure is known as de-infibulation. If you are offered a de-infibulation procedure by your health professional, further information will be provided to you before you make your decision.

## What is the UK law around FGM?

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FGM is a violation of human rights and is illegal under UK legislation. The FGM Act (2003) makes it an offence for UK nationals or anyone in the UK to:

- Perform FGM in the UK or abroad
- Assist the carrying out of FGM in the UK or abroad
- Assist a girl to carry out FGM on herself in the UK or abroad

The legislation is outlined in a small health passport ‘**Statement Opposing FGM in the UK**’ that can be printed in various languages:

<https://www.gov.uk/government/publications/statement-opposing-female-genital-mutilation>

It is worth taking this health passport with you when visiting your home country.

## What is the health professional’s duty in relation to the recent amendments to the legislation (Serious Crime Bill 2015) & what does that mean for you?

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In view of the recent changes to the legislation, your health professional has an obligation by law to report all ‘**known cases**’ of FGM in girls under the age of 18 to the police as well as children’s services. This duty is no different to reporting any other forms of abuse against children. The ‘mandatory reporting’ is for all females under the age of 18 who have a history of known FGM. If a referral is required, this will be done in a sensitive manner and discussed with you prior to referral.

## Beth yw ystyr 'achos hysbys o FGM', a beth mae'n ei olygu i chi?

Daw'n achos hysbys pan fydd plentyn yn dweud ei fod wedi cael FGM, neu riant yn dweud bod ei phlentyn wedi cael FGM, neu weithiwr iechyd proffesiynol yn gweld arwyddion corfforol o FGM.

## Pam mae'n rhaid i fy merch gael ei hatgyfeirio i'r gwasanaethau plant oherwydd fy mod wedi cael FGM pan oeddwn yn blentyn?

Yn unol â deddfwriaeth y DU a'n gweithdrefnau diogelwch lleol, ystyrir bod merch sydd yng ngofal menyw y sydd wedi cael FGM yn risg diogelu uwch. Oherwydd hyn, dylid atgyfeirio plentyn risg uwch i'r gwasanaethau plant er mwyn gofalu am iechyd, diogelwch a llesiant y plentyn. Mae hefyd yn gyfle i'r gwasanaethau plant rannu gwybodaeth hanfodol gyda chi, er enghraifft am gymhlethdodau iechyd a allai godi, a materion cyfreithiol. Nid yw'n golygu bod y gweithiwr proffesiynol yn credu eich bod yn cytuno ag FGM, ac y byddech yn rhoi'r plentyn mewn perygl. Mae'n ymwneud yn fwy â rhannu gwybodaeth a diwallu anghenion diogelu'r plentyn.

**PROFIAD MENYW,  
PRYDER PAWB.**

**Mae newid yn dechrau  
gydag un llais...**

## Beth allwch chi ei wneud os ydych chi, neu ffrind/aelod o'r teulu mewn perygl o ddioddef FGM?

Mae nifer o lefydd y gallwch droi atynt am help; gallwch drafod eich pryderon gyda gweithiwr iechyd proffesiynol, y gwasanaethau cymdeithasol, athrawon, yr heddlu, neu asiantaethau cymorth fel BAWSO a'r NSPCC.

### Os ydych yn y DU:

- **NSPCC** llinell gymorth 24 awr 0800 0283550  
fgmhelp@nspcc.org.uk
- **FORWARD** ar 0208 960 4000
- **Heddlu** ar 101

### Os ydych yng Nghaerdydd, Cymru:

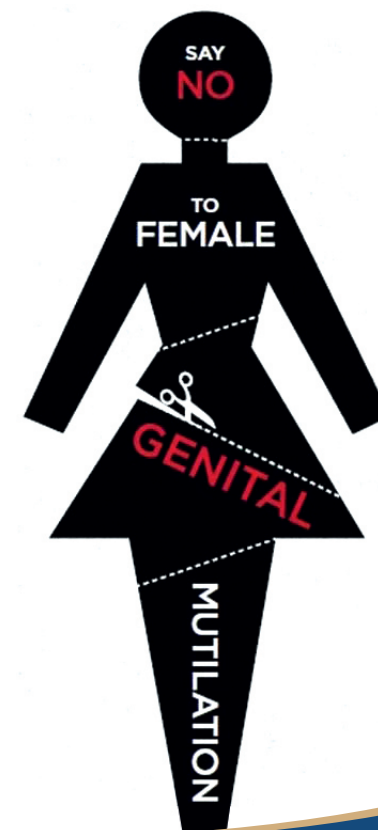
- **BAWSO** llinell gymorth 24 awr 0800 7318147
- **Gwasanaethau Plant** 02920 536400 neu 02920 788570 – Argyfwng y Tu Allan i Oriau
- **Caerdydd a'r Fro** - Am gyngor: Bydwraig Arweiniol ym maes Anffurfio Organau Cenhedlu Menywod - 02920 335449

**Mewn argyfwng** a'ch bod chi, neu rywun rydych yn ei adnabod mewn perygl o ddioddef FGM, ffoniwch yr Heddlu ar **999**.

**Os ydych mewn gwlad dramor**, cysylltwch â'r **Swyddfa Dramor a Chymanwlad** ar unwaith ar +44 (0) 207 008 1500.

# Anffurfio Organau Cenhedlu Benywod (FGM): Codi Ymwybyddiaeth – Gwybodaeth i Gleifion

Bydwraig Arweiniol ar FGM Caerdydd a'r Fro



## Beth yw Anffurfio Organau Cenhedlu Benywod (FGM)?

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Trais ar sail Rhyw/Anrhydedd yw FGM sy'n fath o gam-drin plant. Mae'n ymarfer diwylliannol sy'n digwydd i ferched ar ryw adeg rhwng babandod a 15 oed; mae'r rhan fwyaf o achosion a gofnodwyd yn digwydd cyn iddyn nhw gyrraedd y glasoed. Defnyddir geiriau fel **'Torri'** neu **'Enwaedu'** hefyd ar gyfer FGM ac mewn ieithoedd eraill, termau fel **'Sunna'**, **'Halalays'**, **'Bolokoli'** neu **'Tahur'**.

Mae'n weithdrefn nad yw'n bosibl ei gwyrddroi ac mae'n golygu torri, niweidio neu newid organau cenhedlu benyw am resymau anfeddygol (gall hyn gynnwys tynnu'r labia a thyllu'r organau cenhedlu).

## Beth yw'r cymhlethdodau iechyd sy'n gysylltiedig ag FGM?

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Nid oes mantais i iechyd yn sgil FGM a gall niweidio'r unigolyn am oes.

Gall y cymhlethdodau gynnwys:

- Poen Cynyddol (Corfforol a Seicolegol)
- Heintiau dro ar ôl tro (Dŵr a Gweiniol)
- Problemau beichiogi
- Gwaedu'n ormodol, codennau, creithiau cynyddol
- Problemau pasio dŵr
- Problemau mislif
- Poen wrth gael rhyw
- Dim pleser rhywiol
- Ôl-fflachiau, iselder neu salwch seicolegol
- Cymhlethdodau yn ystod beichiogrwydd ac wrth eni plant

## Beth alla i ei ddisgwyl ar ôl dweud wrth weithiwr iechyd proffesiynol fy mod wedi cael FGM?

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Mae gweithwyr iechyd proffesiynol yno i gefnogi eich holl anghenion iechyd; mae hyn yn cynnwys gofal corfforol a seicolegol.

Mae cwestiynau am FGM yn codi'n aml o fewn y gwasanaethau iechyd. Efallai y gwnaiff gweithiwr iechyd proffesiynol ofyn cwestiynau fel 'ydy chi erioed wedi cael FGM?' neu 'ydych chi'n bwriadu trefnu i'ch merched gael eu torri?' mewn apwyntiad iechyd. Os byddwch yn datgelu bod wedi cael FGM, gallwch ddisgwyl cael eich trin gan eich gweithiwr iechyd proffesiynol mewn dull anfeirniadol a chyda pharch, preifatrwydd ac urddas. Os oes rhwystrau ieithyddol c nad ydych yn gallu siarad Saesneg, gellir defnyddio system gyfieithu. Rhowch wybod i'ch gweithiwr iechyd proffesiynol os oes angen gwasanaeth cyfieithu arnoch chi.

Mae gwahanol fathau o FGM, ac er mwyn rheoli a thrin eich sefyllfa bersonol chi, mae'n bosibl y bydd eich gweithiwr iechyd proffesiynol yn gofyn am eich caniatâd i archwilio eich organau cenhedlu. Ni fydd hyn yn digwydd heb eich caniatâd.

## Beth fydd yr archwiliad yn ei gynnig i chi?

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Rydym yn cynnig archwiliad am ein bod yn ymwybodol bod FGM yn gallu arwain at broblemau iechyd. Mewn rhai achosion, efallai y bydd angen 'ailagor' yr organau cenhedlu er mwyn gwella iechyd a llesiant yr unigolyn. Os yw eich gweithiwr iechyd proffesiynol yn cynnig hyn i chi, byddwn yn rhoi mwy o wybodaeth cyn i chi wneud penderfyniad.

## Beth yw'r gyfraith yn DU ar FGM?

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Mae Anffurfio Organau Cenhedlu Benywod yn torri hawliau dynol ac felly'n anghyfreithlon o dan ddeddfwriaeth y DU. Mae Deddf Anffurfio Organau Cenhedlu Benywod (2003) yn ei gwneud yn drosedd i ddinasyddion y DU neu i unrhyw un yn y DU:

- Anffurfio organau cenhedlu benywod yn y DU neu dramor
- Rhoi cymorth i anffurfio organau cenhedlu benywod yn y DU neu dramor
- Rhoi cymorth i ferch anffurfio ei horganau cenhedlu ei hun yn y DU neu dramor

Amlinellir y ddeddfwriaeth mewn pasbort iechyd byr **'Datganiad yn Gwrthwynebu Anffurfio Organau Cenhedlu Benywod'**. Mae modd ei argraffu mewn nifer o ieithoedd:

<https://www.gov.uk/government/publications/statement-opposing-female-genital-mutilation>

Mae'n werth mynd â'r pasbort iechyd pan ewch i'ch mamwlad.

## Beth yw dyletswydd gweithwyr iechyd proffesiynol yn sgil y diwygiadau diweddar i'r ddeddfwriaeth, (Bil Troseddau Difrifol 2015) a beth mae'n ei olygu i chi?

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Oherwydd newidiadau diweddar yn y ddeddfwriaeth, mae goblygiad cyfreithiol i'ch gweithiwr iechyd proffesiynol i hysbysu'r heddlu a'r gwasanaethau plant am bob **'achos hysbys'** o FGM ymysg merched o dan 18. Mae'r un peth ag adrodd am unrhyw fath o gam-drin plant. Mae 'hysbysu gorfodol' yn berthnasol i bob menyw o dan 18 oed sydd â hanes hysbys o FGM. Os bydd angen atgyfeirio, gwneir hyn mewn dull sensitif, a chaiff hynny ei drafod gyda chi cyn atgyfeirio.