FGM is when part or all of a woman or girl's genitals is cut with something sharp like a knife or razor.

There is no medical reason for FGM.

There are three ways FGM can happen:

1. When a woman or girl's clitoris is cut with something sharp like a knife or razor.
2. When a woman or girl's clitoris and vaginal lips are cut with something sharp.

3. When a woman or girl's vaginal lips are cut with something sharp and stitched together.

FGM is very painful. It can hurt women and girls in their body and in their mind for a long time.

FGM is illegal. If you think FGM is happening to you or someone you know, you should:
- phone the police on 999 or
- phone the FGM helpline on 0800 028 3550