

## Help/Support

- Police - 999
- MASH (Multi-Agency Safeguarding Hub)/ Children's Social Care in your local area
- Childline 0800 11 11 (this number will not show up on a phone bill)
- NSPCC 0800 028 3550 (FGM Helpline) – a free 24hr service for advice, information or support. Email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)
- FORWARD (Foundation for Women's Health, Research and Development) 020 8960 4000 [www.forward.org.uk](http://www.forward.org.uk)
- Karma Nirvana (forced marriage and "honour"-based abuse) National helpline: 0800 5 999 24 7
- Forced Marriage Unit +44 (0) 20 7008 1051
- Foreign and Commonwealth Office +44 (0)20 7008 1500 Call the Foreign and Commonwealth Office if you are abroad and need help or advice.
- Oxford Rose Clinic – a specialist FGM clinic based at the John Radcliffe Hospital. The clinic also accepts self-referrals (via phone 07767 671 406 or email: [oxfordrose.clinic@nhs.net](mailto:oxfordrose.clinic@nhs.net)). This is a confidential service open to pregnant and non-pregnant women that is run by a female doctor.



## Contact/Donate

Contact us for information about training, to sign up for our newsletter and for helpline posters to display in your local school, GP surgery and community centre.

- @OAgainstCutting
- Oxford Against Cutting
- [info@oxfordagainstcutting.org](mailto:info@oxfordagainstcutting.org)
- [www.oxfordagainstcutting.org](http://www.oxfordagainstcutting.org)

OAC relies on funding and donations to carry out this vital work.

Please pledge your support at [www.oxfordagainstcutting.org/donate-here/](http://www.oxfordagainstcutting.org/donate-here/)

Thank you.

Charity registration number 1161597



Working to end harmful practices against girls and women in the Thames Valley

## Oxford Against Cutting

*Oxford Against Cutting is a rights-based charity working to prevent female genital mutilation (FGM) and forced marriage of girls and women living in the Thames Valley, and to support survivors.*

*We deliver workshops for teachers, students, community groups and professionals. We raise awareness through helpline posters, campaigns and creative arts. We empower our Youth Wing to champion social change.*

## Training for teachers and professionals

Our skilled, experienced team delivers training on FGM and forced marriage to school staff, community groups, domestic abuse workers, police officers and social workers.

Our training is tailored to the needs of your group.

Delegates who attend our training gain a marked increase in confidence in safeguarding children against FGM, forced marriage and "honour"-based abuses.

All our sessions are run with a facilitator from an affected community.

To book anti-FGM training or forced marriage training, please contact us: [info@oxfordagainstcutting.org](mailto:info@oxfordagainstcutting.org)

*"A really rich and comprehensive learning experience. Having a facilitator from an FGM community is such a valuable aspect of the training".*

## Schools lessons

We deliver schools lessons from key stage 1 to sixth form / college level, to support learning on FGM and forced marriage.

Our lessons are age appropriate and tailored to meet the needs of the students. They increase students' confidence in talking about harmful practices and ensure they know where to get help.

Our lessons include:

- **'Who can you tell?' (Key Stage 1)**  
This lesson is based on the NSPCC PANTS campaign and supports learning on sexual harm. There is no specific mention of FGM.
- **'What is culture?' (Year 6)**  
This lesson is designed to give children an understanding of FGM within the broader context of human rights and cultures. The lesson provides a valuable opportunity for children to think about the human rights issues that they are passionate about.
- **FGM lesson (secondary)** - includes the reasons, harms and law relating to FGM and how we can create change
- **Forced marriage and "honour" based abuse (primary and secondary)** - includes the difference between arranged and forced marriages, the reasons, harms, law and creating change
- **Assemblies on FGM, forced marriage and human rights**



OxfordAgainstCutting  
ProtectingGirls&Women

## Body Image

We offer body image workshops to students aged 16+ to reflect on the social pressures on girls and women to change their bodies.

With the influence of pornography and social media, many girls are feeling pressured to undergo body alterations such as lip fillers, skin whitening and surgery to achieve "perfect" genitals.

Our workshops include accurate information about the natural function, appearance and diversity of female genitalia.

Students will consider the reasons for carrying out cosmetic genital surgeries, of which some may be similar to the reasons given for girls to undergo FGM. They will learn about the law, the injuries and support services for girls at risk or who have suffered genital harm.

Our workshops increase both learning and overall body confidence. Students will also be given the opportunity to participate in our campaigns and Youth Wing activities.

*"The lesson taught me to feel more comfortable with my body"*