What is Female Genital Cutting (FGC)?

Female genital cutting refers to, "...all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons" (W.H.O. 2025)

There are multiple types of FGM/C:

Type of FGC	Definition
Type 1 (Clitoridectomy)	Cutting of the clitoral hood or prepuce, or the partial or complete cutting of the clitoris)
Type 2 (Excision)	The partial or total removal of the inner labia, which could include removal of the clitoris and a part of the outer labia
Type 3 (Infibulation)	Cutting away the inner and/or outer labia, which may or may not include the clitoris, and then sewing up the wound to leave just a small hole for urinating and menstruating.
Type 4 (Other)	Includes all other harmful practices performed on a woman's genitalia, such as piercing, incising, burning the genitals or even inserting substances into the vagina to tighten it.







Want to learn more about Sahiyo?

What is Female Genital Cutting?



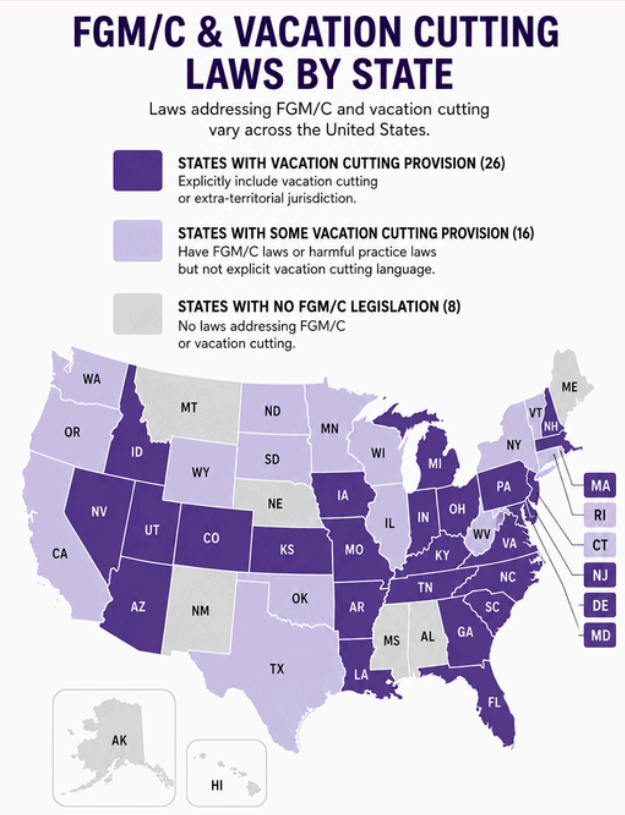
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United Against **Female Genital Cutting**

FGM/C in the U.S.

Although often misperceived as a human rights violation that only occurs abroad, FGM/C affects communities across the United States.

Vacation Cutting

Some girls are taken from their place of residence during school vacations or holidays to undergo FGM/C before returning home. This occurence is commonly referred to as vacation cutting.



Myth vs. Fact

Many misconceptions about FGM/C contribute to stigma and misinformation. Understanding the facts helps promote respectful conversations, support survivors, and strengthen prevention efforts.

Myth	Fact
FGM/C only happens in Africa	FGM/C has been documented in over 94 countries, including the United States.
FGM/C is required by religion.	FGM/C is a harmful social norm found across multiple religious communities. No religion should require harming children.
FGM/C is only performed on children.	While it most commonly occurs during childhood, FGM/C can be performed at any age depending on cultural context and circumstances.
FGM/C is the same as gender-affirming care.	No. FGM/C is a non-medical form of harm performed without informed consent and recognized as a human rights violation. Gender-affirming care is evidence-based healthcare provided with informed consent.

Lasting Impacts

FGM/C can have immediate and lifelong health consequences. Every survivor's experience is unique.

Physical Health

- Severe pain and bleeding
- Infection
- Urinary and menstrual complications
- Chronic pelvic pain
- Pregnancy and childbirth complications

Psychological Health

- Anxiety
- Depression
- Post-traumatic stress disorder (PTSD)
- Difficulty trusting others
- Changes in body image and intimacy

Remember: Many survivors live healthy, fulfilling lives. Access to trauma-informed medical care, mental health services, and supportive communities can make a meaningful difference.

