



MY FGM/C SAFETY PLAN

For girls and women at risk of Female Genital Mutilation/Cutting

CONCERN: Being Taken Abroad for FGM/C

1. If my family is planning on taking a trip abroad and I suspect that it may be for the purpose of having me undergo FGM/C, I can create the following reasons not to go:

2. If I find out going on this trip is unavoidable, here are my next steps:

- a. I will decide on a code word to use with friends and trusted adults, and ask them to keep it on their phone so that they will remember it, should I need to use it.
My code word is _____
- b. If under the age of ____, I will contact child protection services in my province, or ask a service provider (teacher, family doctor, social worker, etc.) to contact them on my behalf, stating my concerns.
- c. If over the age of ____, I will plan an escape (see below)
and/or
- d. Plan for my safety while abroad (see below) and/or

3. If I am in an emergency situation I will call 911 and explain my situation

4. If I find out at the airport I am being taken abroad for FGM/C:

- a. I will seek out a security officer or airport staff such as airline staff
- b. I will ask them to notify the police
- c. If I have a cell phone I will call 911 if I am in danger



Planning an Escape

Safety When I am Preparing to Leave.

1. I will stay at _____ when I leave.

If I plan to use a shelter, I will contact them to make sure they accept youth of my age, and also to check availability. (Many shelters have limited availability and may not have the capacity to house everyone who calls). I will talk to an expert on resources for youth in my community, to help me plan ahead. I will contact: (name of agency or agencies) _____ by _____ (date).

If I plan to stay with a friend or relative, I will talk to them about my plans in advance, and make sure that everyone within their household (parents, spouse, the host's family) is onboard with this plan. I will ask them to let me know who they are going to tell about the plan. I will ask them not to tell anyone who is not immediately impacted. I will let them know that I will not be telling my parents about this until I have left.

2. I will open a bank account at a bank different from the one(s) used by my family.

I will open the account at: Branch _____ of Bank _____ by _____ (date).

*For anyone 12 years or older who has their own ID, they can open their own bank account.

3. I will collect things I need to take with me and keep them handy in a purse or small bag. I will make sure to take the following:

- i. **Identification** (circle all that apply): birth certificate, driver's license, social insurance card, health card, passport, immunization records, school records, other _____
- ii. **Medication** (list): _____
- iii. **Keys** (circle all that apply): home, locker, workplace, car, other _____
- iv. **Money**, credit cards, jewelry or small items I can sell

4. If I will be staying with a friend or family member, I will ask if I can leave a small duffle bag at their place ahead of time. I will fill it with clothing, toiletries, and small personal items that will be of use when I leave. I will include a few pictures or personal items that have sentimental value and will help me cope emotionally when I leave. Even if I plan to



stay at a shelter, I will ask a friend if I can leave this bag with them ahead of time.

Safety After I Have Left

1. When leaving school, work, or anyplace else that I go regularly, I will use different routes and times so that my travel will not be predictable.
2. I can make the following people at my school, work, or place of worship aware of my situation (include security at each location)

3. I will download an app that allows me to press one button in order to have my location and a message that I am in danger shared with multiple friends and trusted adults at once.
4. I can also do other things to protect myself when I have left, such as:

Safety in Case I Am Taken Abroad

1. If I cannot avoid going, I will make the following friends and trusted adults aware of my fears:



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2. I will leave a photocopy of my birth certificate, passport and other important documents with a trusted friend or adult, along with the details of my trip (flight numbers; dates and times of departure and arrival back in Canada; names, addresses, and contact information of people with whom I will be staying and their relationship to me), full names, contact information and relationship of people who will be travelling with me, and a recent photo of myself. I will tell them to contact Global Affairs Canada by _____ (date) if I have not returned.
 3. If possible, I will take a second photocopy of my birth certificate, passport and other important documents with me, and keep them hidden (e.g., in the lining of a suitcase or purse)
 4. Before I leave, I will complete the free online form, Registration of Canadians Abroad, found at: <https://travel.gc.ca/travelling/registration> _____ (by day/time).
 5. I will take Global Affairs emergency phone number with me and make sure I put it in my phone or memorize it: 613-996-8885 (call collect outside Canada).
 6. I will create and take a list of agencies in Canada that may be able to support me, as well as a list of anti-FGM/C NGOs in the country to which I will be travelling.

Canadian agencies:

NGO's in _____ (destination country):



7. I will take a cell phone with me, keep it charged, hidden and silent. If I need to contact someone, I will text them.

8. If there is talk of a celebration for me, or for a group of girls or young women, or if there is any other indication that FGM/C will be performed, I will immediately inform my friends and trusted adults (teachers, family doctor, social worker) back in Canada, and contact Global Affairs. If there is time, I will reach out to the NGO's I have identified in the country where I am now staying, and prepare to leave on short notice.

CONCERN: Cutter Coming to My Home to Perform FGM/C

1. What makes me think FGM/C might happen?

Things others have said:

Things I have seen:

Other reasons:

2. I will make note of all information I can get on the cutter
 - a. Name
 - b. Phone number and email address
 - c. Address in home country
 - d. Connection – how do my family know the cutter?



e. Other info _____

3. When do I think they are coming?

a. They are already here or will arrive shortly

Call 911 if I am in immediate danger.

b. In a few weeks or longer

i. I can ask a teacher, family doctor, social worker, etc. to contact child protection services in my province on my behalf.

ii. I can contact the police and state my concerns and/or I will plan an escape (see above)

My Emotional Wellbeing

I can do the following:

a. If I feel depressed and ready to return to a potentially dangerous situation, I can

I can also call _____

b. When I have to talk to my parents in person or on the phone I can prepare ahead of time by

c. I will use "I can..." statements and I will be assertive with people.



d. I can tell myself “ _____ ”
when I feel people are trying to control or abuse me.

e. I can call the following people and/or places for support (names/ phone numbers), connect with family/ friends who support my decision and are anti-FGM/C:

f. Things I can do to make myself feel stronger are:

Examples: I can do other things that are proven to strengthen my emotional wellbeing

- i. Keep a gratitude journal
- ii. Meditate and practice mindfulness
- iii. Spend time with a pet or with a friend’s pet
- iv. Spend time in nature
- v. Start journaling about my thoughts, feelings, and what’s happening in my life
- vi. Create art (painting, sculpting, writing, playing a musical instrument)
- vii. Get my body moving – dance, sports, walking, exercise at a gym or on my own
- viii. Learn and practice simple grounding techniques