



**Female Genital Mutilation/Cutting Safety Plan  
For the parent(s) of a daughter at risk of FGM/C**

\*Could be adapted for use by another adult, friend or family member, who is not the parent

This FGM/C plan is to help you protect your daughter from FGM/C.

1. Fill in the blanks with information that applies to you.
2. Use the "To do" lists in this plan.
3. Make copies of your plan and share them with people you trust. Give one copy to your support worker.
4. A support worker can also help you fill out your plan.

What is the concern? :

- a) The family will be travelling abroad and fear that their daughter(s) may be at risk in another country.

Fill out the safety plan and put in place directions from section A below.

- b) There is a fear that your daughter will be cut in Canada, either by the other parent or another relative, or by a cutter who will be brought to Canada to perform FGM/C.

**Your duty is to report this to Child Protective Services if your daughter is within the age of protection within your province. At that point, Child Protective Services will handle safeguarding the child.**

If your daughter is over the age of protection in your province, fill out the following safety plan section as required.

**Safety Plan**

- My daughter's code word to leave the home or to call for help in an FGM/C situation is:

\_\_\_\_\_

- This is the safest way for my daughter to enter or leave my home (or the place we are visiting)

\_\_\_\_\_

- If my daughter cannot leave my home (or the place we are visiting), they can go to these rooms if they are in danger (think of rooms that have ways to escape and doors that lock.) :

\_\_\_\_\_

- A safe place that my daughter can go to near our house (or near to the place we are visiting).

\_\_\_\_\_



**END FGM**  
CANADA NETWORK

END FEMALE GENITAL MUTILATION/CUTTING

---

- People, my daughter can call for help if they don't feel safe (ie. trusted adults):

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

**To do:**

- Hide originals of important documents in a safety deposit box or with a trusted friend.
- Keep copies of all court orders, like a restraining order, peace bonds, or access orders, with me at all times.
- Practice leaving my home and getting my emergency bag. See the last page of this safety plan for a checklist of things to pack.
- Add telephone numbers to my cell phone for support people and the closest shelter. I can use a fake contact name if we don't want anyone to know we may call a shelter.
- Memorize important telephone numbers in case I can't get to my cell phone.
- Tell family and friends my code word for when we need help, and tell them what we want them to do.

Other: \_\_\_\_\_

**Depending on my daughter's age and my situation, I can go over this plan with my child and I can:**

- Teach them my code word for when they need help, and tell them what I want them to do.
- Tell them where the telephones at home are and teach them how to use a landline if they need to call 911 or someone else for help.
- Teach them how to use a cell phone if they need to call 911 or someone else for help.
- Teach them what to say when they call 911 or someone else for help. For example, their name, my name, and our address.
- Tell them who can pick them up, and to go to the closest adult or call for help if someone else tries to pick them up.
- Tell them if I want them to answer the door or pick up the phone.
- Tell them not to tell anyone where I am or where they are.
- Other: \_\_\_\_\_



END FGM  
CANADA NETWORK

END FEMALE GENITAL MUTILATION/CUTTING

#### A) Risk of travelling abroad

- Sign up with “Registration of Canadians Abroad,” a free service for Canadians travelling or living abroad. <https://travel.gc.ca/travelling/registration>
- Connect with family members or friends in the destination country who are against FGM/C. If you do not have trusted family or friends abroad, connect with an anti-FGM/C organization in the destination country.
- Have the contact information for the Canadian embassy or consulate in the country to which you are travelling. You can find a list of Canadian embassies and consulates and their phone numbers on this website: <https://travel.gc.ca/assistance/embassies-consulates>
- 
- Memorize Global Affairs Canada’s phone number **1-613-996-8885**. They are responsible for assisting Canadians living or travelling abroad, and can support your return to Canada.

#### My Emergency Bag Checklist

Use this checklist to help you pack a bag in case you and your daughter need to leave your home quickly. Keep this bag somewhere safe in your home or with a trusted friend or family member. You should leave immediately if you have safety concerns. Only get your bag if you can do so safely.

Copies or photographs of important documents:

- birth certificates for you and your children
- marriage certificate
- immigration papers
- passports
- car registration
- medical records
- insurance documents
- copies of court orders
- work permits
- banking books and records
- mortgage or lease documents for home and car
- Extra sets of keys that I need, like home, car, and work keys
- Medications and prescriptions
- Change of clothes
- Special or valuable items, like family photos, important jewellery, small gifts from my family

Children’s important items:

- medications and prescriptions
- vaccination records
- special toys
- change of clothes

Other:

Keep my wallet and purse in a spot where I can get them quickly. Make sure I have my:



**END FGM**  
CANADA NETWORK

END FEMALE GENITAL MUTILATION/CUTTING

---

- credit cards
- debit cards
- some cash, both in Canadian currency and in the currency of the country I am visiting
- health card
- driver's licence
- VIN (Vehicle Identification Number)
- Social Insurance Number (SIN) card
- cell phone and charger
- cheque book