



FGM female genital mutilation

Guide for parents

What is FGM?

FGM, or female genital mutilation, refers to procedures in which a girl's or woman's external genitalia are damaged without a medical reason.

In some cultures, FGM is a tradition and is not performed with malicious intent. However, FGM causes serious physical and psychological harm, such as pain, infections, scarring, and traumatic experiences.

Efforts to prevent FGM in Finland

In Finland, FGM and preparing for it are criminal offences. Taking a girl abroad for the procedure is also considered a crime. The objective of the law is to protect children.

In Finland, families are supported in making decisions that are in the best interests of the child through open and respectful dialogue. Preventing FGM is a shared goal and responsibility.

What can parents do?

- Talking with family and the community can help ease situations where traditions create pressure.
- It is important to know that FGM is not required by any religion.
- Maternity and child health clinics, healthcare, social services, and early childhood education provide easily accessible support.
- Nollalinja: A free and confidential helpline for discussing concerns related to FGM.
- Omaperhe.fi and THL (Finnish Institute for Health and Welfare): reliable information and resources for families.



Watch a video about this topic.

The THL website has a lot of useful additional information.

