



ABOUT IFRAH

The Ifrah Foundation was founded in 2010 by Ifrah Ahmed, an Irish citizen originally from Somalia. Ifrah is one of East Africa's foremost campaigners against Female Genital Mutilation (FGM). Her vision is the abandonment of FGM in Somalia, the country with the highest incidence in the world, and beyond.

FGM FACTS

Female genital mutilation (FGM) includes procedures that **intentionally alter or cause injury** to the female genital organs for non-medical reasons.

The procedure has **no health benefits** for girls and women.

More than **200 million** girls and women alive today have been cut in **30 countries** in Africa, the Middle East and Asia where FGM is concentrated.



FGM is mostly carried out on young girls between **infancy and age 15**.

Procedures can cause **severe bleeding** and problems urinating, as well as cysts, infections, **complications in childbirth** and increased risk of newborn deaths.

FGM is a violation of the **human rights** of girls and women.



FGM PROCEDURES

Female Genital Mutilation (FGM) comprises all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons. FGM procedures are classified into four major types.

TYPE 1

Partial or total removal of the clitoris (a small, sensitive and erectile part of the female genitals), and in very rare cases, only the prepuce (the fold of skin surrounding the clitoris). This procedure is often referred to as **clitoridectomy**.

TYPE 2

Partial or total removal of the clitoris and the labia minora (the inner folds of the vulva), with or without excision of the labia majora (the outer folds of skin of the vulva). This procedure is often referred to as **excision**.

TYPE 3

Infibulation is the narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the labia minora, or labia majora, sometimes through stitching, with or without removal of the clitoris (clitoridectomy).

TYPE 4

This includes all other harmful procedures to the female genitalia for non-medical purposes. Type 4 procedures include pricking, piercing, incising, scraping and cauterizing the genital area.



LONG-TERM HEALTH PROBLEMS

INFECTIONS

Genital abscesses (sores filled with pus that must be drained) and infectious diseases such as hepatitis B.

SEXUAL HEALTH

Pain, especially during sex, is caused by extra scar tissue, which is common after type 2 or type 3 FGM procedures.

MENTAL HEALTH

Depression, anxiety and shock. Girls may not understand what was done to them or why.

URINARY & MENSTRUAL

Problems urinating and painful menstrual periods. Some women are left with only a small opening for urinating and menstrual bleeding. They may not be able to pass all of their menstrual blood or urine. This can cause infections, pain, and periods that are longer than normal.

FISTULA

An opening between the urethra and vagina that lets urine run into the vagina. This can happen when the urethra is damaged during FGM/C. Fistula causes incontinence and other problems, including odours, and can cause girls and women to become social outcasts.

CHILDBIRTH

Problems during and after childbirth. Women may be at risk for longer labour and caesarean section. They are also more at risk for excessive bleeding after childbirth.

DEINFIBULATION

DEINFIBULATION refers to the practice of cutting open the sealed vaginal opening in a woman who has been infibulated, which is often necessary for improving health and well-being as well as to allow intercourse or to facilitate childbirth.



IFRAH FOUNDATION

“Be the voice, not the victim”
Ifrah Ahmed

Ifrah Foundation was founded in 2010 by Ifrah Ahmed, who is an Irish citizen and originally from Somalia. Ifrah is one of East Africa’s foremost campaigners against FGM. Ifrah Foundation is a registered charity in Ireland and in Somalia.

The prevalence rate of FGM in Somalia is 98%, which is the highest incidence of FGM in the world. Ifrah Ahmed's vision is the abandonment of FGM/C in Somalia and beyond.

IFRAH'S RECENT ACHIEVEMENTS IN SOMALIA

2016

- Over one million people sign a petition to the Somalian president for the introduction of FGM/C legislation.
- Ifrah appointed as Gender Advisor to the President of Somalia.

2017

- Ifrah appointed as Human Rights advisor to the Government of Somalia.
- The first high-level conference of political and religious stakeholders convenes to debate FGM/C.
- 18-month in-depth research study on the status of FGM/C in Somalia.
- Authored the methodology for the National Action Plan for FGM/C abandonment in Somalia.

2018

- Co-ordinated a high-level National Gathering on FGM attended by key stakeholders in conjunction with Global Media Campaign.
- Delivered Media Training Academy in Mogadishu with the Global Media Campaign.
- Steered the Attorney General to to investigation, with a view to prosecution for FGM/C following world-wide traction on the story of the death of 10-year old Deeqa, who bled to death after the procedure.
- Made a widely viewed documentary on Deeqa's story to highlight the harmful implications of FGM/C:

Watch: <https://youtu.be/rp1z58BGE8w>



IFRAH'S MODEL OF SYSTEMIC CHANGE

Ifrah Foundation has created a now proven 'Model of Systemic Change' for ensuring the abandonment of FGM/C in Somalia, tailored to the cultural climate of the region.

Extensive research, consultation and evaluation has led to the development of a National Action Plan for the eradication of FGM in Somalia. This work is undertaken in the context of the UN Sustainable Development Goals mandated by the United Nations for the global abandonment of FGM/C by 2030.

The 'Model of Systemic Change' relies on working in partnership with key stakeholders, including government agencies and civil society, to amplify and sustain our **three pillars of action**: 1) Awareness raising 2) Advocacy 3) Community Empowerment

1 AWARENESS RAISING

Implementation of media initiatives to amplify education and communication around FGM/C. This work includes collaboration with the Global Media Campaign to End FGM.

Our joint activities include the facilitation of a high-level conference on FGM and a media training academy in Somalia. We work together to produce documentaries that aim to raise awareness of FGM.

2 ADVOCACY

Ifrah Ahmed is gender advisor to the Prime Minister of Somalia. Ifrah Foundation liaises with Legal Action Worldwide and the Somali Government to advance legislation that criminalises and punishes the practices of FGM.

Ifrah Foundation has developed a National Action Plan for the Eradication of FGM in Somalia, for which we are actively seeking Government support and strategic implementation partners.

3 COMMUNITY EMPOWERMENT

Provision of education, training and information to the range of stakeholders and communities, including the highly successful 'Ambassador Network' outreach project and the 'Dear Daughter' campaign.

Ifrah Foundation works with Trócaire to research and develop tailored eradication strategies in Somalia. We also provide medical, social and psychological supports to FGM survivors in Somalia, Ireland and beyond.



GET INVOLVED

If you would like to learn more about Ifrah Foundation's work, you can connect with us on social media and subscribe to our mailing list for news updates. Ifrah Foundation's social media and newsletter keeps our supporters informed of our progress, campaign activities and forthcoming events.



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www.ifrahfoundation.org

TAKE ACTION

While Somalia has the highest incidence of FGM in the world at 98% prevalence, sustained efforts in other countries have had significant impact.

Ifrah Foundation is convinced that by delivering our model of systematic change, with key strategic partners on the ground, we can have a **positive impact** in Somalia.

We need your help to do this.

Please **donate** to Ifrah foundation through our website: www.ifrahfoundation.org/donate

