



We are Freedom Ambassadors, we look to:

- . inform people about Forced Marriage and FGM (Female Genital Mutilation)
- . give information
- . change something that is wrong
- . get the message through to different schools and communities
- . spread the message to as many people as possible
- . help women around the world, because we believe every woman should have a choice.

# Some of what we do:

- . Assemblies
- . Charitable events, such as film showings
- . Whole Year workshops for Year 7
- . Attendance at family events
- . Mentoring younger ambassadors who also want to raise awareness

## Forced Marriage

### What is it?

Forced marriage is when a person or both people do not agree to the marriage they are being forced into. Sometimes abuse or pressure is used.

### What are the signs that it might be happening?

- The person may feel anxious or depressed.
- They may have told you that some of her/his brothers or sisters have been married at a very young age.
- Your friend may feel generally down and not interested in life.
- Their activities may be restricted by family members.

What do I do if I think it is happening to me or someone I know?

If you're worried about a friend or yourself going through these signs and fear that you or they may be forced into a marriage, tell your teacher or school mentor, immediately. You can say that you wish to say anonymous. If needed, give your teacher and your school the links that are in this booklet.

## FGM (Female Genital Mutilation)

What is it?

FGM (Female Genital Mutilation) is removing part of or all of the female genitals on the outside of the body.

What are the signs that it might be about to happen?

- Going on an extended holiday to a country which practices FGM.
- Going to have a 'special procedure' or 'celebration'

What are the signs that it has happened?

- May have difficulty walking, sitting or standing.
- Not partaking in physical exercise.
- A girl may talk about pain between her legs.

What do I do if I think it is happening to me or someone I know?

If you think this may happen, you must act immediately. If the person is in serious danger, then it is best to call the police right away. If you think that they may go through FGM in the future, then it is best to have the Freedom Charity app.

## Freedom Ambassador's recommend:

### Reading:

*But it's not fair!* by Aneeta Prem.

*Cut Flowers* by Aneeta Prem.

*A Teenage Girl's Guide to being Fabulous* by Suzanne Virdee.

### Websites:

[www.freedomcharity.org.uk//](http://www.freedomcharity.org.uk//)

[www.gov.uk/guidance/forced-marriage](http://www.gov.uk/guidance/forced-marriage)

[www.nhs.uk/Conditions/female-genital-mutilation](http://www.nhs.uk/Conditions/female-genital-mutilation)

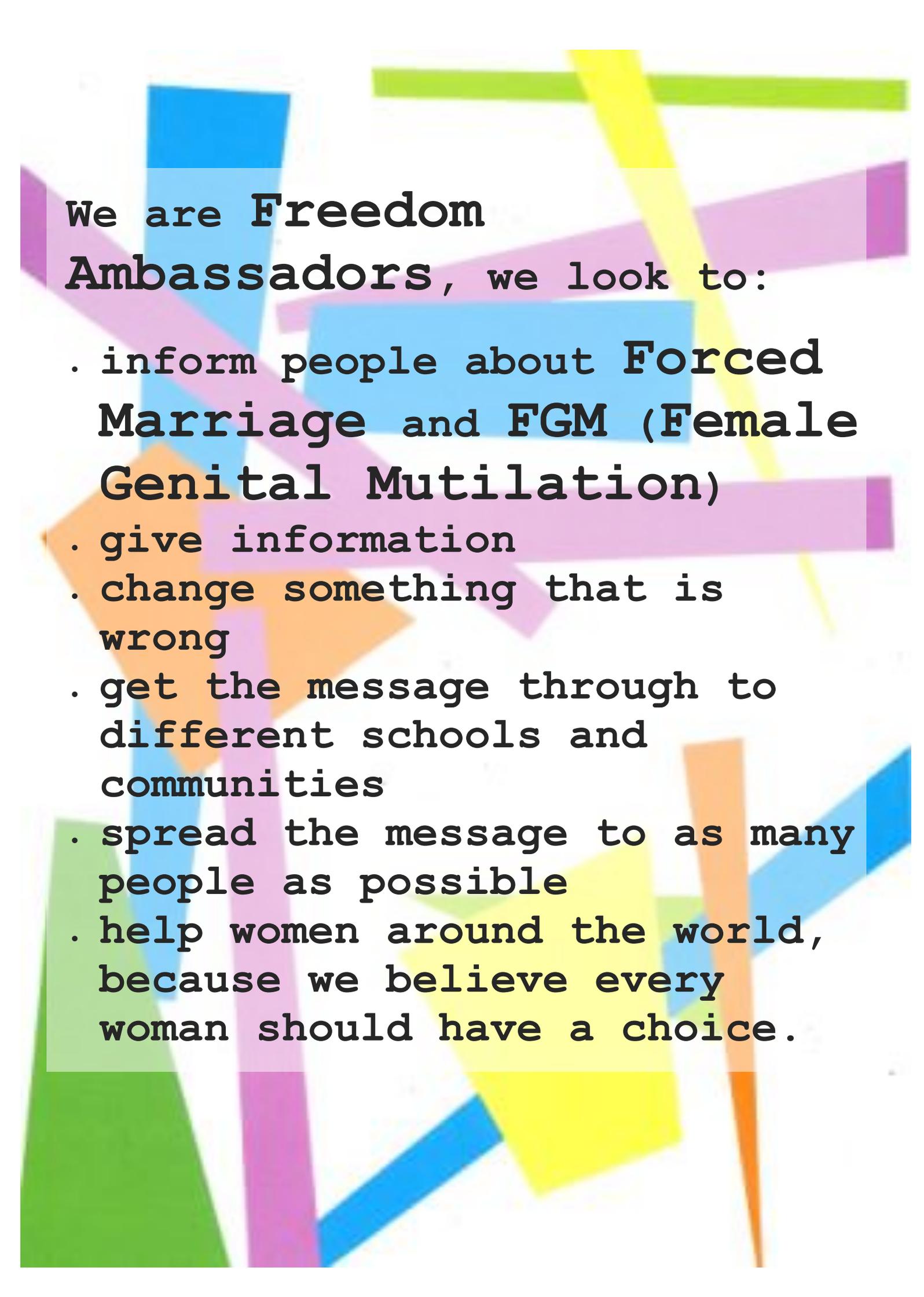
Further information about our work can be found at [georgedixonacademy.com](http://georgedixonacademy.com).



# FREEDOM AMBASSADORS

For more information about the work we do, and the workshops we will be holding with Year 7, please visit our stall at the Community Hub outside S1.





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