

One

illustration

~~**1 excision**~~

every 4 minutes



**excision
parlons-en !**



Our main mission

The French organization EPE – Let's talk about excision! – is dedicated to listening to women who have experienced Female Genital Mutilation (FGM). Its main areas of action include raising awareness about the physical, psychological, and sexual consequences of FGM, promoting its eradication, and encouraging dialogue.

Every four minutes...

one girl in the world becomes a victim of some form of FGM. But this figure can change.

With this brochure, EPE aims to take action by educating and facilitating the transfer of information. The EPE team hopes that instead of an act of excision, there will be an illustration every 4 minutes... and believes that, thanks to you, this project can become a reality.



Actions of the EPE Association

The French association EPE - Let's talk about excision! - is actively engaged in informing, educating, and raising awareness among the general public, health and education professionals, and policymakers.

These efforts reflect EPE's mission to foster dialogue and promote understanding of the realities and consequences of Female Genital Mutilation (FGM).

To Know Is to Protect

This brochure invites you to explore female anatomy and the different types of Female Genital Mutilation (FGM) in a clear and educational way. Gaining a better understanding of the female body is the first step toward protecting it and becoming a committed ally to the Zero Tolerance cause and the International Day of Zero Tolerance for FGM, observed on February 6.

The Injuries and Damages Caused by FGM

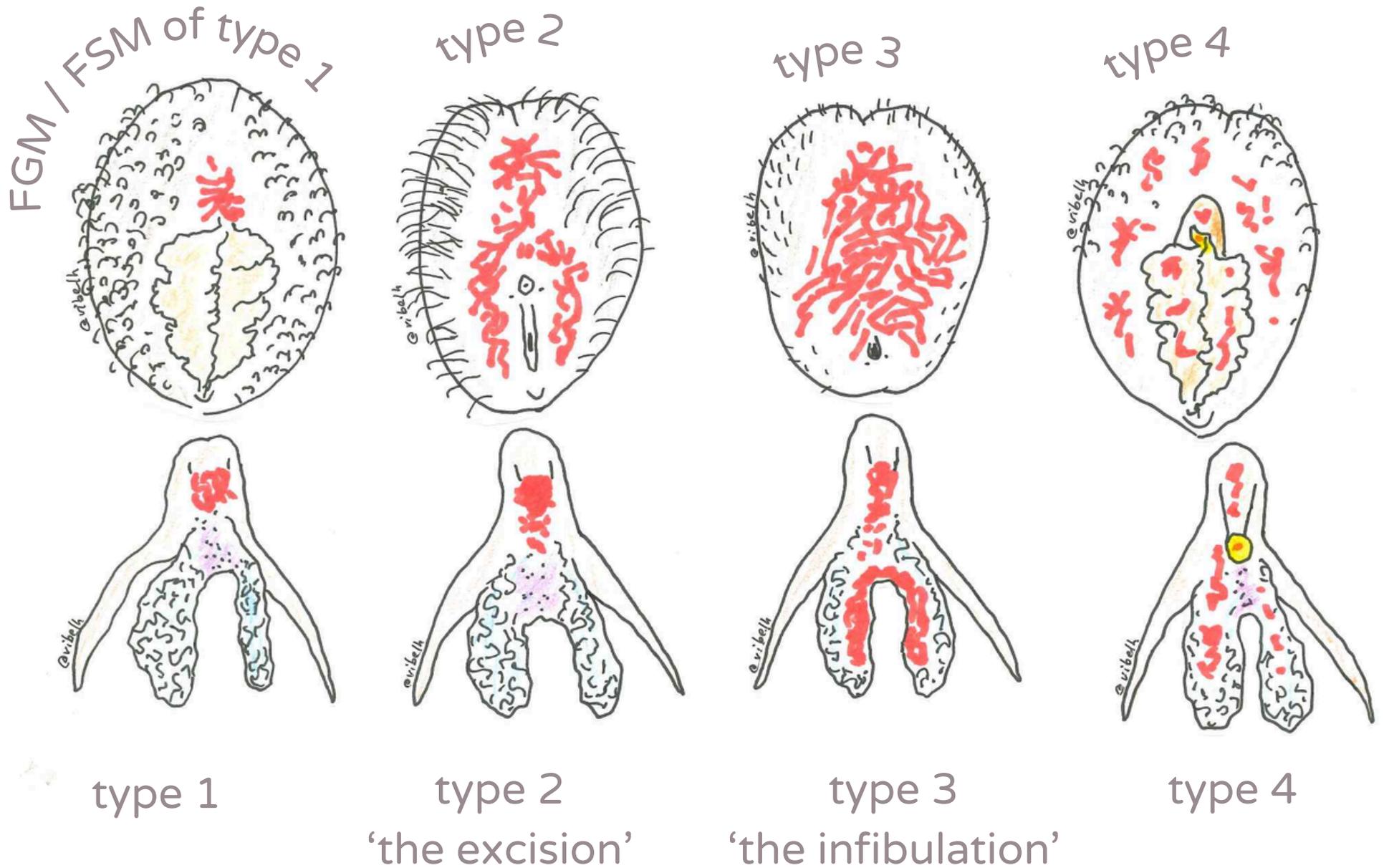
FGM causes both external and internal injuries to the vulva and clitoris. Some scars can be detected at a glance or during medical, gynecological, or obstetric examinations.

The sexual functions of the reproductive system are always affected by FGM, though to varying degrees depending on the type experienced. Additionally, certain forms of FGM alter urinary function.

Beyond physical damage to the genital and urinary areas, FGM also causes psychological and emotional harm, which together can permanently affect intimate life, relationships, maternal health, and overall well-being .

In France, many organizations, including EPE, use the plural term 'Female Sexual Mutilations' (FSM), a designation more commonly used in the French context, to emphasize that FGM affects all stages of sexual development in girls, adolescents, and women.

Injuries and Scars on the Vulva Caused by FGM (or FSM)



Injuries and Scars on the Clitoris Caused by FGM (or FSM)



To Understand the Injuries Caused by FGM (or FSM)

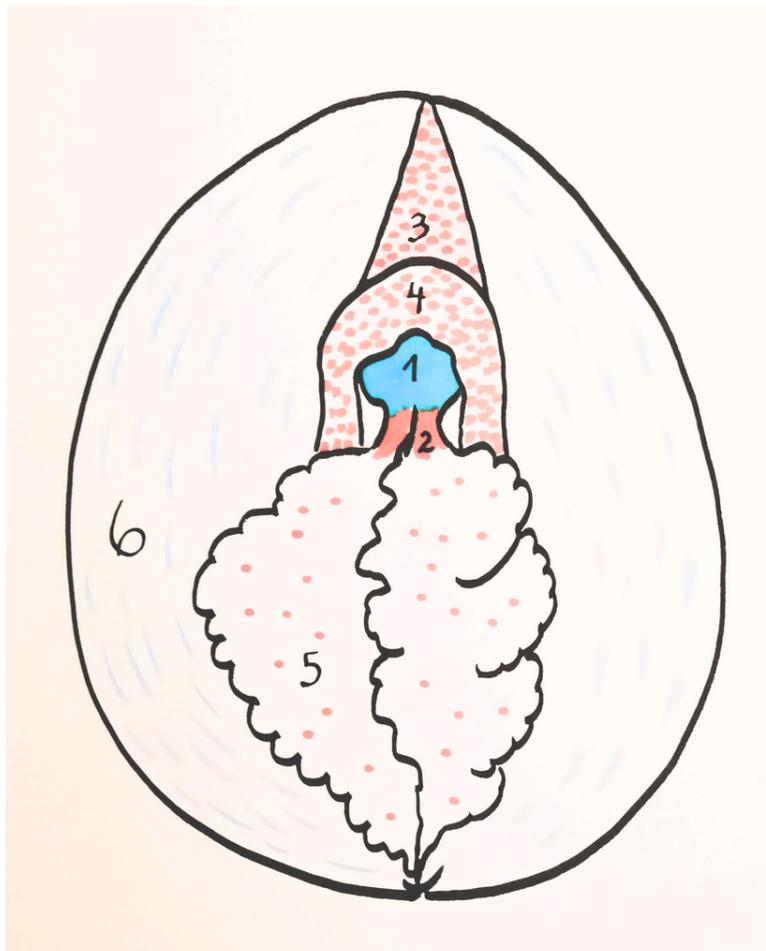
It is essential to understand the anatomy and function of the body, particularly the female reproductive system.

Above all, it is important to have points of comparison, that is, to know the intact anatomy of:

- the vulva
- the vestibule
- the clitoris

On the next pages, you will find anatomical illustrations and a glossary presenting the intact vulva, vestibule, and clitoris.

These visual references are essential for understanding the terminology and identifying the areas affected by FGM (or FSM).



The Intact Vulva

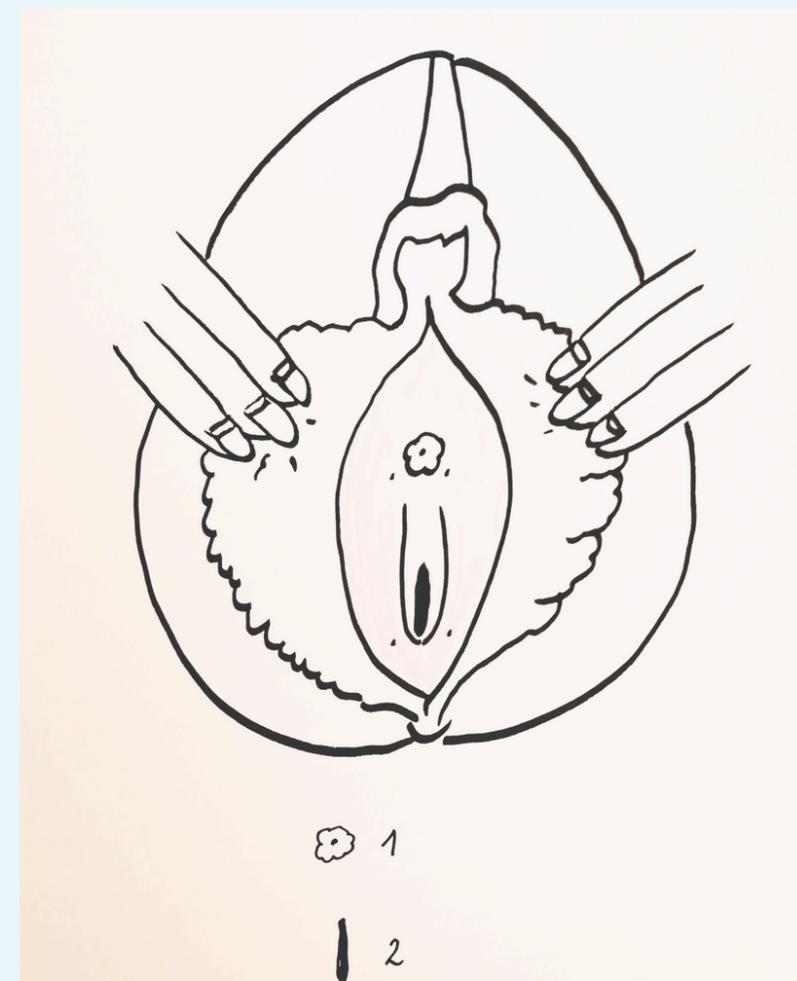
1. Glans of the clitoris
2. Clitoral frenulum
3. Skin covering the shaft of the clitoris
4. Clitoral hood - the skin that covers part of the clitoral glans.
5. Labia minora (inner lips of the vulva)
6. Labia majora (outer lips of the vulva)

The Intact Vestibule

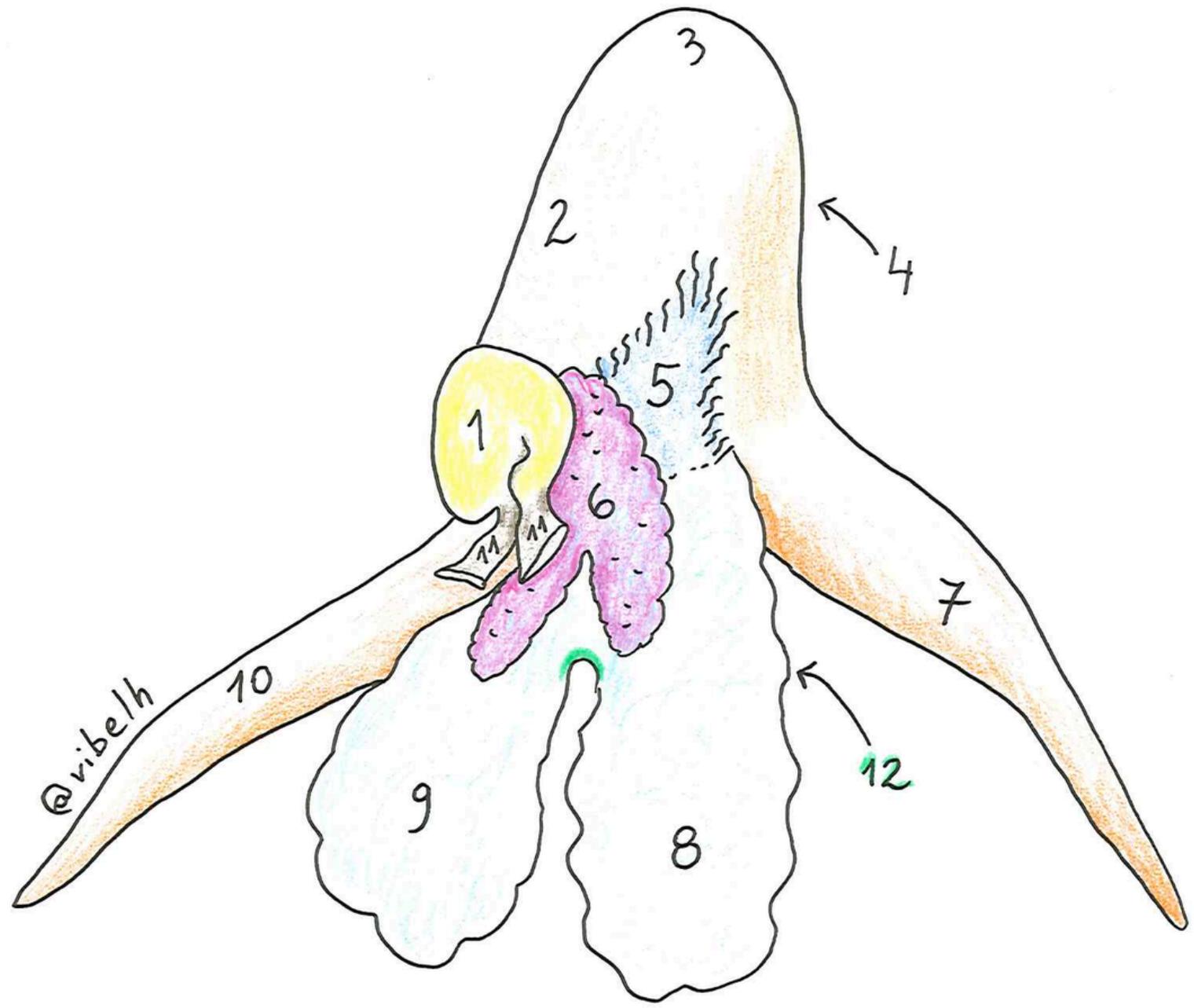
Protected by the labia minora and several glands, it remains moist and elastic. Its natural lubrication provides protective properties against infection.

The urethral opening (1) allows urine to exit the body.

The vaginal opening (2) allows the passage of secretions, menstrual flow, and the baby during childbirth. It is also involved in sexual intercourse.



Schematic Illustration of the 12 Anatomical Parts of the Clitoris

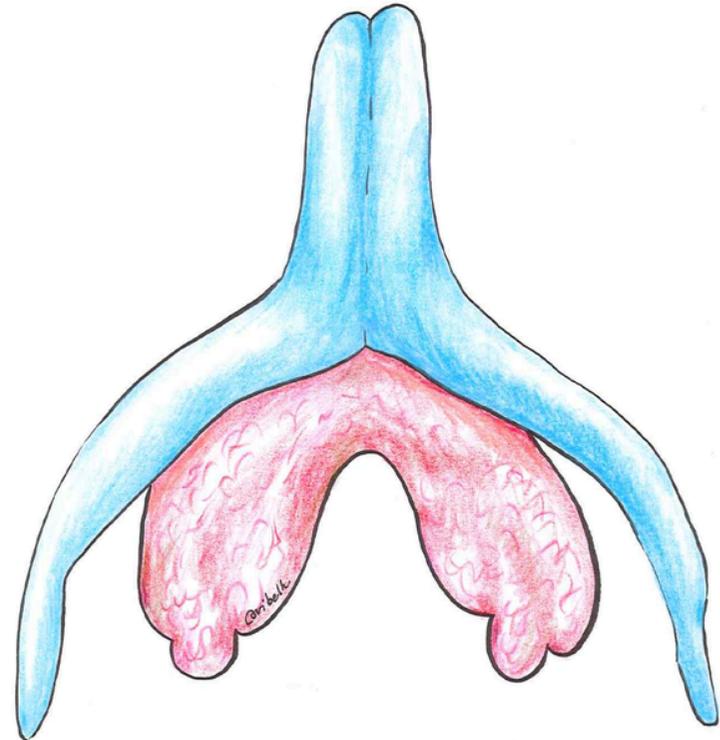
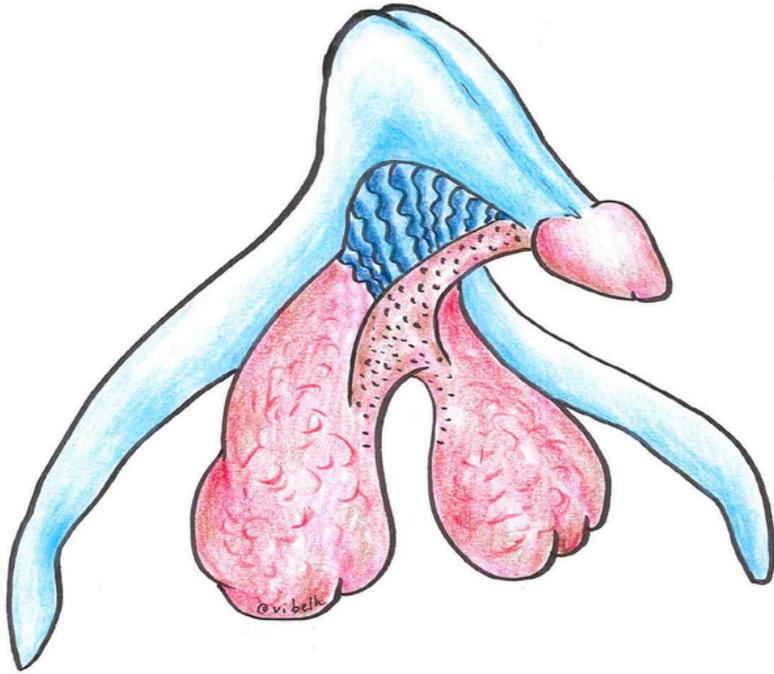


The 12 Anatomical Parts of the Clitoris

1. Clitoral glans
2. Descending body of the clitoris
3. Clitoral angle
4. Ascending body of the clitoris
5. Pars intermedia (clitoral venous plexus)
6. RSP - Residual Spongy Infra-corporeal Part
7. Left crus of the clitoris
8. Left vestibular bulb of the clitoris
9. Right vestibular bulb of the clitoris
10. Right crus of the clitoris
11. Clitoral glans (1), divided into two lobes, forms the **Clitoral frenulum** - the origin point of the labia minora.
12. Vestibular bulbs (8-9), joined medially, form the **Bulbar commissure**.

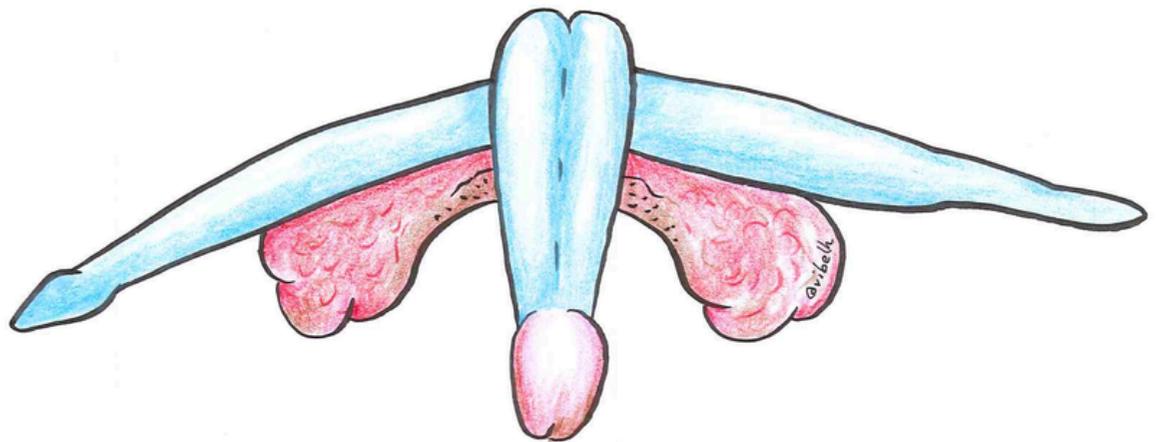
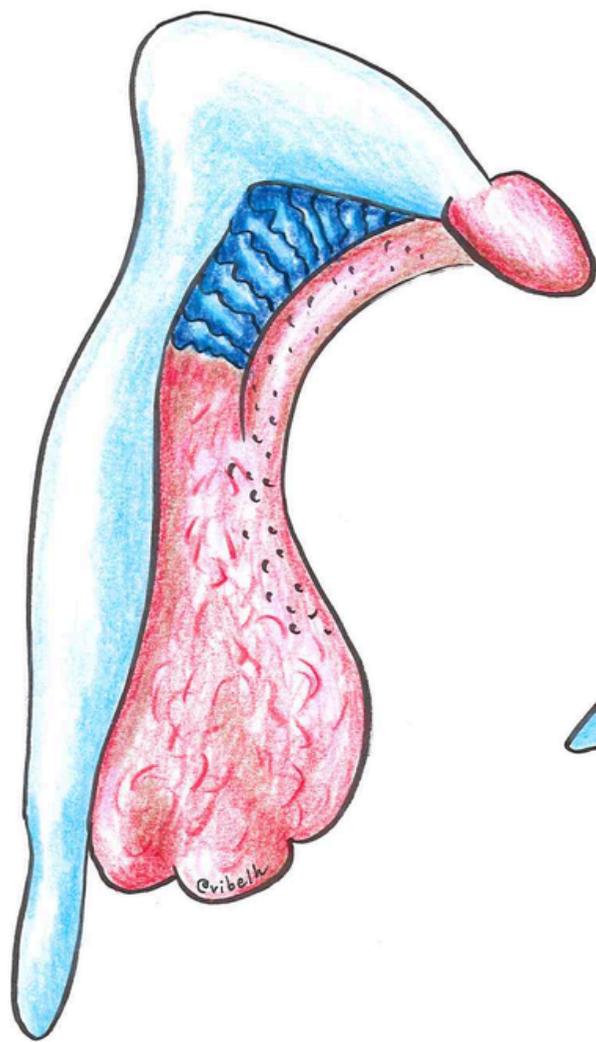
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Let's identify the blue parts
in these two clitoral
illustrations!



Answer: the crura, the ascending and descending bodies, and the angle. The venous plexus (pars intermedia) appears in dark blue.

Which of these clitoral diagrams shows the position of a woman standing facing you?



Answer: The clitoral diagram that looks like an airplane.

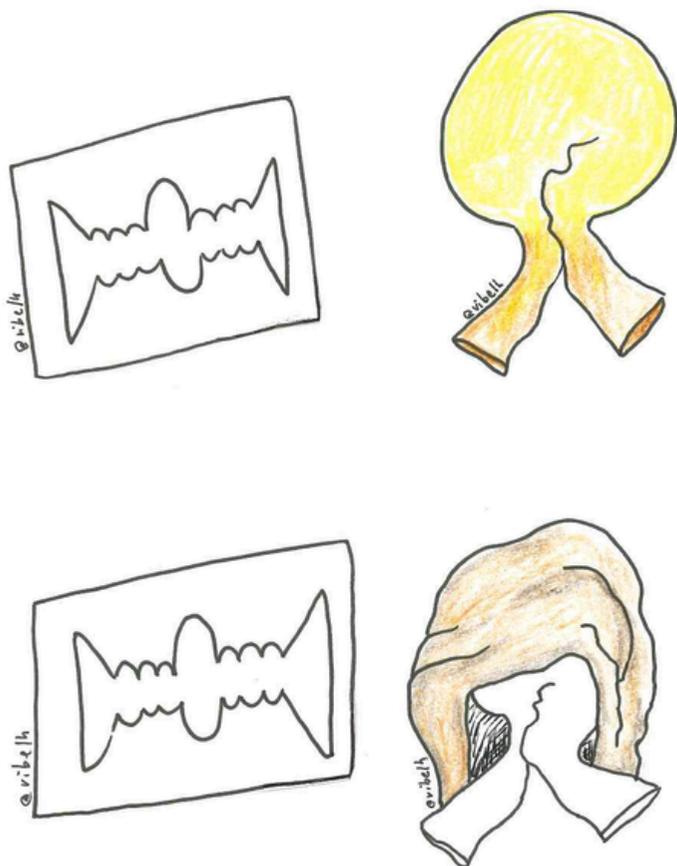
The Four Types of Female Genital Mutilation:

Types 1 and 2

FGM or FSM of type 1

There are variants.
But generally:

Cutting of the clitoral glans and frenulum.

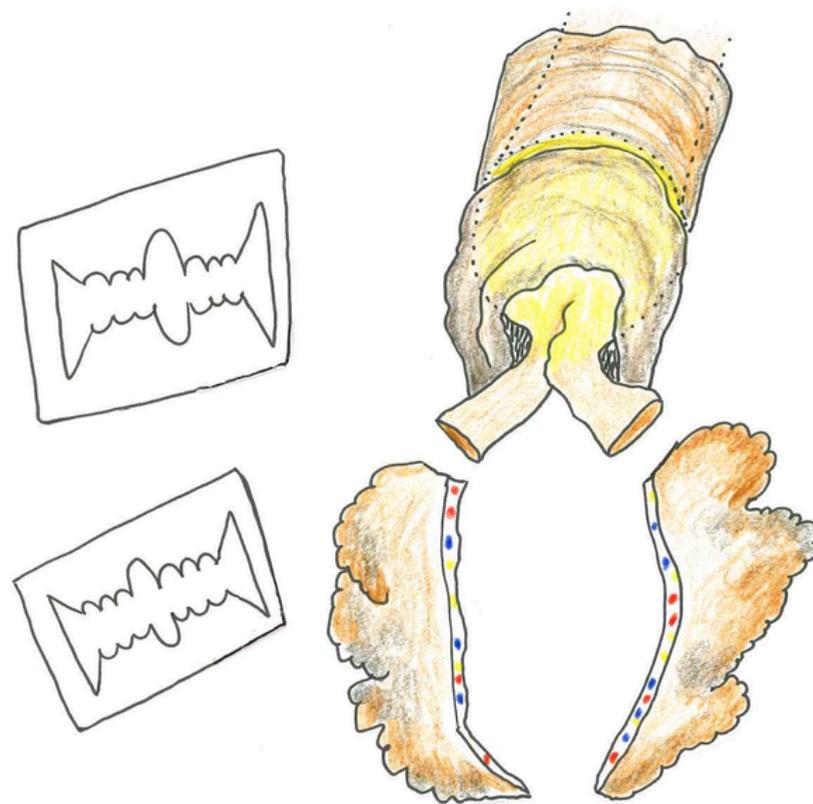


Cutting of the clitoral hood (the skin that partially covers the glans of the clitoris).

FGM or FSM of type 2 “The excision”

There are variants.
But generally:

Cutting of the clitoral glans and frenulum,
the clitoral hood, and a part of the skin
covering the descending body of the clitoris.



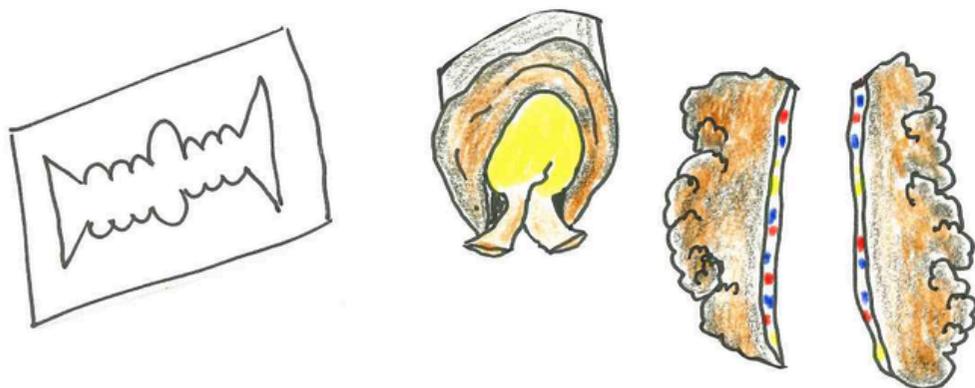
Cutting of the labia minora of the vulva.

Types 3 and 4

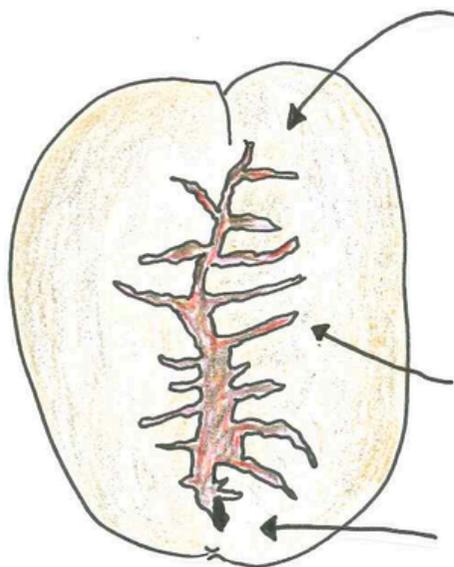
FGM or FSM of type 3

“The infibulation”

There are variants. Sometimes:
Cutting of the clitoral glans and frenulum,
the clitoral hood, a part of the skin
covering the descending body of the
clitoris and the labia minora of the vulva.



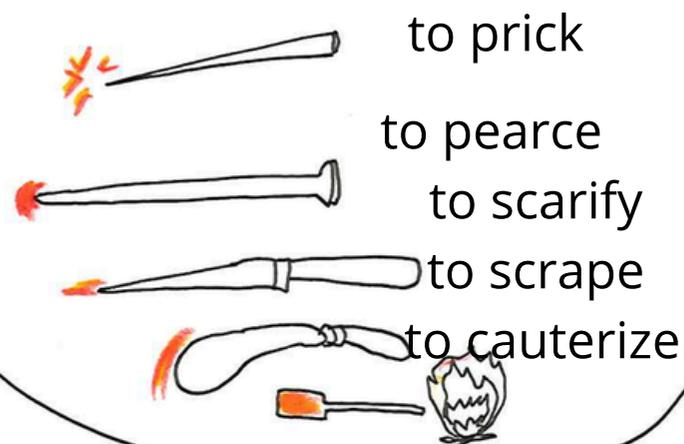
Always:
Overlapping of the vulvar
lips (labia minora and/or
labia majora).
Use of thorns or other
methods to close and heal
the vestibule.
Total or partial obstruction
of the urethral opening.
Near-complete obstruction
of the vaginal opening.



FGM or FSM of type 4

ALL OTHER
harmful interventions
that affect female genital
organs (vulva, clitoris...)

For example:



Medicalized forms of FGM / FSM

- They may correspond to types 1, 2, 3 or 4.
- They are performed by health professionals -both men and women- unlike non-medicalized FGM, which is typically carried out by traditional female cutters.
- These procedures take place in several countries, in both private clinics and public hospitals.
- They are often performed under anesthesia (local or general), in contrast to non-medicalized FGM, which is usually done without anesthesia.

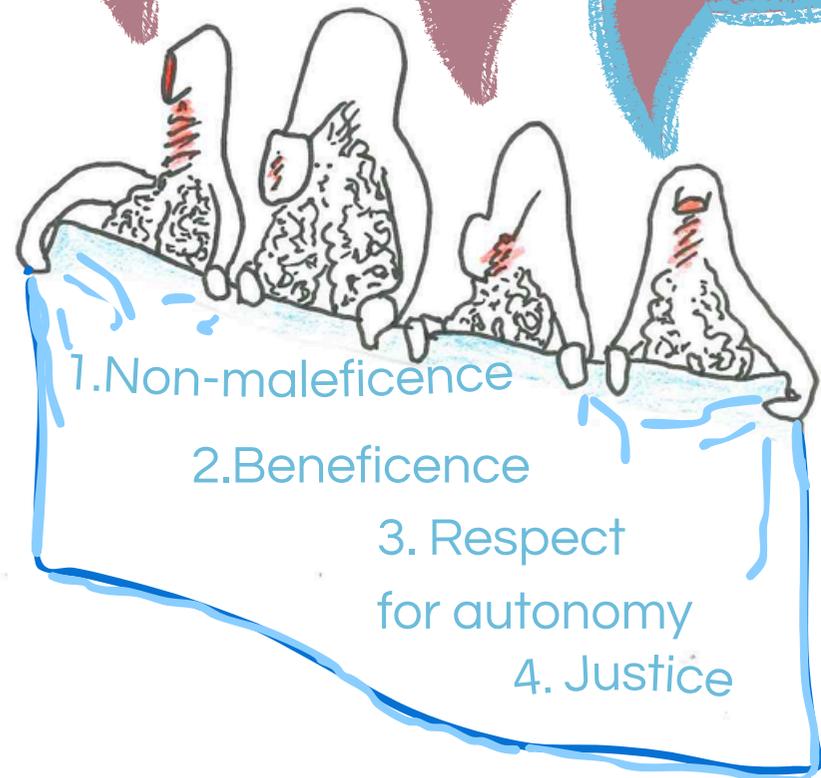
They must be absolutely prohibited because :

- They endanger the health and development of girls.
- They violate the 4 principles of medical ethics.
- They go against the recommendations of the World Health Organization, international child protection laws, and the Universal Declaration of Human Rights.

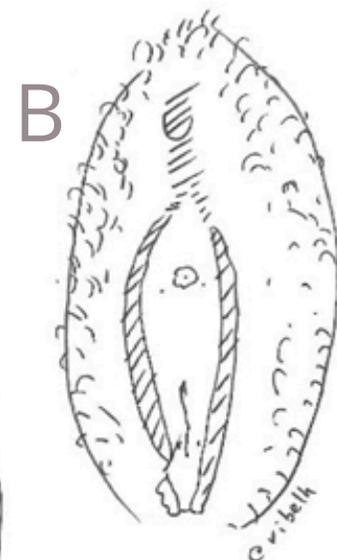
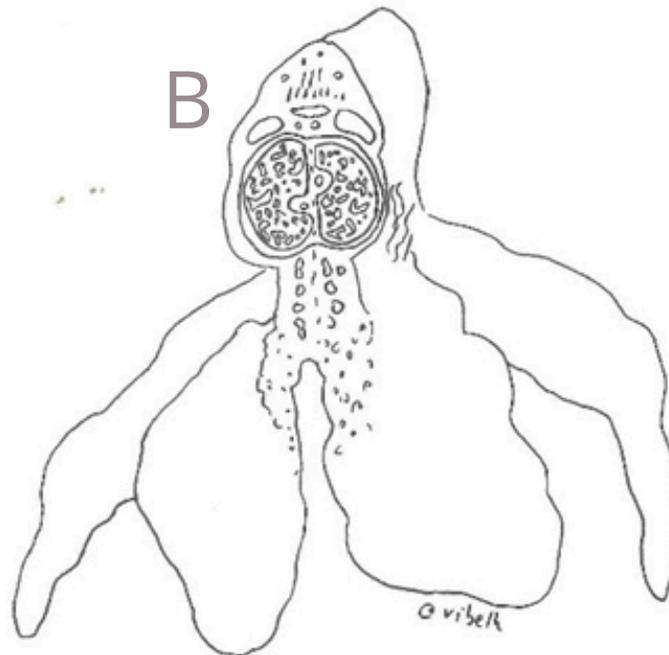
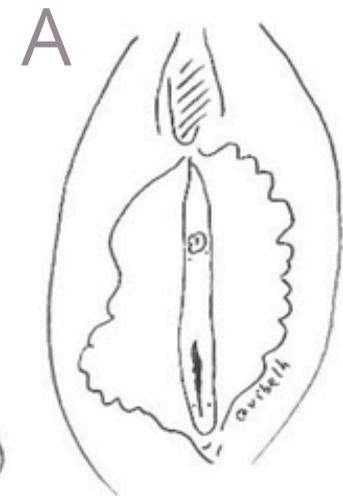
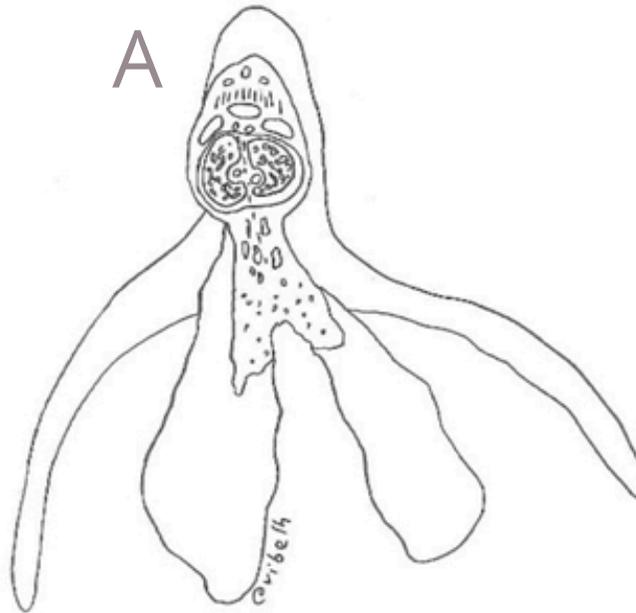
We perform
the procedure
using anesthesia
and a scalpel.



But without respecting
the four principles
of medical ethics !

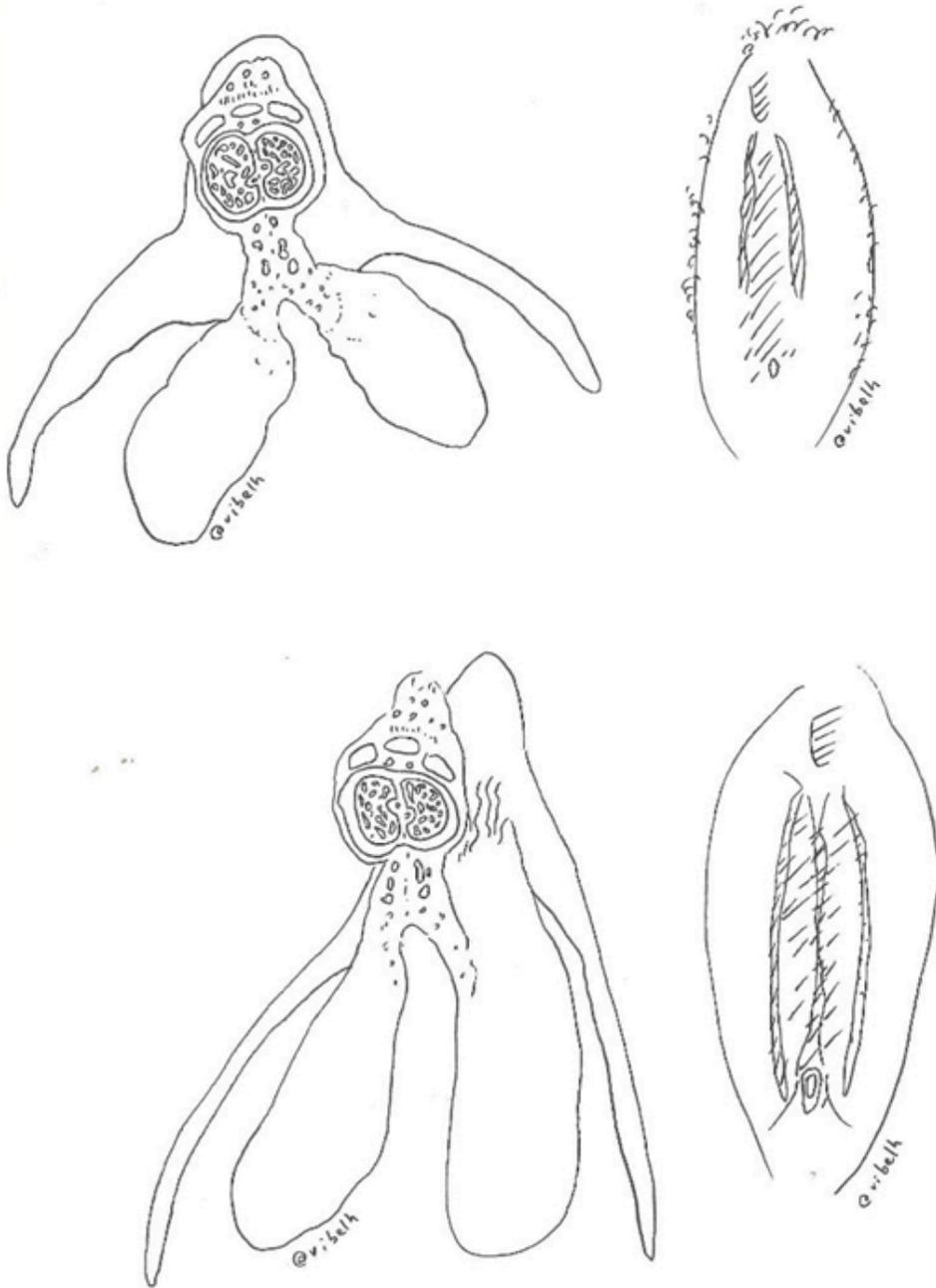


Do these illustrations depict FGM type 1 and 2, or type 3?



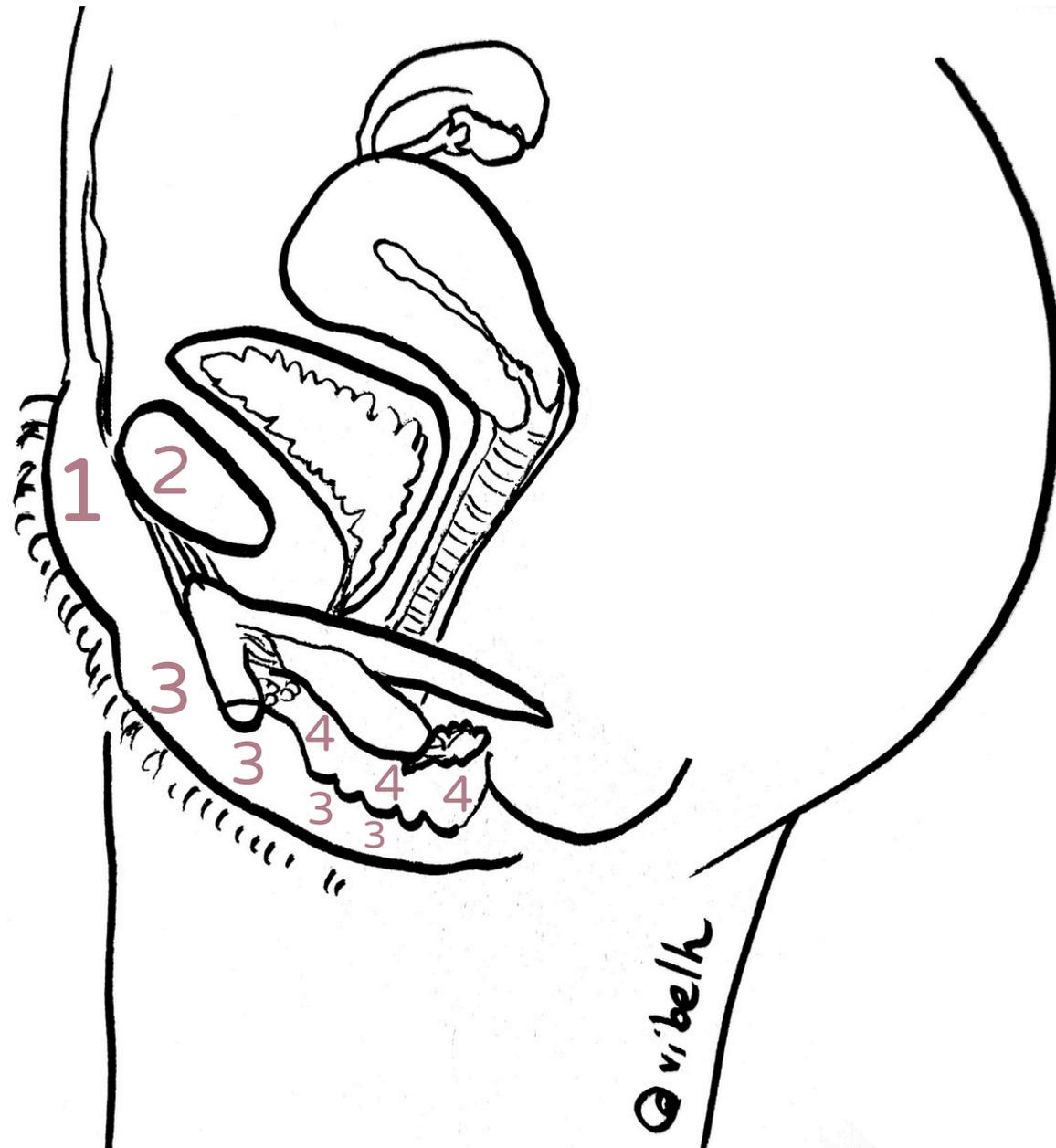
A Type 1 B Type 2

What features suggest that these illustrations depict type 3 FGM ?



Answer: The presence of scars in the vestibular area.

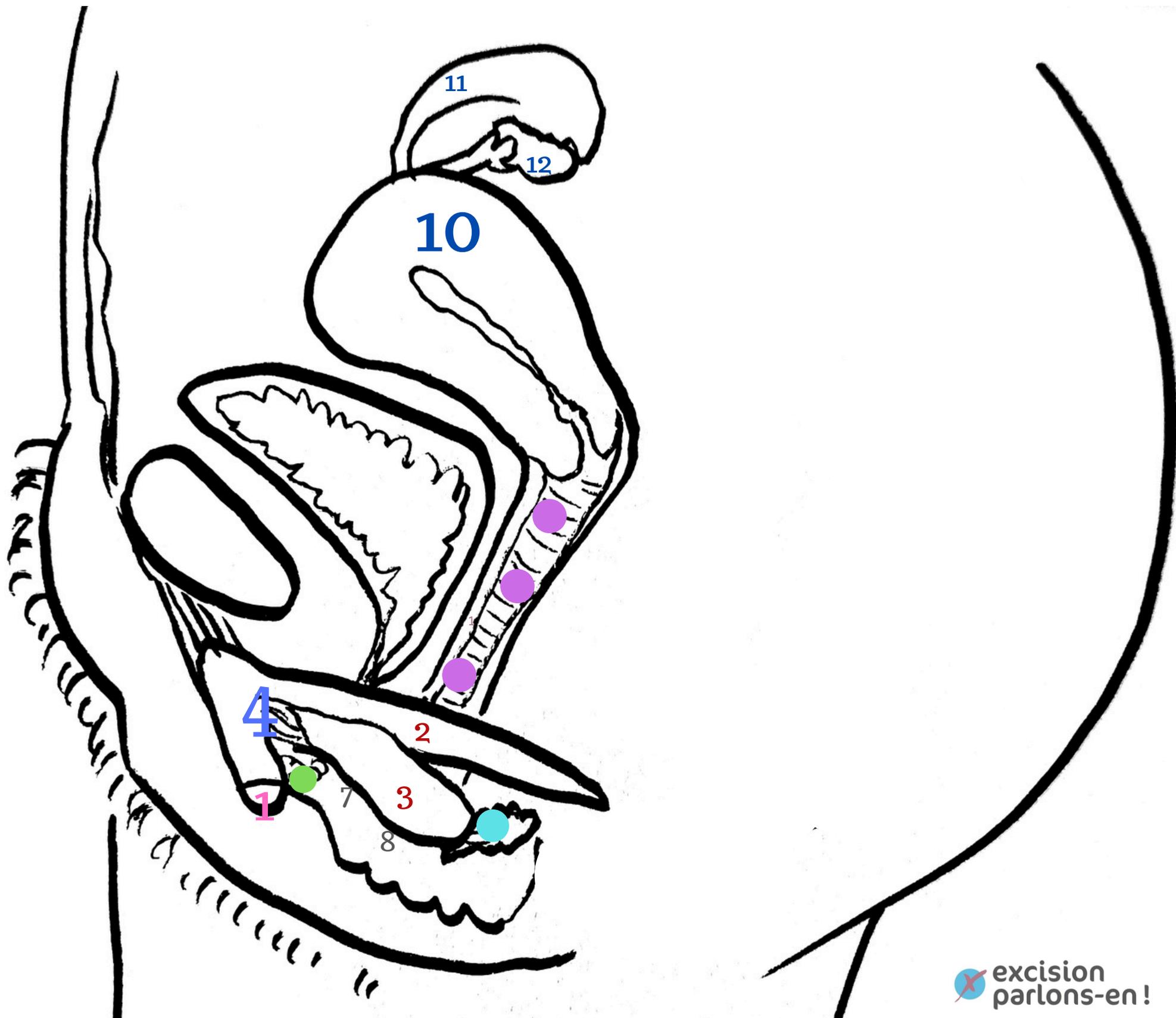
The Clitoris within the Pelvis



Quick definitions

1. Pubis or Mons Venus: The lower front part of the pelvis, just above the genitals.
2. Pubic symphysis: The joint where the two sides of the pelvis meet in the front.
3. Labia majora (outer lips): The outer folds of the vulva, usually covered with pubic hair after puberty.
4. Labia minora (inner lips): The thinner folds just inside the outer lips. They are naturally asymmetrical and can be larger than the so-called “major” lips.

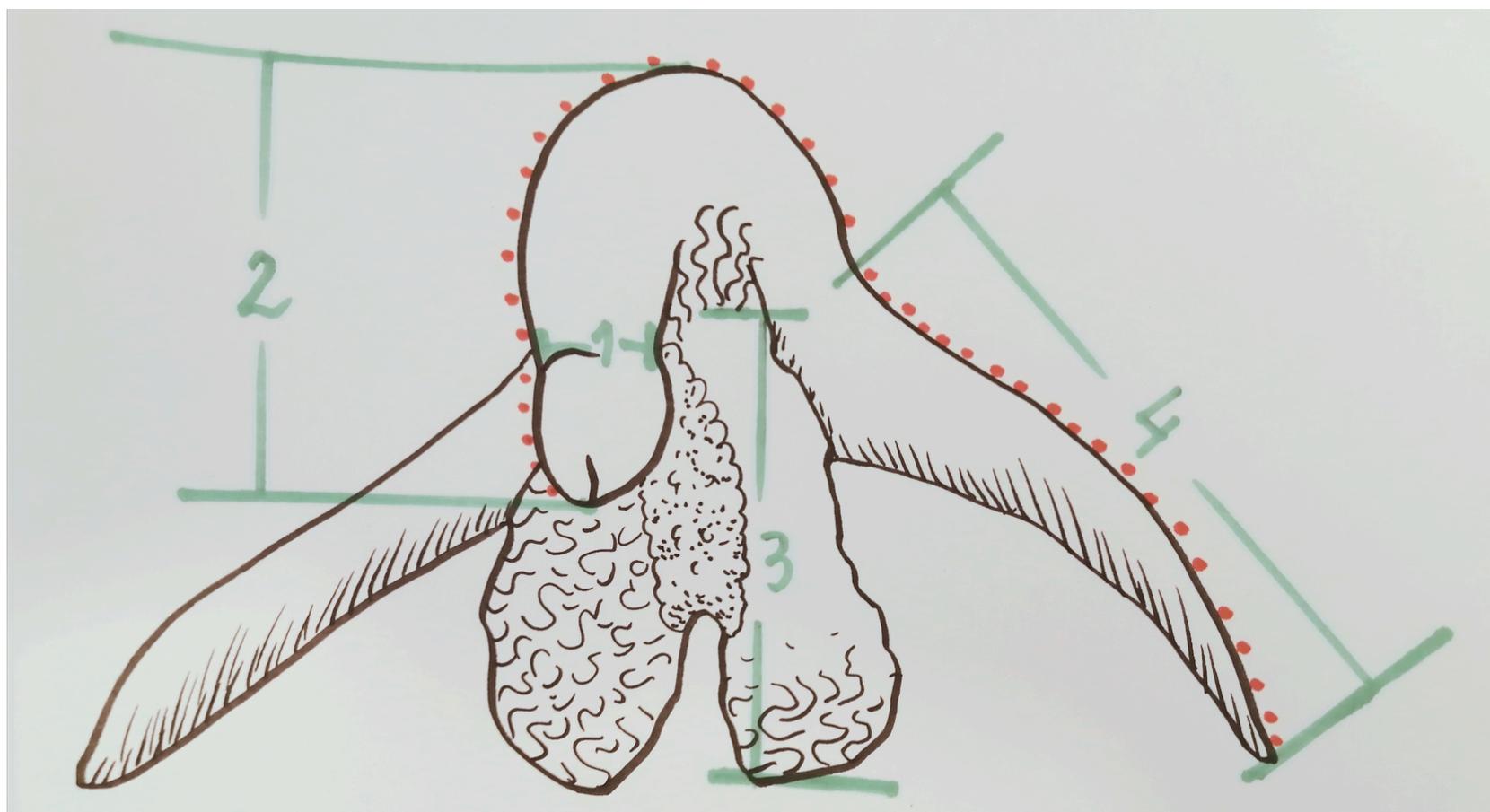
The clitoris in the reproductive system



The clitoris in the reproductive system

1. Glans of the clitoris
2. Left pillar or crus of the clitoris
3. Left bulb of the clitoris
4. Pars intermedia (venous plexus of the clitoris).
5. RSP Residual Spongy Part
6. Left major vestibular gland (produces a lubricating fluid called ciprina).
7. Urethral opening (orifice through which urine exits).
8. Vaginal opening (orifice through which secretions, menstrual flow, or the baby are expelled during childbirth).
9. Vagina
10. Uterus, also called womb.
11. Right fallopian tube
12. Right ovary

Average Clitoral Measurements in Adults ♀



For more information:

Visit Odile Fillod's Clitinfo website and read the article *Le clitoris, état des lieux pluridisciplinaire* (Magazine *Obstétrica* n°5, may 2022, Université de Genève, Switzerland).

1. Glans width of the clitoris : 0,8 cm.
2. Length of the clitoris beneath the skin of the foreskin and the hood, from the clitoral angle to the tip of the glans: 3,8 cm.
3. Length of a bulb, from its beginning in the venous plexus to the major vestibular or lubricating gland: 3,9 cm.
4. Length of a crus: 5 cm.

● ● ● ● ● ● ● ● ● ● ● ● ● ● From 9 to 14 cm.

And remember: every vulva is unique.

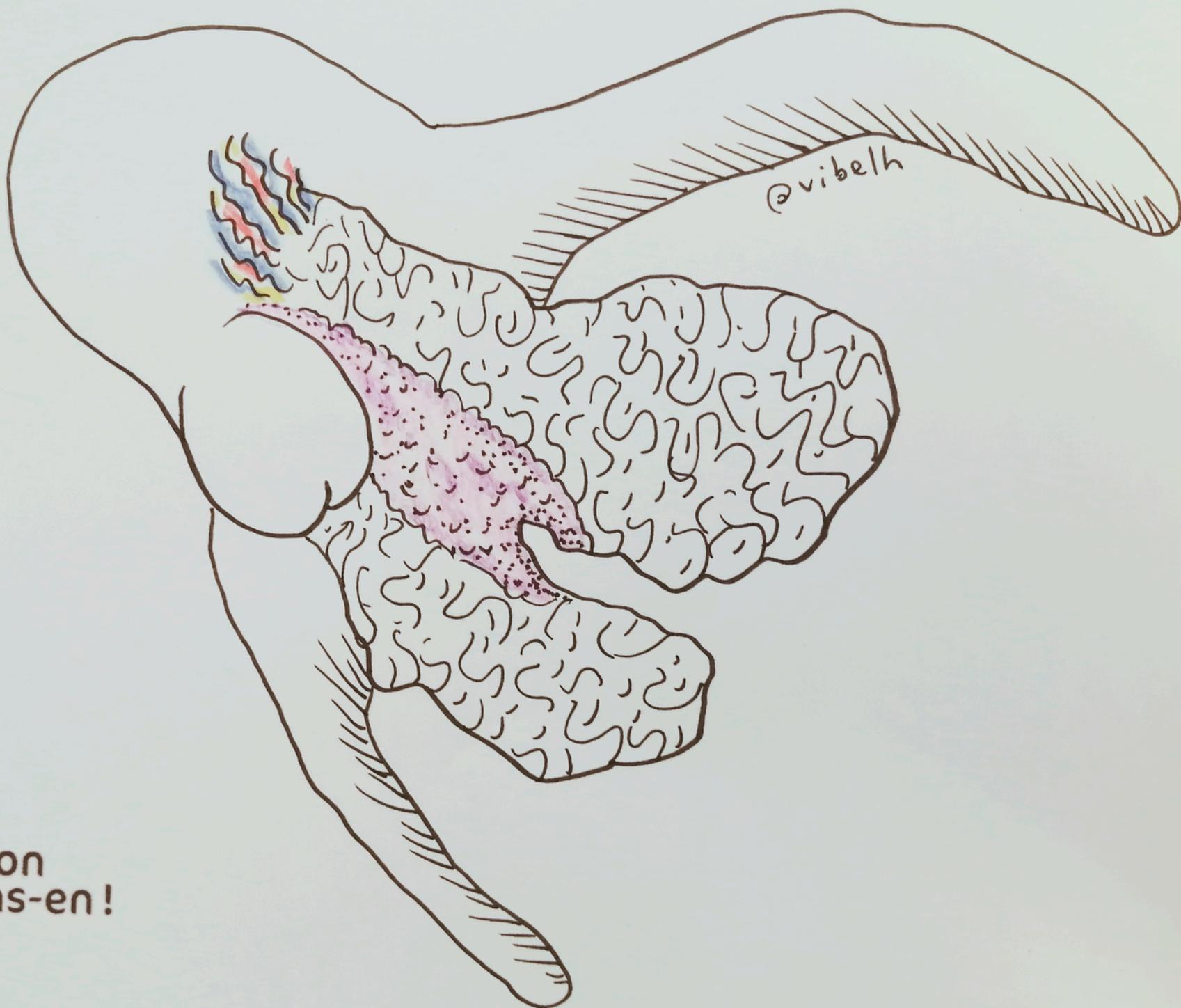
Every clitoris is unique.

Every human body is unique.

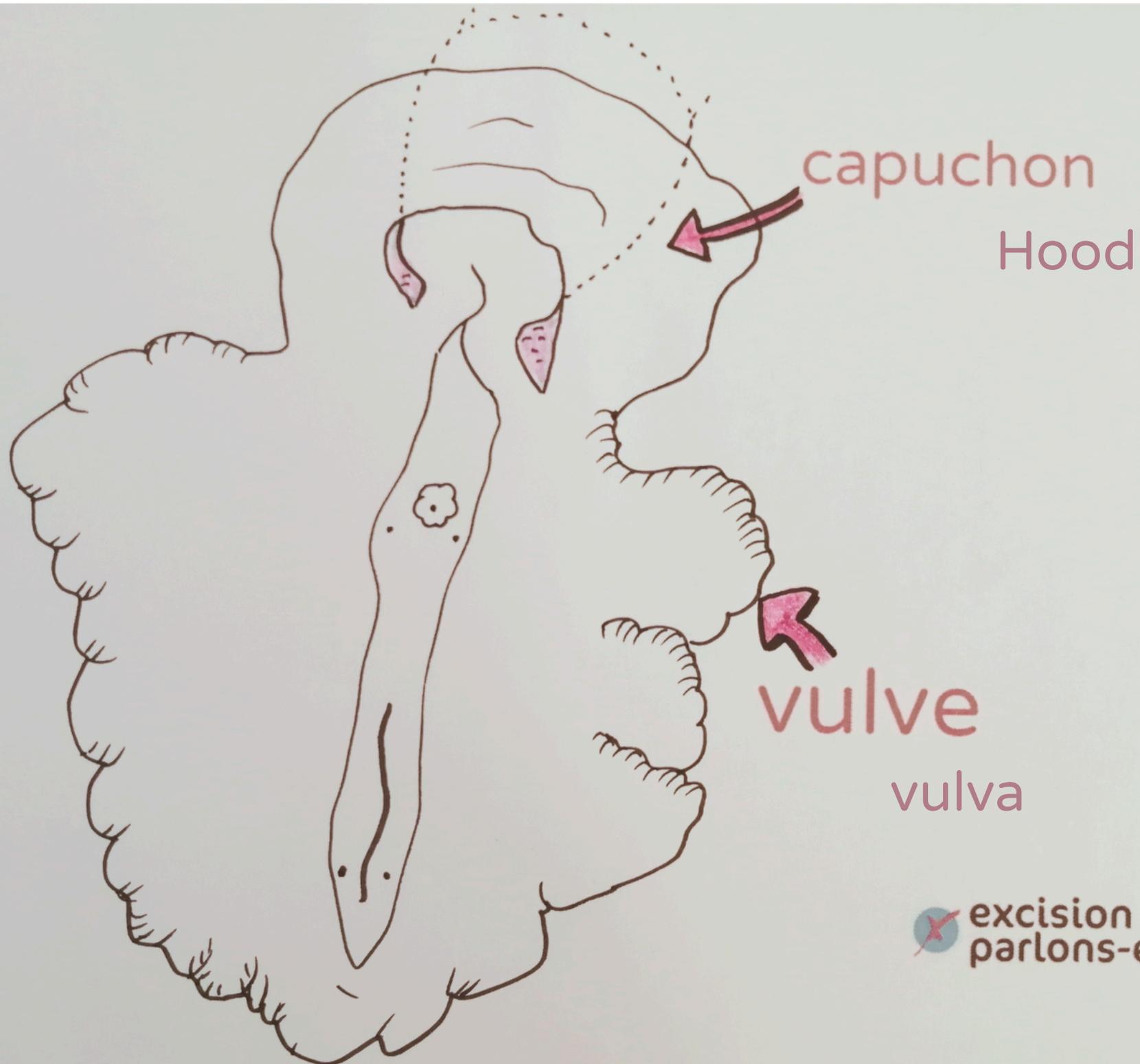
Every person is unique.

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Where are the two glands located



on these two clitorises ?



The Clitoris and the Vulva

From an anatomical point of view, the clitoris belongs to the vulva.

Both are hyperconnected through:

- somatic nerves (sensory),
- autonomic nerves (involuntary actions),
- numerous nerve endings,
- veins and arteries and
- other tissues (for example: ligament, fascia).



To complete _ _ _ _ _

1. A v _ _ _ _ _

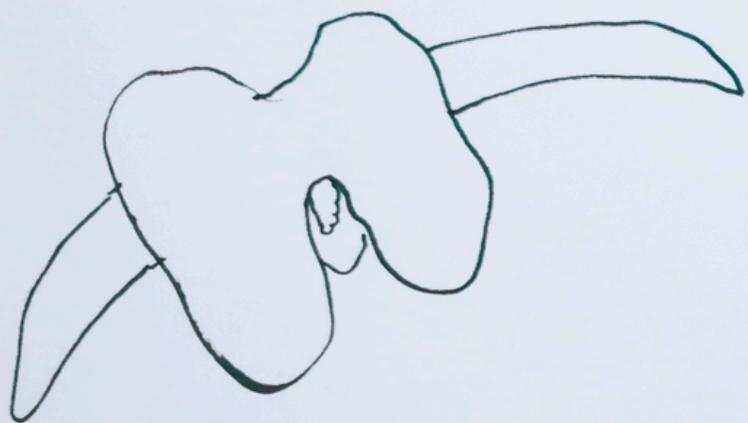
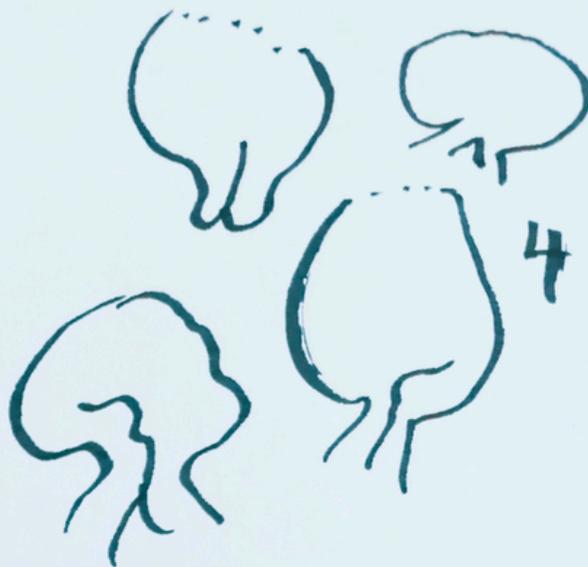
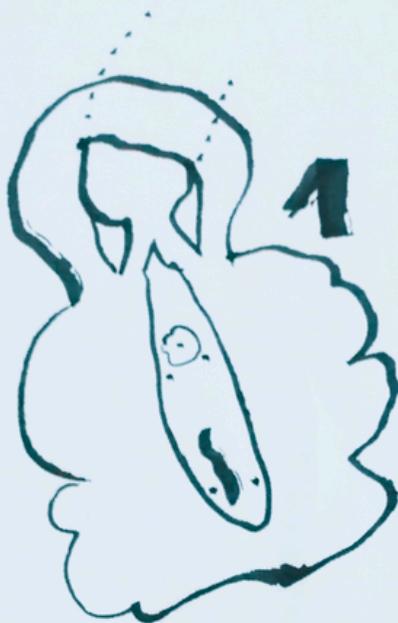
2. Two b _ _ _ _ _

3. A h _ _ _

4. Four g _ _ _ _ _

5. Each clitoris is u _ _ _ _ _.

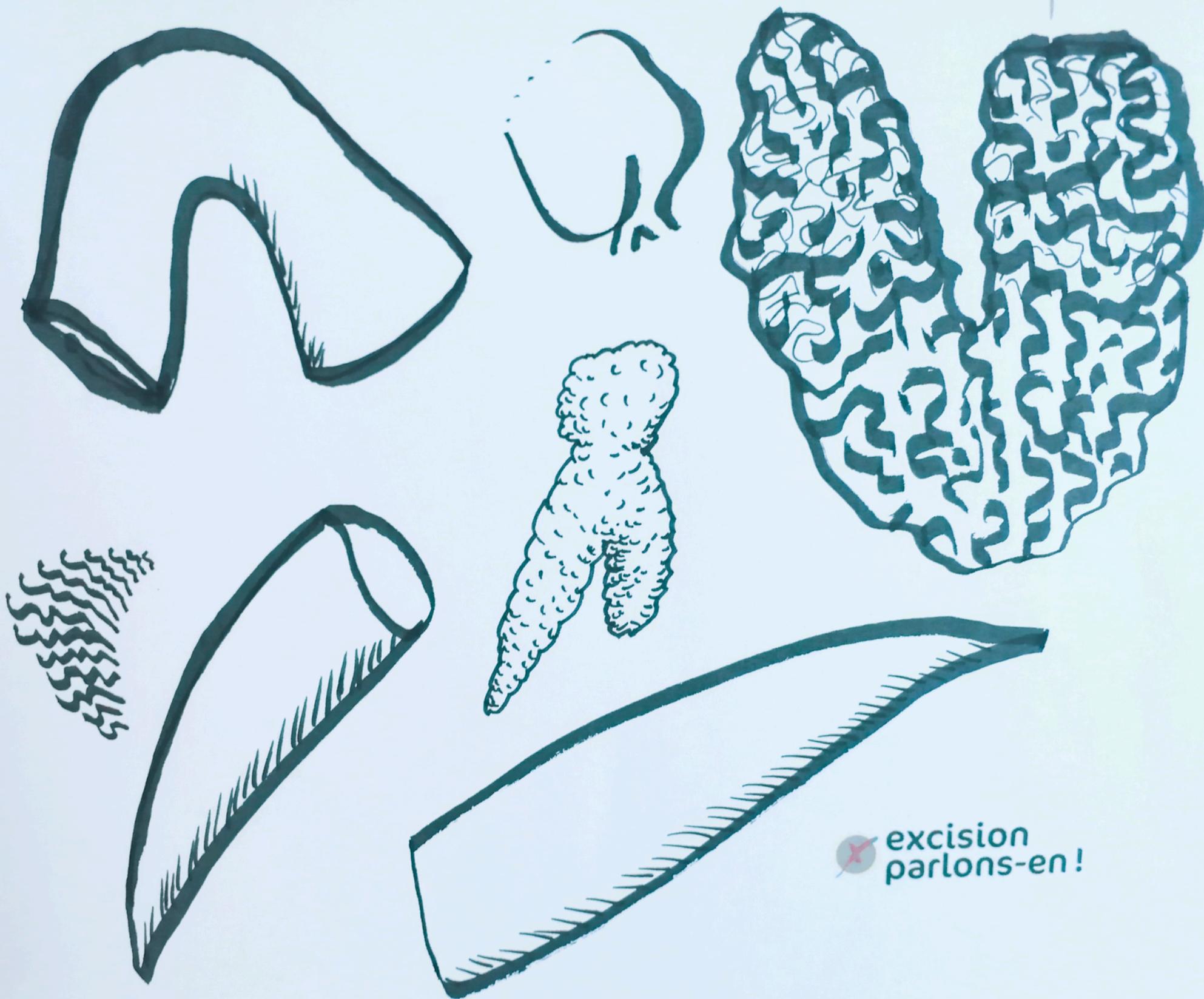
look at these drawings:



 excision parlons-en!

**Make your own clito-puzzle:
draw these 7 pieces.**

**EDUCATIONAL
GAME**



To conclude

For Excision, Parlons-en !, it is essential to inform and raise awareness about the clitoris - an organ that remains largely unknown.

Understanding it better means recognizing its central role in the female body, sexual health, and the experience of pleasure.

Female pleasure does not depend solely on the visible part of the clitoris (the glans), but on the whole body, and on each woman's freedom, safety, and well-being.

Discovering this organ also means becoming aware of the profound impact that Female Genital Mutilation (FGM) -also referred to as Female Sexual Mutilation (FSM)- has on the body, health and lives of women at every stage of their development.

To know is to protect.

To speak is to act.



International Day of Zero Tolerance for Female Genital Mutilation



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