

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:

INTRODUCTION TO THE ONE COMMUNITY PROGRAM (OCP)

Module 1
Session 1

Agenda

- Review of Learning Objectives
- Opening
- Introduction to the One Community Project
- Workshop Expectations
- Somali Cultural Traditions
- American Cultural Traditions
- Cultural Comparisons
- Closing

Learning Objectives

Introduce the One Community Project

Review format and expectations of the workshop

Compare and contrast cultural traditions of Somalia and America with a specific focus on health-related differences

Create a safe space for learning and discussion

Introduce yourself


When did you come to America?

Tell us about your family



“Aqoon la’aani waa iftiin la’aan.”

“The absence of knowledge is the absence of light.”



-Somali Proverb

One Community Program




Erie,
PA

U.S. Committee for
Refugees and
Immigrants (USCRI)





Minneapolis/St.
Paul, MN

Somali
community

Female Genital
Cutting (FGC)

Other refugee and
immigrant groups

OCP Objectives



Increase awareness and
knowledge among women
with FGC

Improve self-care

Assist with informed
decision-making for new
generations of Somali girls
at risk of FGC

Workshop Expectations


Facilitator

- Will attend all sessions
- Facilitate an active learning environment
- Provide accurate information to participants
- Participate in discussions and activities
- Be patient and listen to participants
- Show respect and empathy to all participants
- Be open to feedback from participants



Workshop Expectations

Participants

- 1-1.5 hours/week for 8 sessions
- Attend all sessions
- Make up all missed sessions
- Notify instructor of absences
- Participate in discussions and activities
- Keep an open mind
- Certificate of completion




What are some Somali cultural traditions that you practice?

Your Cultural Traditions

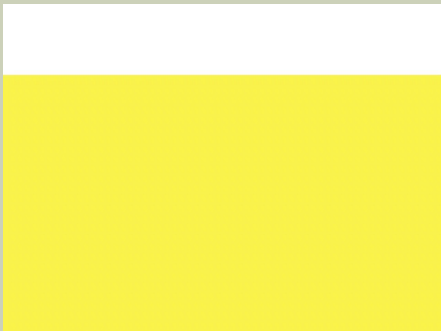
- Food
- Names and naming
- Marriage and weddings
- Post-partum practices
- Male and female circumcision



What are some American cultural traditions that are confusing or surprising to you?



American Cultural Traditions



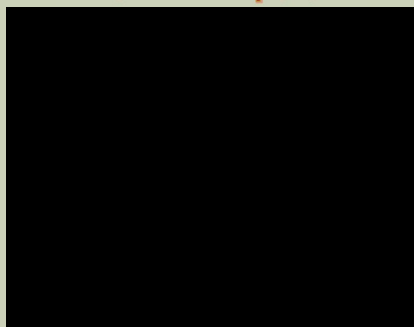
American Cultural Traditions



American Cultural Traditions



Cultural Adaptation



Cultural Comparisons

What are some things that have been challenging to adapt to here in America?

What has helped you to adapt?

What are some cultural similarities between Somali and American culture?





Handout 1.1.1: WORKSHOP EXPECTATIONS**FACILITATOR EXPECTATIONS**

- Will attend all sessions
- Facilitate an active learning environment
- Provide accurate information to participants
- Participate in discussions and activities
- Be patient and listen to participants
- Show respect and empathy to all participants
- Be open to feedback from participants

PARTICIPANT EXPECTATIONS

- Attend 1-1.5 hours/week for eight sessions
- Attend all sessions
- Make up all missed sessions
- Notify instructor of absences
- Participate in discussions and activities
- Keep an open mind
- Certificate of completion

Handout 1.1.2: SOMALI AND AMERICAN CULTURAL TRADITIONS

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What are some Somali cultural traditions that you practice?
 - a. Why do you practice this?
 - b. What happens if you don't practice this?
2. What are some American cultural traditions that are confusing or surprising to you?
3. What are some things that have been challenging to adapt to here in America?
4. What has helped you to adapt?
5. What are some cultural similarities between Somali and American culture?

Handout 1.1.3: 25 THINGS VISITORS FIND SURPRISING ABOUT THE UNITED STATES

1. People do not carry money; credit cards only.
2. Parents can be arrested for physically punishing their children.
3. Your credit score is very important for everything (jobs).
4. Tipping is everywhere.
5. Prices do not include taxes.
6. People drive in their lanes.
7. Country is huge and there is little to no public transportation.
8. Poorer people are more overweight than wealthy people.
9. Cities and suburbs look the same.
10. You will need a car to get around most of the time.
11. Portion sizes are huge.
12. Government has less say in your life and there is little regulation.
13. Guns are everywhere.
14. Drive-throughs are everywhere.
15. No public health care.
16. Everything is big.
17. There is no free higher education.
18. Each state has its own militia.
19. Philanthropy is highly valued.
20. Children are expected to leave home at 18.
21. Americans are friendly to everyone, even strangers.
22. High degree of conveniences (buffets, 24-hour stores, free refills).
23. Customer is always right.
24. Diversity is huge.
25. Everything is earned by the individual by hard work (much opportunity, but much risk).

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:

Preventive Healthcare

Module 2
Session 1

Agenda

- Review of Learning Objectives
- Opening
- Understanding the U.S Health System
- Cultural Comparisons of the US and Somali Health Systems
- Cultural Traditions and the Reproductive Health of Somali Refugees and Immigrants
- Khadija's Story
- Closing

Learning Objectives


Compare traditional vs. modern medicine

Develop a better understanding of the US health system

Compare and contrast the US healthcare to the Somali health system.

Identify and explain difference between the health systems and attitudes towards health

What is the best lesson that your mother taught you?






What were your perceptions of the healthcare back home or in the refugee camp?


What are your perceptions of healthcare here in the United States?




When do you see a doctor?



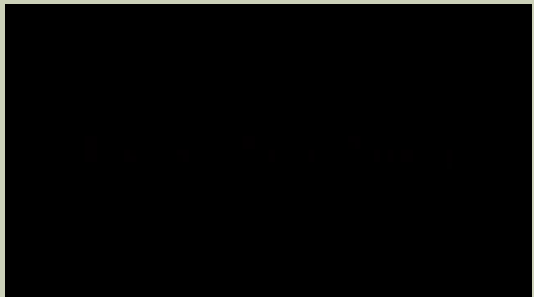
Are there things you do not understand regarding your healthcare?



Do you feel doctors and nurses understand you and your needs?



Why Mothers are Dying in Somaliland



Cultural Comparisons

Preventive Care

Somalis

What does preventive care mean to most Somalis?

Americans

What does preventive care mean to most Americans?

Cultural Comparisons

Doctors and Nurses

Somalis

Do you prefer to go to male or female doctors? Nurses?

Americans

Who do Americans see? Why?

Cultural Comparisons

Giving Birth

Somalis

When it is time to give birth, who do you rely on?

Who do you go see?

How do you feel about C-sections?

Americans

Who helps American women with childbirth?

How do American women feel about C-sections?

Why do you think this is?

Cultural Comparisons

Personal relationship with health care staff

Somalis

How familiar should you be with your health provider?

Americans

Do Americans have a personal or professional relationship with their health care providers?

Cultural Comparisons

Health Care Decisions

Somalis

How do you make decisions about your healthcare?

Americans

How do Americans make decisions about their healthcare?

Cultural Comparisons

How many children you will have?

Somalis



Americans



Cultural Comparisons

Female Genital Cutting (FGC)

Somalis

FGC is required for women to get married and is viewed as a practice that makes a woman "clean."

Americans

No one practices FGC and it is both legally prohibited and culturally unacceptable.

Cultural Traditions and the Reproductive Health of Somali Refugees and Immigrants

Description	Western Medicine	Somali Cultural Tradition
Medical Model	Preventative	Curative
Preferred Caregiver	Physician	Traditional Healer/Midwife
Finding Physicians	Complex Referral System	Community Stories/WOM
Antenatal Care	Every 2 weeks	Little to None
Childbirth	Hospital	Home
Gestation Period	38-40 Weeks	42+ Weeks
Post-Date	Induce Labor	No Interventions
Labor	Lying Down with Fetal Monitor	Walking Around
Pain Management	Epidural	Prayer
Cesarean Section	Myriad Reasons	Life-Saving Only
Female Circumcision	Illegal	Infibulation
Episiotomy	Midline	Medio-lateral
Delivery	Mother Pushes Out	Midwife Pushes Up and Out
Modesty	Male or Female Physician	Female Physician/Midwife
Husband Participation	Husband in Delivery Room	Women in Delivery Room
Postpartum	2 Days in the Hospital	40 Days at Home
Support System	Nuclear Family	Extended Family/Neighbors
Family Size	Couple Decides	Allah Decides/Peer Pressure
Child Spacing	Modern Birth Control	Breastfeeding Only (2 Years)
Marriage	Monogamy	Polygamy Accepted
Language	English or Somali Interpreter	Somali

Khadija's Story



Doctor Anderson says to Khadija during her prenatal visit, "Khadija, you are overdue and need to go to the hospital right away." This is a new doctor whom she has never seen before. Khadija doesn't know if she should listen to the doctor and follow her recommendation, so she decides to call her friend, Asho, who knows more about health.

Khadija's Story

Asho advises Khadija to go to the doctor and listen to what he says. Once in the hospital, the baby's heart starts to fail. After a couple of moments, the heart rate does not come back, so the doctors rush Khadija to a C-section. She has not prepared for a C-section and is in a panic. She does not want to lose the baby but she does not trust the doctors and she does not want a C-section. It is a question of life or death. What should Khadija do?

What should Khadija do?

What should the medical staff do?

Khadija's Story



What should Khadija do?

Refuse the C-section

Try to push the baby out against the doctor's recommendation

Ask for a more detailed explanation of the recommended surgery

Ask her family to decide

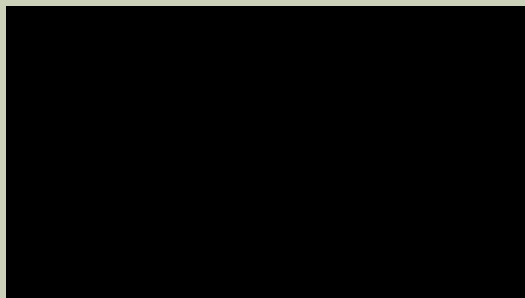
Khadija's Story

How will the doctor and nurses feel about Khadija's decision?

How could this situation have been prevented?

How does this situation relate to the list of differences?

Maternity Ward, Burco Hospital



Closing

What is one 'take away'
from today's session?

What questions do you
have?



Handout 2.1.1: UNDERSTANDING U.S. HEALTH SYSTEM

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What were your perceptions of the healthcare back home or in the refugee camp?

2. What are your perceptions of health care here in the United States?

3. When do you see a doctor?

4. Are there things you do not understand regarding healthcare?

5. Do you feel doctors and nurses understand you and your needs?

Handout 2.1.2: KHADIJA'S STORY

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What should Khadija do?
2. What should the medical staff do?
3. Of the following, what should Khadija do?
 - a. Refuse the C Section.
 - b. Try to push the baby out against the doctor's recommendation
 - c. Ask for a more detailed explanation of the recommended surgery
 - d. Ask her family to decide
4. How will the doctor and nurses feel about Khadija's decision?
5. How could this situation have been prevented?
6. How does this situation relate to the list of differences?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:



Preventive Healthcare

Module 2
Session 2

Agenda

- Review of Learning Objectives
- Opening
- Introduce Preventive Healthcare
- Annual Physical Exams
- Common Health Conditions and Preventive Tests
- Faduma's Story
- Closing

Learning Objectives

Describe preventive healthcare

Summarize what happens at an annual physical exam

Review common health conditions and preventive tests

Explain the importance of taking prescribed medications

What is one
GOOD thing that
happened today?



What is one BAD
thing that happened
today?

What diseases do
you know of or
have had to deal
with?

What was the
treatment and
what was the
outcome?



Preventive Healthcare

Average age of death

Somalia	America
50 years old	80-90 years old

Why do you think people live longer in America?

Preventive Healthcare

Do you go for your annual physical exam?

Why do you go?

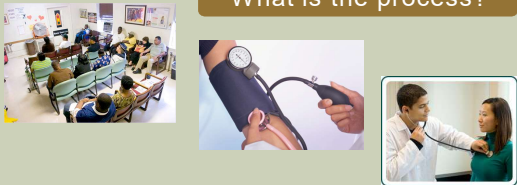


What are the reasons you *don't* go for these exams?

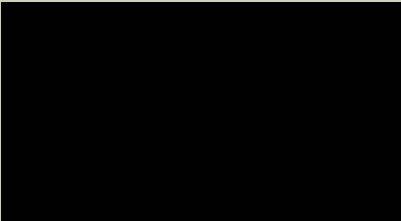
Preventive Healthcare

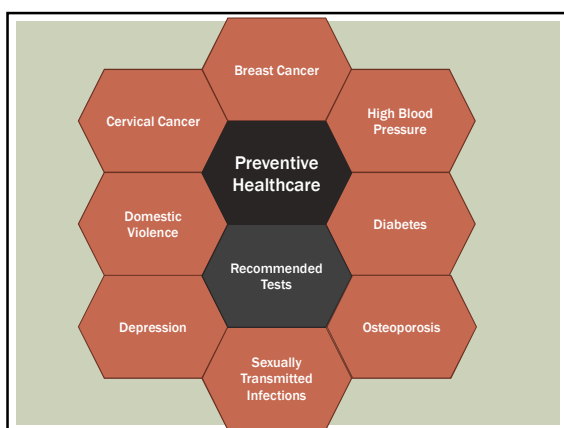
Annual Physical Exams

What is the process?



Preparing for your Doctor's Visit






Cervical Cancer

What is cervical cancer?

What is a pap test?

Have you ever had a pap test?

How often should you get a pap test?



Age 21-29: Every 3 years

Age 30-64: Every 5 years with an HPV test, or every 3 years

Age 65+: Ask your doctor

Breast Cancer

What is breast cancer?


What is a mammogram?

Have you ever had a mammogram?

How often should you get a mammogram?

Why are mammograms important?

Do mammograms work?



Age 50-74:
Every 2 years

Yes! Early detection of breast cancer saves about 200,000 lives annually!

High Blood Pressure


What is high blood pressure?

What factors increase your chances for high blood pressure?

Have you ever had your blood pressure checked?

How often should you have your blood pressure checked?

Whenever you see a doctor or medical professional





Diabetes

What is diabetes?

Somali immigrants are developing diabetes

What factors increase your risk for diabetes?



Osteoporosis


What is osteoporosis?

What factors increase your chances for osteoporosis?

Have you ever had your bone density checked?

When should you have bone density checked?

When you are 65 or older



Sexually Transmitted Infections

What are sexually transmitted infections?

Are sexually transmitted infections treatable?

When should you be tested for sexually transmitted infections?

Some can be cured, others can be medically managed

Talk with your medical professional

Depression


What is depression?

What are the symptoms of depression?

What are the risk factors for depression?

How is depression treated?

Talk therapy and medication



Domestic Violence

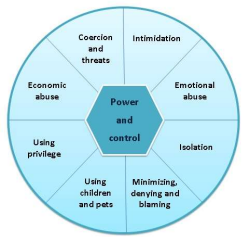
What is domestic violence?

Who is a victim of domestic violence?


What are the effects of domestic violence?

Who can you contact to get help?

National Domestic Violence Hotline
1-800-799-7233



Faduma's Story



Faduma noticed that she had intense pain during and after urination. She has lower back pain and an increased urge to urinate, but when she uses the bathroom only a few drops of urine come out and she feels sharp pains.

She consults her friends. One tells her to drink cranberry juice and eat pineapples, so she does. Her symptoms get worse. Then another friend recommends that she take some herbs. Faduma takes it for five days and her health does not improve.

Faduma's Story

In fact, Faduma is in more pain than ever before to the point she can't bear the thought of urination. Her favorite cousin gives her a hot pack to help relieve the pain, so she places it on her abdomen for relief. It helps a bit, but as soon as she removes it to go cook dinner, her pain returns full blast.

Finally, she decides to go to urgent care to see a doctor and they prescribe her antibiotics. She takes them for 3 days, begin to feel better, and then stops because she feels better. After a day or two, the pain is back. Faduma is angry at the doctors. They are useless!

In this scenario, what should Faduma do?

Should she stop taking antibiotics if she is feeling better?

Closing



What is one 'take away' from today's session?

What questions do you have?

Handout 2.2.1: HEALTHCARE HISTORY AND PREVENTIVE CARE

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

What diseases do you know of or have had to deal with?

What was the treatment and what was the outcome?

Do you go for your annual physical exam?

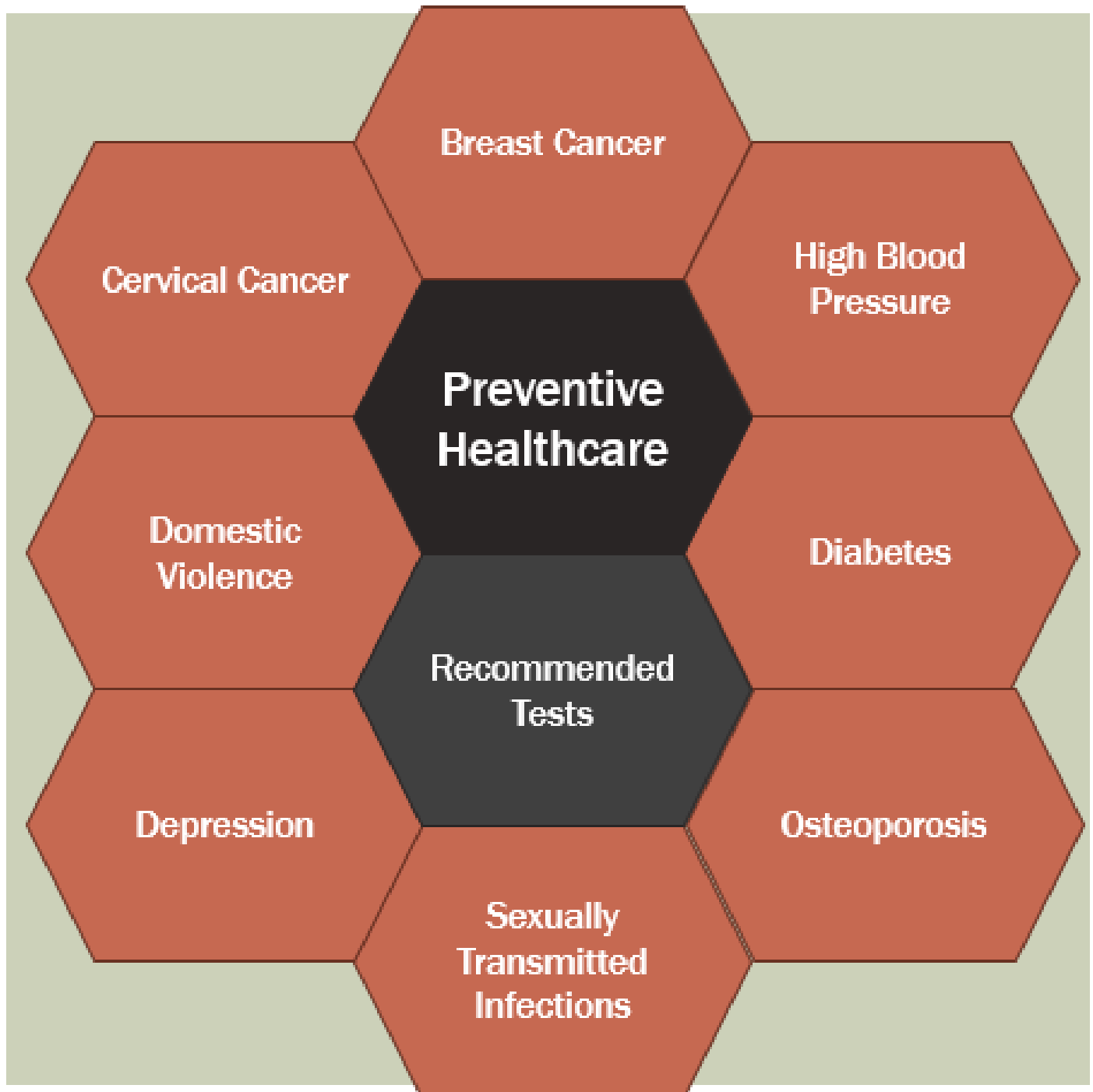
Why do you go?

What are the reasons you don't go for these exams?

Handout 2.2.2: PREVENTIVE CARE AND RECOMMENDED TESTS

NAME: _____

DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

Handout 2.2.2: PREVENTIVE CARE AND RECOMMENDED TESTS (cont.)

Disease	Symptoms	Tests
Cervical Cancer		
Breast Cancer		
High Blood Pressure		
Diabetes		
Osteoporosis		
Sexually Transmitted Infections		
Depression		
Domestic Violence		

Handout 2.2.3: FADUMA'S STORY

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What should Faduma do?

2. Should she stop taking antibiotics if she is feeling better?

3. Why should you never give medications prescribed for one person to another person?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:



Introduction to Female Genital Cutting (FGC)

Module 3
Session 1

Agenda

- Review Learning Objectives
- Opening
- What is FGC?
- Why and where is FGC practiced?
- FGC and America
- Kowsar's Story
- Closing

Learning Objectives

Describe what FGC is

Explain why FGC is practiced

Identify where FGC is practiced

Understand cultural attitudes towards the practice of FGC in Somalia and the United States



I love it when...

I have never...

The best way for me to relax is...

The thing that makes me laugh is...

Female Genital Cutting (FGC)

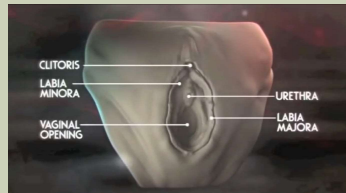
What is female genital cutting or female circumcision?

Are there different forms of female circumcision?

Is there certain terms you use more or that you prefer?

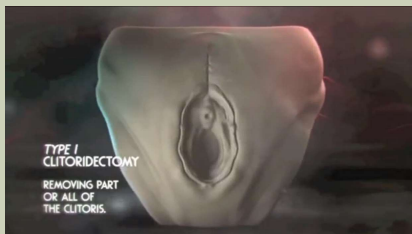
Female Genital Cutting (FGC)

No Female Genital Cutting (FGC)



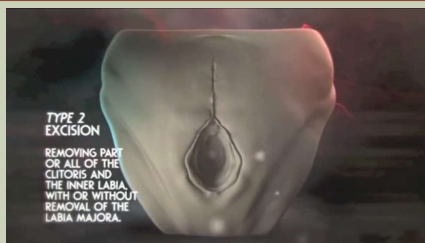
Female Genital Cutting (FGC)

Clitoridectomy or Sunna



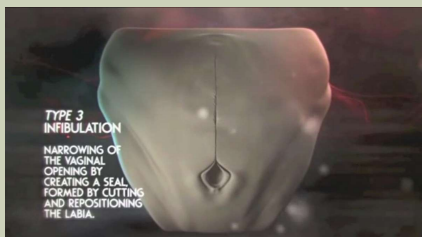
Female Genital Cutting (FGC)

Excision or Intermediate



Female Genital Cutting (FGC)

Infibulation or Pharaonic



Female Genital Cutting (FGC)

Unclassified

All other types of cutting to the vulva, including:

Pricking

Piercing

Cutting

Scraping

Cauterization (burning)

Female Genital Cutting (FGC)

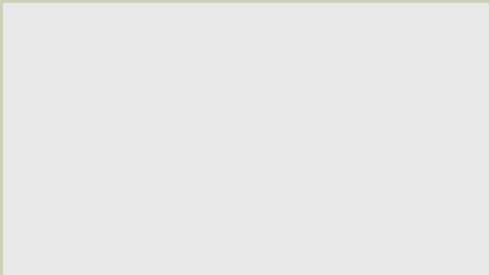
Why is the cut needed?

What does being cut mean for Somali women?


How do you feel about women who are not cut?

What happens if a girl is not cut?

FGC – The Facts



Why is FGC practiced?



Is FGC a Muslim Tradition?

Is FGC required by Islam?

What are some common reasons why female circumcision is practiced?

Part of your culture	Rite of passage	Tradition
To be beautiful	Ensure marriageability	Mark of identity

Where is FGC practiced?

Is FGC practiced in most of the world?

Where is FGC practiced?

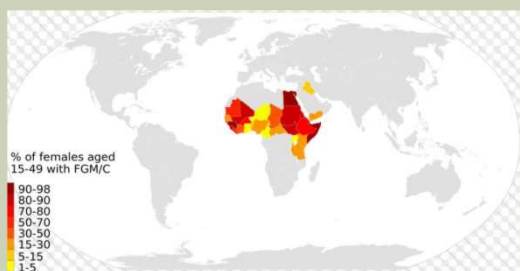
Indonesia, Iraqi Kurdistan, & Yemen

27 countries in Africa Asia

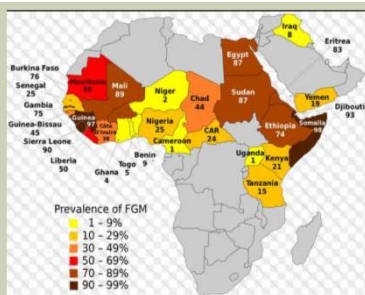
Middle East



Where is FGC practiced?



Where is FGC practiced?



What do Americans think about FGC?

What opinions or statements have you heard? What do they say?

How does that make you feel?



Kowsar's Story



Kowsar is a 36-year-old mother of four children. She and her husband, Abdi, have two daughters ages 11 and 9, and two sons ages 16 and 14. Her elderly mother-in-law, Maryam, lives with the family, and helps care for her grandchildren while Kowsar works each day as a clothing store owner at the mall. Abdi works as a Child Support Collections worker at the County Government Center. They live in the United States.

Kowsar's Story




It is evening time, and the family is gathered at the dining room table finishing their supper. Kowsar asks her daughters to help her clear the table and then to get started washing the dishes. The sons, Mohamed and Abdimalik, ask to go to the nearby community center to play basketball. Abdi gives them permission to go. His mother, Maryam watches her granddaughters as they disappear into the kitchen and shakes her head sadly.

Kowsar's Story




"What a shame! It is breaking my heart that my granddaughters will probably never get married. And it is all because you and Abdi refuse to send them home to Somalia so they can get circumcised. It should have happened years ago, but it is still not too late. Abdi, it is up to you to do what is right as their father."

Kowsar's Story



"Hooyo, we've talked about this already many times. Kowsar and I have agreed that circumcision is not what we want to happen to our daughters. You have lived with us for many years, and you know the pain and suffering Kowsar has gone through giving birth to our children. We don't want to risk our daughters' lives in that way."

Kowsar's Story



"If they die, it is God's will. You know that. It is fair for you to make such a decision? You are already married and have established a family and a good life for yourselves. This is tradition, and it is part of our culture. Do you want your daughters to be ridiculed by the young men? Do you want them digging a hole outside of our house and making a joke about falling into my granddaughters because they have not been cut? Is that what you want?"

Kowsar's Story

Maryam is beside herself with grief. Abdi does not know what to say to comfort her, and he is unwilling to change his mind, so he leaves the house to go to the nearby coffee shop to have a cup of coffee with his men friends.

Who do you think is right in this story? Why?


What should Kowsar do?

What should Abdi do?

Do you think what Maryam is saying is true?

What do think will happen with this family? Why?

Sahra's Story



Closing



What did you learn from today's session?

How did you feel about the information?

What questions do you have?

Handout 3.1.1: BELIEFS ABOUT FGC

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

Why is the cut needed?

What does being cut mean for Somali women?

How do you feel about women who are not cut?

What happens if a girl is not cut?

Handout 3.1.2: FACTS ABOUT FGC

NAME: _____

DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What are some common reasons why female circumcision is practiced?

2. Where is FGC practiced?

a. Is FGC practiced in most of the world?

3. What are some of the negative outcomes of FGC?

4. Are there any health benefits to FGC?

5. What can men do to help end FGC practice?

6. Is FGC sanctioned by Islam?

a. Is FGC a Muslim Tradition?

b. Is FGC required by Islam?

7. How can we support people who want to challenge FGC practice?

Handout 3.2.3: KOWSAR'S STORY

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. Who do you think is right in this story? Why?

2. What should Kowsar do?

3. What should Abdi do?

4. Do you think what Maryam is saying is true?

5. What do think will happen with this family? Why?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:

Female Genital Cutting (FGC) and Health

Module 3
Session 2

Agenda

- Review Learning Objectives
- Opening
- Health-Related Problems and FGC
- Emotional Consequences of FGC
- Guest Speaker
- Anonymous' Story
- Closing

Learning Objectives

Describe the health consequences of FGC

Describe the emotional consequences of FGC

Practice asking questions of a health care provider regarding women's health and FGC

Discuss what you can do to manage any health consequences of FGC

Where do you fall on the spectrum?

Shortest to tallest

Least to most letters in your name

Least to most children

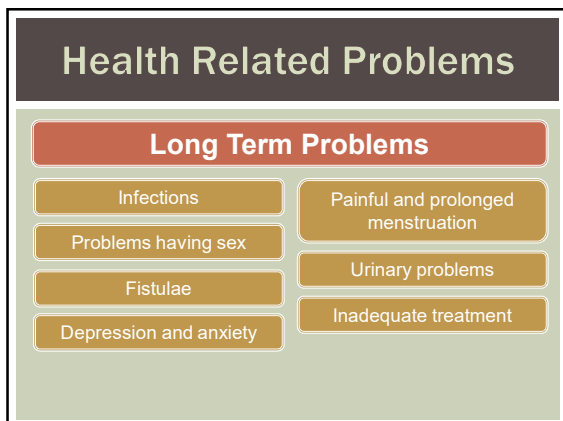
Least to most siblings

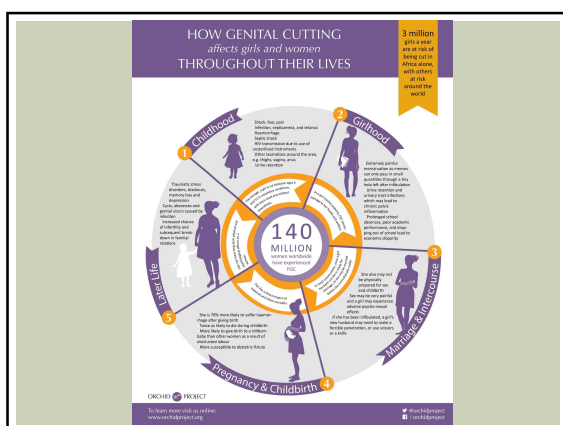


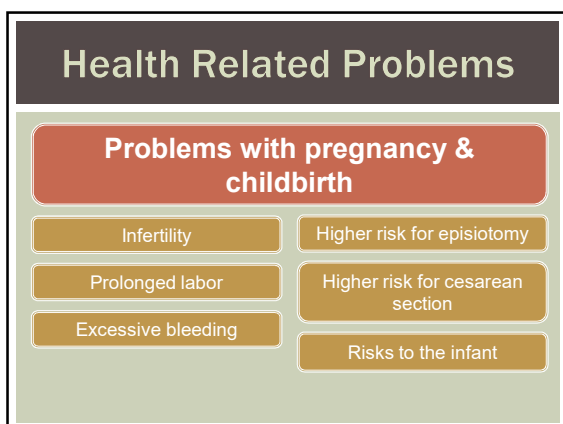
What happens immediately after a girl is circumcised?

Have you or anyone you know experienced any health problems from being circumcised?







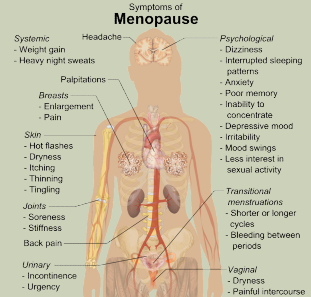


Health Related Problems

Menopause

What is menopause?


What are the symptoms of menopause?



Gabayga Dardaaran dhibta dumarka haysata Marxuumad Saado Cali Warsame



The Day I Will Never Forget: Poem



The Day I Will Never Forget: Video



**Bar Baa Igu Taala aan Weligeed
Tirmayn**
(I have (harbor) a mark that can
never be erased)

**Halima Cali Warsame, Garowe
District**

Reported and Translated By: Dr Asha Mohamud

*Toban anoon gaarin tabar weyna aan lahayn;
(Before I reached ten and was not so strong)
Tooray igu qalatay habar aan tacliin labarin;
(An old uneducated woman cut me with a knife)
Qodaxday igu taagtay hilibkay tiqtiahayeen;
(Piercing me with thorns to tightly suture the flesh)
Tiftii Kaadida wadnaha tash layga yiri oo;
(My heart was pierced with the first drops of urine)
Bar baa igu taala aan weligeed tirmayn.
(I have a mark that can never be erased)*

Markaan taaba qaaday oon taladiisa guur u kacay;
(When I grew up and prepared for marriage)
Salaanta utaagay toolmanahaan jeclaa;
(When I raised my hand to greet my handsome love)
Tacab qaadashiyo gurigii mar laysla tegay;
(When we collected our house hold goods and entered our home)
Taabashaddii horeba wadnaha tash layga yiri;
(My heart was pierced with the first touch)
Bar baa igu taala aan weligeed tirmayn.
(I have a mark that can never be erased)

Tiftii igu gorordhay tarantii Ilaah alkumay;
(When God created a life out of the few drops that managed to get in)
Talalka cudurka tiiraanyadii walaca;
(When I suffered with the morning sickness)
Markay taariikhadii dhamatay ee fooshii timi;
(when the time finished and labor came)
Tooray looqaaday hilibkii marhore la tolay;
(A knife was taken for the already sutured flesh)
Tararacidd jiirka wadnaha tash layga yiri;
(My heart was pierced with the tearing skin)
Barbaa igu taala aan weligeed tirmayn
(I have a mark that can never be erased)

Towsda cudurkaasana iilkaan la tagahayaa; ee
(I will take its (FGM/FGC) consequences to the grave)
Taa nawada qaaday gabdhihina uga tura.
(Save your girls from this that engulfed us all!)

Group Discussion

What do you think about the song, poems, and video?

What do you think are the emotional consequences of FGC?

What would you tell a girl or young woman about the emotional consequences of FGC if she was being pressured to undergo FGC?

Guest Speaker



Anonymous' Story



"I was six years old when it happened to me. I knew what was going to happen, I knew they were going to cut me because a lot of my friends had had it done and I'd had a look – it was quite normal for girls to have a look at each other. My friends had told me that it was really painful, that it was horrible, so I was terrified. It happened when my mother was away and relatives were looking after me and my sister.

Anonymous' Story



In the morning, when I was at school, they told me it was 'my time'. My uncle and aunt came to take me from the school. It was my sister's time too – she was eight years old. The woman who cut us was my grandmother's sister – and she was going to cut us in a tent near a huge tree. They used ropes to tie our legs apart and there were lots and lots of girls there. I could hear screaming, lots of horrible screaming and there was so much blood. Girls were crying.

Anonymous' Story



My sister went first, they cut her then they took her somewhere. I heard she fainted. My grandmother's sister was cutting so many girls and when my sister had been done, she told her to stand just outside, and the blood was running down her legs, then she fainted. My grandmother was screaming at her sister – asking her how she could do this to her grandchildren. She was terrified that my sister would die. But my great aunt insisted, and they said it was my turn. – he helped carry me back to the cutter.

Anonymous' Story



I ran away – I ran as fast as I could but they sent boys after me and they caught me. They took me legs and my arms and carried me back. One of them was my older brother. They tied me down, I was fighting as hard as I could, but they were stronger. I was screaming. The old woman, my great aunt, used a razor blade – it was clean and new, but there was no anesthetic when she cut me. I have no memory at all of her cutting me – it's blank. But then another woman came, she was from a different city, and she gave me an injection before they stitched me up.

Anonymous' Story



They tied my legs together the whole way down so I couldn't open my legs, I was like that for three or four weeks.

I remember my grandmother taking me home and telling me I had to pee, I was terrified. Because my legs were tied I couldn't sit to pee, so I leaned over on one side and the pain was unbearable. I jumped, and some of the stitches opened. My neighbor, she was in her 30s, said I would have to be sewn up again but my grandmother refused.

Anonymous' Story

When ...I started having periods, the problems started. I had to go to the doctor and they opened me, so everything is much better, but there are still some problems. Lots of people from my community believe that if you are 'open' [haven't undergone FGM], no man will want to marry you, and they keep telling me that. But I don't believe that – and in any case, if a man doesn't want me because I am open, the way Allah made me, then he can go away."

What do you think of the girl's experience?

What do you think of the last sentence?

Closing



What did you learn from today's session?

How did you feel about the information?

What questions do you have?

Handout 3.2.1: FGC AND HEALTH PROBLEMS

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

What happens immediately after a girl is circumcised?

Have you or anyone you know experienced any health problems from being circumcised?

What are some long term health problems of FGC?

What problems associated with pregnancy and childbirth are common in women with FGC?

What is menopause?

What are the symptoms of menopause?

How does FGC affect going through menopause?

Handout 3.2.2: HOW GENITAL CUTTING AFFECTS GIRLS AND WOMEN THROUGHOUT THEIR LIVES



Handout 3.2.3: EMOTIONAL CONSEQUENCES OF FGC

NAME: _____

DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What did you think about the song, poems, and video?

2. What do you think is the emotional consequence of FGC?


3. What are some emotional consequences to FGC that you or other women you know experienced?

4. What would you tell a girl or young woman about the emotional consequences of FGC if she was being pressured to undergo FGC?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:



Female Genital Cutting (FGC) and the Law

Module 4
Session 1

Agenda

- Review Learning Objectives
- Opening
- Overview of U.S. Legal System
- U.S. Law and FGC
- Guest Speaker
- Ruwayda's Story
- Closing

Learning Objectives

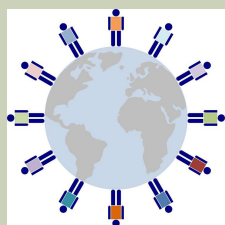
Describe the U.S. court system

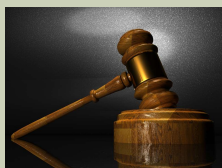
Explain why FGC is considered illegal in the U.S.

Describe the legal consequences of performing FGC in the U.S. and abroad

Apply your knowledge about FGC and U.S. law

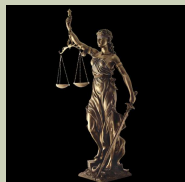
What is one word that describes your culture?





What do you know about the U.S. legal system?

What is surprising or confusing about the U.S. legal system?



Going to Court In the U.S.



U.S. Law and FGC

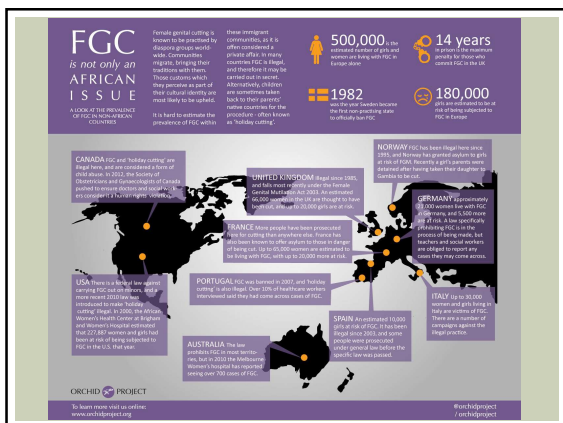
What American laws are you aware of?

In America, it FGC legal?

No – FGC is against the law in America

U.S. Law and FGC

Whoever knowingly circumcises, excises, or infibulates the whole or any part of the labia majora or labia minora or clitoris of another person who has not attained the age of 18 years shall be fined under this title or imprisoned not more than 5 years, or both.



U.S. Law and FGC

Why is FGC considered a crime?

Who will be prosecuted?

What are the legal consequences?

U.S. Law and FGC

How does the law affect green card holders and refugees?

If you are a green cardholder or Legal Permanent Resident (LPR)?

If you are a refugee without LPR status?

Group Discussion

How do you feel about these regulations?

Do you see FGC as a child abuse?

Do you see FGC as women's right violation?

Guest Speaker



Ruwayda's Story




Ruwayda was raised by a single mother name Fouzia and her aunt, Khadija. The family has arrived to the country when Ruwayda was just four. Her aunt Khadija is insisting that Ruwayda be circumcised. Fouzia also believes it is the perfect time for Ruwayda to get circumcised before she it is too late. Fouzia has saved up some money for a while and are planning the trip. They told Ruwyada that they will visit Grandma and her dad who are in Somalia.

Ruwayda's Story




Ruwayda is very excited for the trip and to fly on the plane. On a late evening, the family take a taxi to the airport and arrive there on time. They board the plane at 7:00pm ct. The family arrive to Mogadishu, Somalia the next day. Fouzia gets hold of her sister Halima and Halima comes over to take them to their big house. Ruwayda is surprised of the beauty of the house.

Ruwayda's Story




The next night Halima says "I have the best person in town who performed a lot of circumcisions and her name is Faduma". They all go to visit Faduma and Halima tell her "I have my niece who traveled all the way from America to meet you and help them get circumcised". Faduma is excited and says it will be \$100 for the girl knowing that they can afford this money since they came from U.S.A.

Ruwayda's Story



After morning prayer, mother tells Ruwayda that they are going to see a lady who will circumcise them and tells her the benefits and beliefs of being cut. Ruwayda accept her mom's wishes but is in a lot of fear. Ruwayda is in a lot of pain and starts crying and screaming.

Ruwayda's Story



After a couple of weeks they return back to the U.S. and soon it's time for school. Things were back to normal until Ruwayda got a urinary infection and fever, so Fouzia takes her to see a doctor. Dr. Henderson, a female doctor checks the girl, and notices that the girl has been circumcised.

Ruwayda's Story

The doctor has known the girl since she first came to the States. The doctor asks Fouzia and the daughter what happened to her genitals and the girl could not lie and said says "My mom and aunt took me to Somalia to get circumcised".

The doctor looks very serious and tells Fouzia : "I have to report this." Mom is surprised and says "What have I done?"

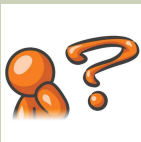
Who can be charged in this story?

What can happen to family?

Why did the doctor report FGC?

What will happen to Ruwayda?

Closing



What did you learn from today's session?

How did you feel about the information?

What questions do you have?

Handout 4.1.1: UNDERSTANDING THE U.S. LEGAL SYSTEM

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What do you know about the U.S. legal system?

2. What is surprising or confusing about the U.S. legal system?

After watching the Going to Court in Minnesota video, answer the following:

3. What is one thing you learned from the video?

4. How is the legal or court system different in the U.S. from the system in Somalia?

5. What is one question you still have about the U.S. legal system?

Handout 4.1.2: U.S. GOVERNMENT FACT SHEET ON FEMALE GENITAL MUTILATION OR CUTTING (FGM/C)

The United States is committed to ending female genital mutilation or cutting (FGM/C). If you believe you are at risk of FGM/C, know of someone at risk of FGM/C, have questions about FGM/C, or have undergone FGM/C and need help or further information, please contact the number below.

What Is FGM/C?

FGM/C refers to cutting and other procedures that injure the female genital organs for non-medical reasons. It may be called “female circumcision” in certain parts of the world. The practice has no health benefits and can lead to a range of physical and mental health problems.

What Are the Health Effects of FGM/C?

Immediate effects may include blood loss, severe pain, and sometimes death. Long-term health problems can include urinary infections, fistula, infertility, painful menstruation or sexual intercourse, and a potential increase in the risk of HIV/AIDS infection. In addition, women who have had FGM/C are significantly more likely to experience difficulties during childbirth and their babies are more likely to die as a result of the practice. Finally, the practice often leaves girls and women feeling scared, psychologically scarred, embarrassed, and distressed.

What Is the U.S. Government’s View on FGM/C?

The U.S. Government opposes FGM/C, no matter the type, degree, or severity, and no matter what the motivation for performing it. The U.S. Government understands that FGM/C may be carried out in accordance with traditional beliefs and as part of adulthood initiation rites. Nevertheless, the U.S. Government considers FGM/C to be a serious human rights abuse, and a form of gender-based violence and child abuse.

Why Is the United States Providing This FGM/C Notice?

The United States is committed to ending FGM/C to protect the health and well-being of, and advance the rights of, women and girls globally. The United States is working at home and in other countries to help educate people about the serious, damaging effects of FGM/C on women and girls.

What Are the Criminal Consequences of Performing or Assisting in FGM/C?

It is against U.S. law to perform FGM/C on a girl under the age of 18, or to send or attempt to send her outside the United States so FGM/C can be performed. Violation of the law is punishable by up to 5 years in prison, fines, or both. There is no exception for performing FGM/C because of tradition or culture. Cutting and other procedures that injure the female genital organs of a girl under 18 are prohibited under U.S. law.

What Are the Immigration Consequences of Violating the Laws Against FGM/C?

Violating the laws against FGM/C – even without a criminal conviction – may have significant immigration consequences, including making one inadmissible to or removable from the United States, as well as ineligible for some immigration benefits.

Have Women Who Have Undergone FGM/C Broken Any Laws?

A girl or woman who has undergone FGM/C is not at fault. She has not violated any U.S. laws by undergoing the procedure. Eligibility for travel to or for immigration benefits from the United States is not negatively affected by the fact that a person has undergone FGM/C.

Where Can One Find Additional Resources?

If you believe you are at risk of FGM/C or have undergone FGM/C, have questions about FGM/C, have information about someone who is performing FGM/C in the United States, or know of someone who may be at risk of having the procedure done here or outside the United States, please contact this number for additional information about available resources: 1-800-994-9662

Handout 4.1.3: RUWAYDA'S STORY

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. Who can be charged in this story?

2. What can happen to family?


3. Why did the doctor report FGC?

4. What will happen to Ruwayda?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:



Embracing Change

Module 5
Session 1

Agenda

- Review Learning Objectives
- Opening
- Review of One Community Program
- Current Attitudes towards FGC
- Ways of Embracing Change
- Kowsar's Story Continued
- Group Closing Ceremony Development
- Closing

Learning Objectives

- Summarize what you have learned from the One Community program
- Explain your current attitudes toward FGC
- Describe ways to embrace change about FGC
- Identify an acceptable alternative rite of passage

What is one part of your culture you want to continue?





What is one part of American culture you want to embrace?

What did you learn about:

- Healthcare in America
- Preventive Healthcare
- Physical Health Consequences of FGC
- Emotional Health Consequences of FGC
- The Law and FGC

Group Discussion

What questions do you still have?

What are your current attitudes about FGC?

How has the One Community Program affected what you think about FGC?

Will you have your daughters cut?

How will you talk to your sons about FGC?

Embracing Change

National level

Media

Laws and policies

Community/Individual Level

Public Declarations/Public Pledge

Alternative Rite of Passage



Embracing Change


Public Declarations/Public Pledge

Collective coordinated choice to abandon FGC

Midwives make a public declaration that "I will not circumcise girls."

Parents promise "not to circumcise my daughters and not to allow my sons to marry a girl who has been circumcised."

Embracing Change




"I say no to FGM/C because of the negative implications for girls in the community. Others who are still pro FGM/C discriminate us and say we are cowards. I tell my friends that I will stay this way and won't get cut!"

Pokot girl who publicly declared FGC abandonment

Public Declarations/Public Pledge

Malika



Hawa and Mohammad



What public declaration about FGC are you willing to do after finishing the One Community Program?

What can you do to influence those in your family and community to make a public declaration against FGC?



Alternative Rites of Passage



What are possible alternative rites of passage?



Kowsar's Story Continued



Every night after Kowsar comes from work, her mother Maryam continues to convince her that she is not a good mother and that her daughters will never get married. Maryam says to Kowsar, "getting the pharaonic circumcision is best for these girls, as it will help them control their sex drive and prohibit fornication. You know, where we are living, everyone is committing fornication and there is no longer fear of God.

Kowsar's Story Continued



These girls are young, and a man can trick them into having sex by telling her he will marry her after. If they are circumcised, it will be difficult for them to have sex." Kowsar always replies: "There is no money."

In February, the tax return has arrived and everyone has his or her own ideas on how the money should be spent. Abdi, their father, thinks they should use the money to buy a house.

Kowsar's Story Continued



One son wants to buy a car to get a part time job. Kowsar thinks they should save some of the money in case Abdi loses his job, and use the rest to support her family back home. Everyone is disagreeing with one another and Maryam tells Kowsar to come with her. They go to Maryam's room. Maryam cries and tells Kowsar "Why am I the only person worrying about these girl's future"

Kowsar's Story

Maryam comes to Kowsar and says "What do you want for your girls?" Kowsar feels like her heart is breaking, but she feels she has to stop Maryam: "I am not going to let my girls go through the pain and struggle that I have been through! I will not have them scream and suffer their whole lives! I cannot fight with my husband because of you! I respect you and I respect our traditions, but we cannot do it"

Why did Kowsar decide not to follow her mothers' wishes?

Was it the right decision?

What would you have done if you were in Kowsar's place?

What alternative rite of passage would you suggest?

Closing Ceremony

Examples of Closing Ceremonies

- New Season Celebration
- Closing with Intention
- Sand Ceremony
- Gift Exchange
- Power Sticks
- Other?

Closing



What did you learn from today's session?

How did you feel about the information?

What questions do you have?

Handout 5.1.1: REFLECTION ON ONE COMMUNITY PROGRAM

NAME: _____

DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What did you learn about:
 - a. Healthcare in America?
 - b. Preventative healthcare?
 - c. Physical consequences of FGC?
 - d. Emotional consequences of FGC?
 - e. The Law and FGC?
2. What questions do you still have?
3. What are your current attitudes about FGC?
4. How has the One Community Program affected what you think about FGC?
5. Will you have your daughters cut?
6. How will you talk to your sons about FGC?

Handout 5.1.3: KOWSAR'S STORY CONTINUED

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. Why did Kowsar decide not to follow her mothers' wishes?

2. Was it the right decision?

3. What would you have done if you were in Kowsar's place?

4. What alternative rite of passage would you suggest?

ONE COMMUNITY PROGRAM (OCP)

Somali Women's Health Workshop Series

Sponsored by:

Women as Advocates & Leaders

Module 5
Session 2

Agenda

- Review Learning Objectives
- Opening
- Positive Traits for Overcoming Challenges
- Somali Women Leaders
- Leadership Skills
- Group Closing Ceremony
- Closing

Learning Objectives


Identify your leadership skills


Review examples of female Somali leaders

Practice leadership skills

Conclude the group

What is one
GOOD thing that
happened today?





What is one BAD
thing that happened
today?

Positive Traits
for Overcoming
Challenges

"CHALLENGES ARE WHAT MAKE
LIFE INTERESTING; OVERCOMING
THEM IS WHAT MAKES
LIFE MEANINGFUL."

JOSHUA J. MARINE
QUOTSEVERLASTING.COM

Leaders in Somalia and America

What are the characteristics of women from the Somali community?

What do you like about Somali women?

What do you like about American women?

Who are the American and Somali women you admire and why?

Profiles Of Women Leaders in Somalia and Young Somali Women in The U.S



Edna Adan



Hawa Adhi



Kadra Mohamed



Fatuma Noor



Profiles of Somali Women Leaders

What do you think of these women?

What did they do differently from other Somali women?

What characteristics of Somali women do you see in these women leaders?

What characteristics of these women do you see in yourself?

Role Play

You have had a difficult morning. Your sister was going to take care of your children while you went to your OB-GYN appointment, but she called you at the last minute to tell you she was sick and could not be there. You made a few calls to other family members but they were not available. You decided to get your children and go to the appointment with you to the appointment, with your children. When you arrived at the clinic, the nurse looked at her watch, frowned and rolled her eyes at you, made loud sighing noises, and informed you in a rude tone of voice: "You are late and the doctor cannot see you". You noticed a sign on the desk that states your appointment will be cancelled if you are over 15 min late, but you are only 10 min late.

What should you do?

Role Play

You are a single mother. Your children are in high school planning to go to college. Your children are struggling for every dollar. Your children need money for school. You heard that your cousin is a part time job as a Certified Nurse Assistant. You heard that you could do that too. Your aunt, cousin, and you gathered in your house and you talked about becoming a CNA, so I can work part time and make money." Your aunt laughs aloud and says, "You do not not know any English! Stay in your house and take care of your mother-in-law." Your mother-in-law says, "Your place is in the house and you should be alive he wouldn't let you think about it." Your cousin makes a face and says, "A CNA? You will make no money! I would never do THAT."

What do you say?

What should you do?


Who is right here?

Examples of Leadership

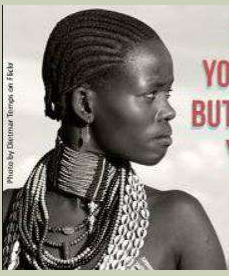
What was the situation?

What did you do?

How did you feel afterwards?




Closing Ceremony



**"IF YOU EDUCATE A MAN
YOU EDUCATE AN INDIVIDUAL,
BUT IF YOU EDUCATE A WOMAN,
YOU EDUCATE A NATION."
— AFRICAN PROVERB**

Closing



What do you remember most?

What was one thing you learned and you can use in your life?

What questions do you have?

Handout 5.2.1: LEADERS IN SOMALIA AND AMERICA

NAME: _____ DATE: _____

☐ Check here if completed by a facilitator during a group discussion.

1. What are the characteristics of women from the Somali community?
2. What do you like about Somali women?
3. What do you like about American women?
4. Who are the American and Somali women you admire and why?
5. What do you think of these women?
6. What did they do differently from other Somali women?
7. What characteristics of Somali women do you see in these women leaders?
8. What characteristics of these women do you see in yourself?