

## BLOGS

Consider sharing more in-depth messages with your community online through a blog. Post as frequently as you wish, with a goal of at least once a month. Be sure to provide a link to your blog on your Facebook, Twitter, and other social media pages.

### *Steps to an Engaging Blog Post*

- Target your audience by using an appropriate reading level and relevant content.
- Check your facts—use only statistics that come from reliable sources, and cite them.
- State your main points in your introduction and again in the conclusion.
- Limit your post to no more than 750 words.
- Time the release of your blog post to coincide with events and current news.

### *Ideas for Blog Posts*

- Information for crime victims, such as crime victim compensation or victims' rights.
- Details about an upcoming event or a recap following an event.
- Awareness days, weeks, and months.
- Suggestions for self-care.
- Personal stories including suggestions for self-care and how victims used local resources to assist in their recovery.
- Lists of important resources and services.
- Relevant interviews with important local officials or executives in the organization.



**SUPPORT VICTIMS. BUILD TRUST. ENGAGE COMMUNITIES.**

## Sample Blog Post

### Female Genital Mutilation Is a Problem in the United States, and We Must Get Better at Addressing It

You might believe that female genital mutilation and cutting (FGM/C) only affects women and girls internationally. But hundreds of thousands of women and girls in the United States are also at risk.

Female genital mutilation and cutting is the partial or total removal of female genitalia, or other injury to female genital organs, for nonmedical reasons. FGM/C is a form of gender-based violence and, because victims are often young girls or even infants, a horrific form of child abuse.

Around 4 million girls worldwide are at risk of undergoing FGM/C every year. Most victims are younger than age 15.<sup>1</sup> At least 200 million women and girls alive today are survivors of FGM/C.<sup>2</sup> The Centers for Disease Control and Prevention estimated that in 2012, approximately 513,000 women and girls in the United States were at risk for FGM/C. This number was more than three times higher than an earlier estimate from 1990, indicating an alarming trend of more women and girls in this country at risk now than in prior decades.

The message is clear: This global public health issue is also a domestic crisis here in the United States. FGM/C is not only an abominable crime, but also an extreme form of gender discrimination and an unconscionable violation of human rights.

#### *Addressing FGM/C in [insert name of city or state]*

The medical consequences of FGM/C can be devastating. Victims can experience medical complications, including infections and infertility, as well as psychological and emotional trauma resulting in anxiety, depression, and posttraumatic stress disorder. The risk of infection means that FGM/C can also be lethal.

A major part of addressing FGM/C is supporting the organizations that are most likely to encounter victims of this crime—domestic violence and child abuse service providers, first responders, health care providers, and others in the community at large.

To ensure that FGM/C victims can access culturally specific services from providers they trust, successful community strategies include peer support groups, where victims can discuss their experiences in an environment that fosters openness and trust; and locally led focus groups asking women what they think are the best ways to address FGM/C in their communities. Equally critical is education for medical providers on the specific medical needs of FGM/C victims, such as the risk for urinary and vaginal complications, as well as potential complications during pregnancy.

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<sup>1</sup> UNICEF, March 2019, “What is female genital mutilation? 7 questions answered,” accessed January 22, 2021, [www.unicef.org/stories/what-you-need-know-about-female-genital-mutilation](http://www.unicef.org/stories/what-you-need-know-about-female-genital-mutilation).

<sup>2</sup> UNICEF, February 2020, “Female genital mutilation (FGM),” accessed January 22, 2021, <https://data.unicef.org/topic/child-protection/female-genital-mutilation/>.



*[Insert information on local organizations combating FGM/C, educating communities and healthcare providers, and/or delivering culturally specific and community-based services to FGM/C victims.]*

No woman or girl should be deprived of her dignity and self-worth.

To learn more about how the work of *[insert name of your organization]* intersects with the effort to end FGM/C worldwide, *[link to information and resources from your organization]*.



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