

**BIRTH  
MONOPOLY**



**KNOW YOUR**

*Rights*

Group Discussion  
Guide



Legal and Human Rights in Childbirth for Birth Professionals and Advocates

**BIRTH  
MONOPOLY**



**MEET**

*Cristen Pasanucci*



Thank you so much for taking this course! I'm Cristen, the founder of Birth Monopoly and host of Birth Allowed Radio. You may have seen the Exposing the Silence Project, which I co-created with Spot of Serendipity Photography. I also spent about four years as vice president of Improving Birth, working to get the maternity care crisis in the media, spearheading consumer campaigns around obstetric violence. It has been my full-time job since 2012 to take the maternity care crisis mainstream and educate the public and providers about the human and legal rights of people giving birth. Today, I'm working on a documentary called Mother May I, about abuse in maternity care.

I'd like to thank the always supportive Rebecca Dekker of Evidence Based Birth, who originally asked me to create this course for her instructors, and Hermine Hayes-Klein for her ongoing instruction and collaboration, as well as birth lawyers Farah Diaz-Tello, Susan Jenkins, and Indra Lusero.

"Know Your Rights" is the culmination of my work with those colleagues and others, and I'm excited to share it with people like you. Together, we are going to flip maternity care upside down by working towards one critical concept: that the legal authority in birth is the person giving birth.



*Welcome!*

## **A WORD ABOUT GROUP SETTINGS**

If there's one thing I've learned about childbirth, it is that the topic is WILDLY triggering to people. Birth professionals and advocates are not immune to this! Sadly, there is a lot of trauma tied up in many of our personal experiences of birth and in our advocacy, as well.

I encourage group hosts to be aware of this dynamic.

One way to manage this is to state up front to the group that some people might find themselves uncomfortable, emotional, or triggered at times--and that's okay. We are all here to support each other. Remind everyone to think well of each other today and every day. (Thank you, trauma expert Nekole Shapiro, for this tip!)

Pace yourselves as a group and pay attention to self care. Have healthy snacks and plenty of water on hand, and take regular bathroom and "brain" breaks.

As we all know, validating someone's experience creates a path for that person to process it. If you have time with your group, set aside some quality time to share and have some safe emotional release with each other.

Group settings are also priceless opportunities for insights and collaborations that can change the way you approach your work. I hope you find it healing as well as stimulating. Amazing things can happen when we put our hearts and heads together!

Cristen



## **ABOUT CONTACT HOURS**

This course is worth 1.5 nursing contact hours, provided through Evidence Based Birth®, an approved provider through the Kentucky Board of Nursing.

To obtain your certificate, you must register at [community.birthmonopoly.com](https://community.birthmonopoly.com).

Once you are logged in, go to the "Know Your Rights" course, where you will see evaluation and quiz modules.

For your certificate, you must complete the evaluation and pass the quiz with an 80% or above. The quiz is four questions and you may attempt the quiz a maximum of two times.

Upon passing, you will be able to immediately download your certificate.



# COURSE VIDEOS LENGTH

## INTRODUCTION

10 minutes

## LECTURE 1: HUMAN RIGHTS IN CHILDBIRTH

14 minutes

## LECTURE 2: INFORMED CONSENT AND REFUSAL

18 minutes

## LECTURE 3: FACTORS IN HOW OUR RIGHTS ARE TREATED

26 minutes

## LECTURE 4: ENFORCEMENT OF RIGHTS

19 minutes

## LECTURE 5: SOLUTIONS

19 minutes

## BONUS VIDEO: CAROLINE, KIMBERLY, AND LINDSAY VS. OBSTETRIC VIOLENCE

1 hour, 2 minutes



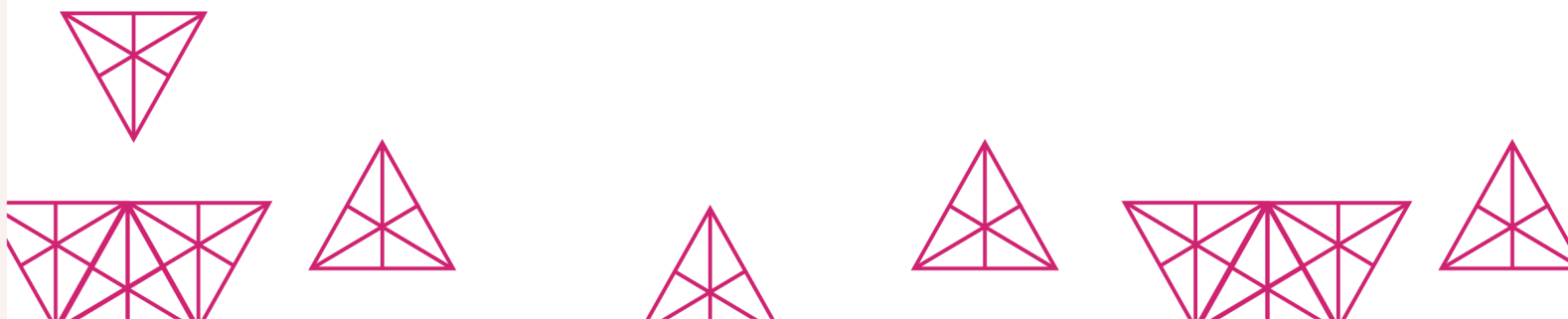
# LECTURE 1

## *Discussion*

### HUMAN RIGHTS IN CHILDBIRTH

What is access to midwifery like in your state--in hospitals and out of them?

In what ways does your state restrict the human right for each birthing person to "determine the circumstances" of giving birth?





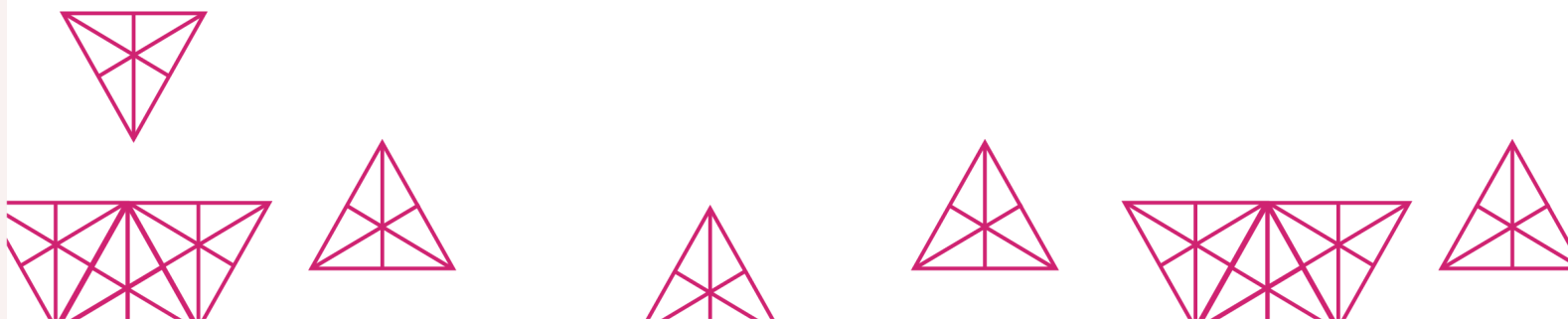
## LECTURE 2

## *Discussion*

### INFORMED CONSENT AND REFUSAL

Have you ever seen consent forms used in place of informed consent?

What violations of informed consent do you witness most commonly and how do you handle those situation?





## LECTURE 3

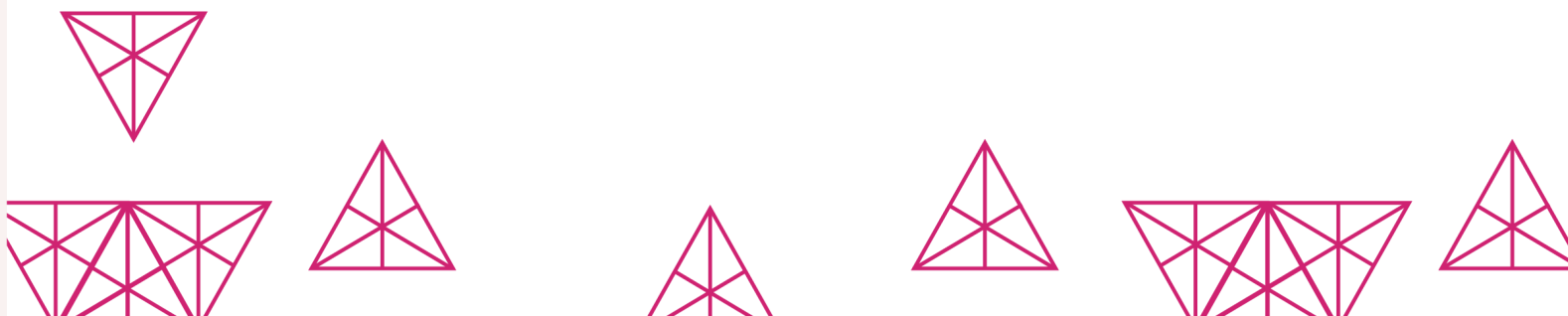
## *Discussion*

### FACTORS IN HOW OUR RIGHTS ARE TREATED

Which of these factors strikes you the most and why?

How can you be more attuned to provider trauma, and what are some practical ways to navigate it in the birth room?

How is your community supporting birth workers of color?







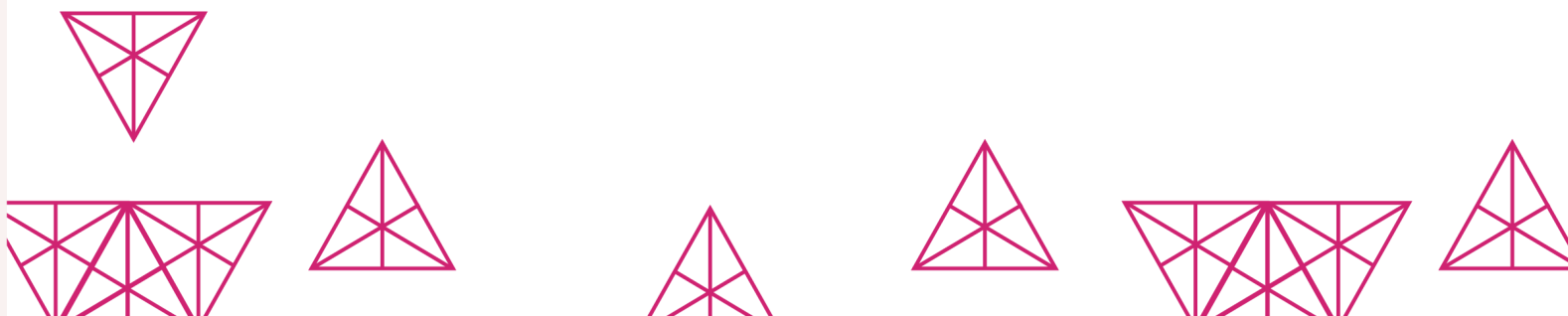
# LECTURE 4

## *Discussion*

### ENFORCEMENT OF RIGHTS

Have you ever helped a client file a complaint after a birth? What happened?

Was your community aware of any of these cases? Do you think there is a benefit to birthing people and providers being aware of them?





# LECTURE 5

## *Discussion*

### SOLUTIONS

How are you claiming your power?

What solutions do you have for your community?

What's the most valuable thing you learned in this course?

What is one small or large thing your local birth community could accomplish together to advance human rights in childbirth?



How can you create solidarity within your birth community?





## QUESTIONS? SUGGESTIONS?

Contact me at [cristen@birthmonopoly.com](mailto:cristen@birthmonopoly.com).

