

ORIGINAL POWER AND CONTROL WHEEL



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OBSTETRIC POWER AND CONTROL WHEEL

EMOTIONA Question of the se without consent: Judges your choices Isolates you from partner or baby Undermines your autonomy · Makes you afraid to ask for help Cuts an episiotomy Belittles, mocks or humiliates you • Touches sexual organs Damages your self-confidence Violates privacy and dignity as a parent • Ignores or minimises your pain and concerns **OBSTETRIC** Forces you to Participates in or refuses birth on your back to address racism and **Power and** discrimination against Withholds food, drink Control marginalised groups or medication Paternalistic attitudes Deliberately causes pain based on sex or gender · Restrains you or restricts Withdraws or limits movement services to suit the needs Manipulates you of the organisation Performs or withholds care to unnecessary influence your decisions **Encourages** defensive and interventions Threatens inappropriate fear-based SS** or mental health referrals practice Pits your baby's well-being against your wishes ('shroud waving') Skews evidence or gives incomplete information to gain compliance * vaginal examination ** Social Services

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WORKPLACE POWER AND CONTROL WHEEL

 Overworks you through lack of staffing

- Deprives you of time or space to rest, eat, drink and attend to hygiene needs
- Enforces shift patterns that contribute to poor health
- Normalises working in an environment of chronic stress and trauma

Ostracises or isolates

WORKPLACE
Power and
Control

- Encourages you to put your own needs last
- Manipulates you to accept excessive workload
- Deflects responsibility for working conditions by telling you to be more resilient
 - Makes you afraid to ask for help
 - Provides little or no emotional support for trauma
- you from colleagues
- Silences or deters whistleblowing
 - Threatens professional / economic repercussions for raising concerns or deviating from norms
 - Fosters a fear-based environment to control your actions

- Restricts your autonomy
- Refuses to accommodate your health and social needs
- Prioritises the needs of the service above users and staff
- Facilitates a blame culture
- Ignores bullying and discrimination

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