

BIRTH JUSTICE BILL OF RIGHTS

**As a Black pre-conception, pregnant, birthing or postpartum person,
I have the right to:**

1. **STAND AGAINST RACISM.**
2. **KNOW MY HISTORY AND RESIST INSTITUTIONAL RACISM.**
3. **HONOR MY VALUES.**
4. **EXPRESS MY CULTURE.**
5. **DEVELOP A NETWORK OF SAFETY AND SUPPORT.**
6. **REPRESENT MY BLACKNESS.**
7. **CARE FOR ALL MY IDENTITIES.**
8. **PROTECTION FROM VIOLENCE.**
9. **UNDERSTAND MY HEALTH.**
10. **RESPECT MY FAMILY STRUCTURE.**
11. **COMPREHENSIVE CARE AFTER I GIVE BIRTH.**
12. **SUPPORT FROM MY DOULA.**
13. **ACCESS TO EVERYTHING I NEED TO BE HEALTHY.**
14. **SUPPORT IN REDUCING STRESS.**
15. **INCLUSION IN THE DECISIONS THAT AFFECT ME.**
16. **ENSURE ACCESS TO ALL BIRTH CARE OPTIONS.**
17. **HONOR THE NATURAL BIRTH PROCESS.**
18. **SUPPORT MY BABY'S RIGHT TO HUMAN MILK.**
19. **GET A SECOND OPINION.**
20. **ADVOCATE FOR MY RIGHTS.**
21. **TIME TO HEAL AND BOND.**
22. **RECOGNIZE THAT MY BODY IS ALWAYS MINE.**