

# FREEDOM FOR BIRTH



GUIDE TO ACTION STEPS  
& suggestions for actions!

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# Step 1. Discussion After The Screening: General Discussion

- After your screening, you might want to lead a discussion about the issues raised in the film.

As a suggestion, perhaps start with general questions to the audience:

- Has anyone thought about the concept of Human Rights in childbirth before?
- How do you feel about the film and the ideas portrayed?
- What is the “picture of birth” where you live?
- What is working, what isn't working where you live?
- How much choice do birthing women have?

## Step 2. Discussion After The Screening: Make A Plan For Action

- Lead the discussion into what can be done locally to help improve birth where you live. (Someone should take notes!)
- Ask more open questions:
- Ideas for improving choice where you live?
- Who wants to get involved? How much time do they have? What do they want to do? Who is going to “lead” your campaign?
- Who are the “key players” locally that could help or people /organisations that you need to work with?
- What do you want to achieve? Short-term? Long-term?
- What are the steps you need to achieve those goals?

## **Step 3. Discussion After Screening: Arrange to Meet Again ( & Again...)**

- Set up a place, time & date to meet again to discuss “the plan” in more detail
- Make sure you circulate a piece of paper to collect everyone's email addresses & contact details
- Nominate someone to set up a website /blog /FB /Twitter to to keep people informed about “the plan” and to encourage people to become part of what you are doing.
- Nominate someone to follow up with an email reminding everyone about when the meeting is.

# Step 4. Meeting After The Screening

- 1. Work out what needs to be done.
- 2. Work out who is going to do what.
- 3. Work out when things need to be done.
- 4. Work out a budget.
- 5. Work out ways you could raise that budget.
  - e.g. coffee morning, holding another screening, buy/sell event, sponsored event etc
- 6. Work out a way of keeping track of your goals.
- 7. Work out a back-up plan or allocate reserve people to fulfil roles if a problem arises.
- 8. Work out when/where you are going to meet next.

# Step 5: Meet again & again & again: Once you have your plan, then do it!

- Once you know what/when/how you are going to do - then tell the world about it!
- Tell people via social media. Your friends and family. Put up posters. Make a video. Contact local media.
- Connect up with people like yourselves who are taking action.
- Use our <http://facebook.com/oneworldbirth> community to reach out to other people.
- Tell us what you are doing: email us at [info@altofilms.com](mailto:info@altofilms.com) and we will update our <http://freedomforbirth.com> website
- Then take the action – and most importantly enjoy it!

# Suggestions for Local Action for Global Change

- Local Action Ideas (am sure you'll come up with lots more!)
- - write letters/emails/phone up your local politician responsible for maternity care to tell them that they need to care about these issues
- - arrange a meeting with your local hospital to talk about how they can provide true informed choice for women
- - create an attention-grabbing media event about a local pressing birth issue, e.g. insurance for midwives, midwifery not being licensed, birth choice not being respected
- - start a petition on [change.org](http://change.org) and circulate it widely
- - arrange to give a presentation to local medical students about normal birth

# Suggestions for Local Action for Global Change (continued)

- Local Action Ideas
  - - host “meet and greet” events with local expectant women and inform them of their rights and choices
  - - create your own media and share it!
  - - find case studies of local women who have had their rights violated and contact your local media outlets (TV, radio, newspaper & magazines, internet bloggers) to suggest they might like to do a story about these women – with their permission of course!
  - - organise your own rally for respecting Human Rights in birth

# Suggestions for Local Action for Global Change (continued)

- Local Action Ideas
- - contact celebrities who are pregnant or have just given birth and see if you can get them interested in Human Rights in childbirth
- - use the power of the law to force change to happen. If you have local cases where someone's Human Rights in childbirth are being violated, or have been violated in birth, contact a Human Rights lawyer to see if you could pursue legal action. If enough women do this, then things will change!
- - organise seminars/ local conferences where you invite Human Rights lawyers to speak

# Suggestions for Local Action for Global Change (continued):

- Local Action Ideas
  - - we will be creating and releasing more videos to educate people about birth – so keep an eye on <http://oneworldbirth.net>
  - tell people about FREEDOM FOR BIRTH
  - <http://freedomforbirth.com>
  - - organise more screenings
  - - blog about it, share/tweet/post about it, tell your friends & family, get it reviewed in your local media etc
  - - soon after the screenings, we're going to be releasing a short version of the film on the internet for free so we need everyone to share it widely to make it go viral – so it's seen by millions!!!