

Birth Justice

Anti-Racism and Anti-Oppression Frameworks and Resources

These are meant to serve as an introduction to various topics, and are by no means a comprehensive education. Depending on your knowledge, identity, and life experience, you may need to spend more or less time with each topic.

You come to this course with a lifetime of experiences, conditioning, and perspective. Only you know what you don't know, where you have to stretch your understanding and grow your compassion, and what you already know because you have that lived experience.

Below are some resources with basic anti-racism and anti-oppression concepts and frameworks, as well as some about basic LGBTQ+/Queer concepts and frameworks. These resources include free articles, videos, and studies as well as books and paid continuing education opportunities. While many of these materials are from a U.S. perspective, the ideas they contain apply to those outside of the U.S. as well. We urge all BfW practitioners, regardless of location and identity, to consider how these issues appear in their particular local contexts and individual practices.

For those participants who have marginalized/oppressed identities, it's possible that some of these units may not be something to spend a lot of

time with. It may be that you are already all too familiar with the material; it may be that the material is traumatizing/triggering, rather than uncomfortable in a healthy way. Please follow your own understanding of your emotional, mental, and physical safety, and do what is right for YOU. Do keep in mind that having a marginalized and oppressed identity does not mean that you will automatically understand the issues facing other marginalized and oppressed identities -- you are welcome to focus on the units that bring you new knowledge.

For our white participants, and those with other privileged intersectionalities, take your time to walk through these units with curiosity. Make a plan for your next small step into learning more and doing better, and write it down. Identify an ally in your life with a similar identity to yours, and discuss with them what is coming up for you.

Generally speaking, we ask that you refrain from bringing your questions about this material to your online cohorts. Our cohorts are generally quite diverse, and there will be Black, indigenous, and other people of color, as well as LGBTQ+ people and disabled people, who may not want to consent to witnessing your learning in this realm. If you have an urgent need to ask a question or to process material that cannot be met by your own community, please email your facilitator.

Journal Prompts:

- In reflecting back on my interviews, what did I notice or imagine about the differences in cultural conditioning that people receive?
- What are some ways in which a person's race, religion, sexual orientation, gender identity, class, education access, immigration status, or ability impact their choices and decisions in preparing for birth? Consider this also from a solution-focused/strengths-based framework.

Resources:

- [Racism 101](#)
- [White privilege 101](#)
- [Impact of racism & oppression on birth outcomes](#)
- [Introduction to understanding gender](#)
- [Trans 101](#)
- [Ally's Guide to LGBTQ+ Terminology](#)
- [Transgender parents and breast/chestfeeding](#)