

THEME: I GOT YOU (*Maternal Mortality*)

What divergent or confusing messages were transmitted by different health care providers throughout the woman's care?

- What should have been communicated to the woman throughout her care?

What was the impact of the physician who said, "I got you"? What factors made "I got you" so powerful to the woman who had just delivered her baby?

THEME: PRESSURE (*Obstetric Hemorrhage*)

What should have happened at different moments of the woman's first pregnancy (that ended in miscarriage) to better inform her about what was happening with her body and pregnancy?

The partner says at the end, "I don't know if I can handle another one," referring to miscarriage.

- What are ways in which pregnancy complications impact partners?
- How can health services better involve them in pregnancy care?

THEME: IT'S NOT GOING AWAY (*Pregnancy Fears During COVID-19*)

The pandemic has profoundly impacted pregnancy experiences for pregnant individuals, their families, and health services.

What are some key ways the pandemic affected pregnancy experiences and pregnancy-related services?

What are the ways that the pandemic has affected services, both negative and positive changes?

THEME: CARRYING MY WEIGHT (*Partner Support*)

What are the different "weights" carried by the speaker?

- What does this mean for the range of services she needed while pregnant?
- How can those services be coordinated?
- What are the barriers to accessing that range of services?
- What are your ideas for breaking down those barriers, especially institutional/structural barriers?

THEME: THE SOCIAL PANDEMIC (*Intersecting Injustices*)

Discuss what "the social pandemic" means—what are the different pandemics named in the monologue?

What are the multiple impacts of these simultaneous pandemics?

How can health and social services acknowledge these pandemics and their impacts and incorporate addressing them into pregnancy, birthing, and postpartum care?

THEME: NOT ANYMORE (*Miscarriage*)

Many times, pregnancy complications become "normalized" through statistics. "E.g., one of every three pregnancies ends in a miscarriage."

How can these data be communicated to pregnant people and their families in ways that don't make them feel like a statistic?

THEME: SHELTER (*Experiencing Pregnancy and Houselessness*)

Discuss the multiple mental and physical health issues the speaker experienced.

How could more integrated or connected services have been available and accessible to the speaker?

- Who has heard of the term "obstetric violence"?* Discuss what this means in the context of this woman's story.

What should be done to prevent the violations she experienced throughout her pregnancy, birthing, and postpartum phases?

**Obstetric violence:**

See <https://obstetricjustice.org/community-stories/what-is-obstetric-violence>