

**DG
MT**

learninglunch

TAKEAWAY

INSTRUCTIONS

Spend some time reflecting on these questions by yourself
and then share your reflections with your colleagues.

What does giving birth with dignity look like to you?

If you have a pregnant person in your life, how can you contribute to
supporting a respectful birth experience?

What can we do to ensure that all women in this country understand their
birthing rights?

Enjoy!

THE LEARNING LUNCH PODCAST

Birth
WITHOUT VIOLENCE

