

Know Your Rights

You have the right to:

- Decide how, where, and with whom you give birth.
- Be treated when in labor or having a medical emergency.
- Understand and consent to any procedures before they are performed on you or your baby.
- Refuse surgery or medical procedures.

If you feel your rights are being violated, remember to:

- Document what is happening.
- Clearly restate your needs and wishes.
- Seek support from family or friends.
- Ask for more information.
- Focus on what you can control.

¹ "Birth Rights: A Resource for Everyday People to Defend Human Rights During Pregnancy and Birth," Pregnancy Justice, Elephant Circle, and Birth Justice Bar, June 10, 2025, <https://www.pregnancyjusticeus.org/resources/birth-rights/>, accessed October 1, 2025.

