

# PRENATAL & BIRTH MOTHERS' Rights

I Have Rights



I Am Entitled To...



I Decide



Acknowledge Me



Respect My Choices



Hear Me



✓ Facts

✗ Myths



Believe Me



Help Me Understand



Inform Me Of My Options



Speak My Language



**BRAIN**

**B**ENEFITS: What are the benefits of doing this procedure, receiving this treatment or taking this medication?

**R**ISKS: What are the risks involved?

**A**LTERNATIVES: Is there something else we could try?

**I**NSTINCTS: What is my gut saying? Do I want to do this

**N**OTHING: What would happen if we did nothing or waited for a while?

It may be helpful to use the BRAIN acronym to think through your decision.



1199SEIU  
Benefit Fund