

EP. 24 BIRTHING FREEDOM EPISODE GUIDE

WHAT THEY SAY?

Animus: refers to masculine energy present in all genders

Healing Stones: Crystals and stones used for intentional healing associated with chakras and natural energy.

Kali: Hindu Goddess known for transformation, birth/death(non physical) destruction for the purpose of renewal.

Oya: Yoruba deity who is over transformation, destroying to renew (clearing out), erotic energy, runs the marketplace, female warrior. Her colors are a deep red also the rainbow, her number is nine, in Nigeria she associated with the wind/air and the Niger River.

Precognitive: Before cognitive (thought) awareness

Prison Industrial Complex: a massive multi-billion dollar industry that promotes the exponential expansion of prisons, jails, immigrant detention centers, and juvenile detention centers. The PIC is represented by corporations that profit from incarceration, politicians who target people of color so that they appear to be “tough on crime,” and the media that represents a slanted view of how crime looks in our communities. In order to survive, the PIC uses propaganda to convince the public how much we need prisons; uses public support to strengthen harmful law-and-order agendas such as the “War on Drugs” and the “War on Terrorism”; uses these agendas to justify imprisoning disenfranchised people of color, poor people, and people with disabilities; leverages the resulting increasing rate of incarceration for prison-related corporate investments (construction, maintenance, goods and services); pockets the profit; and uses profit to create more propaganda. *This definition was developed by Communities Against Rape and Abuse (CARA) and comes from Making Connections: the Anti-Violence Movement Actively Resisting the Prison Industrial Complex*

Root Chakra: Energy center located at the base of the spine, between ankles and genitals, governs safety/security/family of origin, colors are red/black, blocked by fear.

Sacral Chakra: Energy Center just below navel, governs genitalia, creativity, Sexuality, pleasure, joy, consciousness, wants, blocked by guilt, color is orange.

***Sacral Violence:** Systemic/Intentional violence targeting expression of creativity and sexuality.

Shakti: Tantric Female Goddess Energy, governs first three chakras, erotic energy, transformation, raw passion, movement, unpredictable and spontaneous, heavily oppressed in patriarchal systems, in all genders.

***Denotes new theory created by Dem Black Mamas**

RUN ME DEM NUMBERS

BE CLEAR:
These statistics are not a reflection of the women who are incarcerated. We provide these statistics as a revelation of connections between systemic and institutional oppression and mass incarceration.

The rate of incarceration among women has increased 700% over the last 30 years.

90% of women incarcerated have suffered physical and/or sexual trauma.

40% of women incarcerated made less than \$600 a month;
\$13,890

70% of women incarcerated are mothers.

Six states — Utah, Nebraska, Kansas, Indiana, Georgia, and South Carolina — have no policies in effect banning or restricting the shackling of female inmates in labor.

EP. 24 BIRTHING FREEDOM EPISODE GUIDE

WHO'S DOING THE WORK

*For more info click the org name

Alabama Prison Birth Project: Alabama Prison Birth Project's mission is to improve the health of newborns birthed by women in custody while strengthening maternal bonds and maternal self-efficacy through doula support, group prenatal and postnatal support & breastfeeding support.

Minnesota Prison Doula Project: The Minnesota Prison Doula Project (MnPDP) provides pregnancy and parenting support to incarcerated parents. We provide birth support from trained doulas, as well as group-based and individual education and support. The goal is to nurture healthy relationships and increase parenting confidence and skills. We work with those serving sentences at the Minnesota Correctional Facility - Shakopee (Minnesota's only women's state prison) and those held in county correctional facilities throughout Minnesota.

Pregnant In Prison Statistics (PIPS): ARRWIP is a group of researchers examining the intersections of reproductive justice and the criminal legal system out of Johns Hopkins University. ARRWIP is led by Dr. Carolyn Sufrin, an obstetrician-gynecologist, medical anthropologist, advocate, and author of Jailcare: Finding the Safety Net for Women Behind Bars. She has been working on reproductive health issues among incarcerated people since 2006. Our goal is to create opportunities to improve reproductive wellness for people in custody. ARRWIP started with the PIPS project but has expanded to research projects looking at how to provide medication-assisted treatment to women with opioid use disorder in jails and other ongoing reproductive health studies on pregnancy decision making and birth control access in places of confinement.

SisterSong: SisterSong is Southern based, national membership organization; our purpose is to build an effective network of individuals and organizations to improve institutional policies and systems that impact the reproductive lives of marginalized communities. Their mission is to strengthen and amplify the collective voices of indigenous women and women of color to achieve reproductive justice by eradicating reproductive oppression and securing human rights.

U.S. Prison Culture Blog: Prison Culture is an attempt to document how the current prison industrial complex operates and to underscore the ways that it structures American society. Mariame Kaba, an organizer, educator and curator whose work focuses on ending violence, dismantling the prison industrial complex, transformative justice and supporting youth leadership development, created the blog as way to make sense of all of the information that came her way through her work. She started the blog for herself as sort of a running work journal; a place to catalogue all of the ideas, thoughts, musings, and resources about mass incarceration, transformative justice and the prison industrial complex (PIC).

READING IS FUNDAMENTAL

**To read articles, click titles*

Prison Born - What Becomes of the Babies of Incarcerated Mothers by Sarah Yager

Serving Time with Mom in Prison - Cruel or a Child's Right by Whitney Eulich

Pregnant Behind Bars - What We Do And Don't Know About Pregnancy And Incarceration (Audio) by Jonathan Lambert

This Is What It's Really Like to Breastfeed Behind Bars by Chaunie Brusie

SisterSong On North Carolina's Ban On Shackling Pregnant Inmates (Video) by Now This

Pregnant and behind bars: how the US prison system abuses mothers-to-be by Victoria Law

EP. 24 BIRTHING FREEDOM EPISODE GUIDE

DEM BLACK MAMAS

SUBSCRIBE & INVEST

*Everything on this page is linked. Just click on how you wanna support & invest!



Ways to Invest in Dem Black Mamas:
Patreon | Merch | One Time Donation

Interested in becoming a lactation consultant check
out Nikki & Nikki Career Lactation Consultants:
Facebook | IG | Twitter | YouTube

Check out our sister pod All Heart Podcast:
Facebook | IG | Website

www.demblackmamas.com
Facebook | IG | Twitter

For Podcasters



For Mamas



For Fighters/Healers

