Gender Discussion For Doulas

LRC is all about reflecting, respecting, and connecting through conversations. It’s New Beginnings hope that through these conversations we can grow as a community of doulas and bring that growth to our local communities as well.

*Introductions*

Ask each party to take a minute to state their name and where they are from and their favorite meal from this weekend!

*Conversation Agreements*

* **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.
* **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
* **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
* **Be authentic and welcome that from others.** Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.
* **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
* **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the “time out” sign if you feel the agreements are not being honored.

*Round one*

What are you hoping to gain from this conversation?

*Round Two (You can read this aloud or share in the comment box for someon else to read it)*

According to the CDC websites “*Gender identity* refers to one’s internal understanding of one’s own gender, or the gender with which a person identifies. *Gender expression* is a term used to describe people’s outward presentation of their gender.”

* Have you supported a client with a different Gender Identity?
* How has gender identity fit into your role as a doula?
* What are some things that you have learned while supporting someone of the 2SLGBTQIA+ community?
* Going forward do you see yourself changing how you may support those of a different gender identity?

*Round Three*

What is the most meaningful take away for you, from this conversation?

Has this conversation changed how you may view those who identify as a different gender?

Is there a next step that you are interested in taking based on this conversation?

Resources:

<https://www.apadivisions.org/division-44/resources/advocacy/non-binary-facts.pdf>

<https://www.cdc.gov/lgbthealth/transgender.htm>

(First hand written account of a non binary person who went through TTC, Pregnancy, and Birth) -<https://www.parents.com/pregnancy/my-body/pregnancy-health/trans-and-nonbinary-people-can-be-pregnant-too/>

<https://www.apa.org/topics/lgbtq/transgender.pdf>

<https://www.ihs.gov/lgbt/health/twospirit/>