

For years, Dani grew this group to become what it is today and she is thrilled to be relaunching it in the Fall of 2021 after a year-long hiatus that served to protect the group from being removed from Facebook—a fate many groups have since met. Reopening the group comes with certain rules in mind that restrict content, among other things. Many of these limitations are hard lines Dani had to draw in order to keep this community safe on Facebook's platform. While she may not personally agree with all of Facebook's positions on content and censorship, her desire to preserve the largest natural childbirth community on Facebook is greater.

### **The BIRTH Circle Facebook Group Rules:**

- Be courteous to other members.
- Blocking any admin or moderator will result in removal from the group (hint: admin and moderators can still see you).
- Do not take screenshots from this group (people tattle on members to Dani weekly lol) or you'll be removed, no second chances.
- Add a trigger warning if you like but it is not required for certain topics. This is a childbirth education group. Beyond the restrictions Dani must impose because of Facebook's standards, her own standards are that pregnancy and birth are messy and beautiful and there is nothing about our bodies that is shameful. Dani believes exposing yourself to the reality of childbirth will only help to deepen your appreciation and tolerance for the bodily functions involved in this very natural process.
- Images that show nudity are not allowed for the time being until we get clearer rules in writing from FB.
- Friendly debate is just fine. Attacks on others' character or morals are not. Admin and moderators reserve the right to decide when a line is being crossed.
- Dani reserves the right to change these rules at any time, and it may be necessary as Facebook continues to create new hoops we must jump through to keep this space open.

### **Topic & Image Restrictions**

The following topics are off-limits in the Facebook group:

- Any and all articles, comments, posts, etc about vaccines. Posting them in a screenshot or visual form—even when marked out or using images to cleverly cover up parts of a word—is included in this rule. Facebook has bots that scan everything. It's not just about what you type anymore. Clever emojis and alternative spellings won't circumvent this. While Dani is a firm advocate for choice and evidence-based research that guides us to make our own decisions, we can only discuss this topic in the Village group (see below).
- Vitamin K, including oral versions.
- Posts encouraging medicated childbirth.
- Cesarean sections and inductions that are not medically necessary (posts inquiring as to what *is* medically necessary are fine).

- Images including an excess of skin compared to the rest of the image. Facebook abides by a 20% rule. Images where flesh appears to take up more than 20% of the image are flagged. Obviously we do not expect members to know these exact percentages, but we do ask you to use your best judgement before posting images that are clearly outside of such, like an image of your bare belly taking up most of the screen (even our admin have been suspended by Facebook for this in the past inside the group).
- All other rules and restrictions presented via [Facebook's Terms of Service](#) and [Facebook's Community Standards](#) additionally apply.

### **What if you need a question answered that goes against the FB group's rules?**

Dani certainly understands that just because Facebook isn't a safe space for discussion of certain topics doesn't mean you don't still need one! She encourages members to login to [The Village](#), her free app where the backup group for The BIRTH Circle and all BIRTH Circle member content is hosted. Topics that are banned on Facebook are open to be discussed freely in The Village. If you hope to draw more attention to your post inside The Village, you can share the link to your Village post inside the Facebook group, but we ask that you remind members on the Facebook post to keep their comments inside The Village because it is a "hot topic." The way Dani has The Village set up as a private membership site means Facebook will not be privy to what that post says. However, if we find people are commenting on the Facebook post about a restricted topic, we will need to remove that post inside the Facebook group.

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