

# MRKH & Friends: The Journey of Disclosure with MRKH Part 2

November 8, 2020



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GLOBAL MRKH



# MRKH & Friends: The Journey of Disclosure with MRKH Part 2

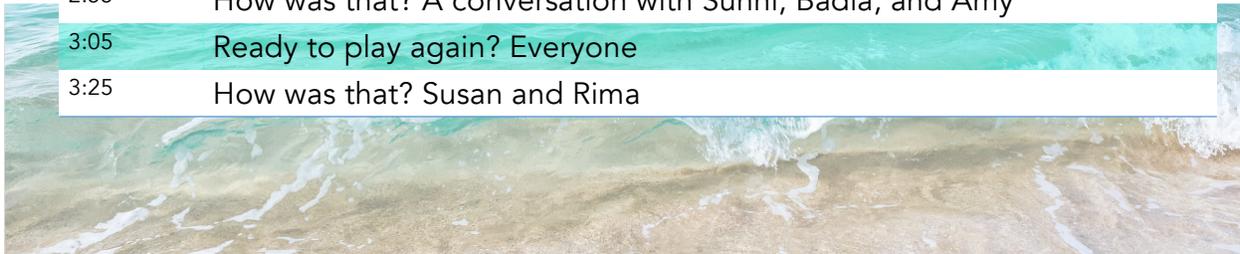
Sunday, November 8, 2020  
2:00 pm to 4:00 pm EDT



Time (EDT)	Session
1:45	Participants login to waiting room
2:55	Waiting room opens
2:00	Welcome — Amy C. Lossie, PhD and Christina Ruth Martin, co-founders Beautiful You MRKH Foundation
2:05	How are we doing today? — Susan Carroll, PhD
2:10	I need to tell you something game — Erinn C. Webb, MA, RDT; Badia Atcherson; and Amy C. Lossie, PhD
2:35	Playing the Game Part 1 — Everyone
2:55	How was that? — Sunni Anne Ball, Badia Atcherson, and Amy Lossie
3:05	Playing the Game Part 2 — Everyone
3:25	How was that? — Susan Carroll, PhD and Rima Zigaitis
3:55	Thank you! Let's Dance

# RIDING THE WAVE: what's happening today

Time	Agenda
2:00	Introductions
2:05	How are we doing today? A conversation with Susan
2:10	The <i>I need to tell you something</i> game Erinn, Badia and Amy
2:35	Ready to play? Everyone
2:55	How was that? A conversation with Sunni, Badia, and Amy
3:05	Ready to play again? Everyone
3:25	How was that? Susan and Rima



## Welcome!

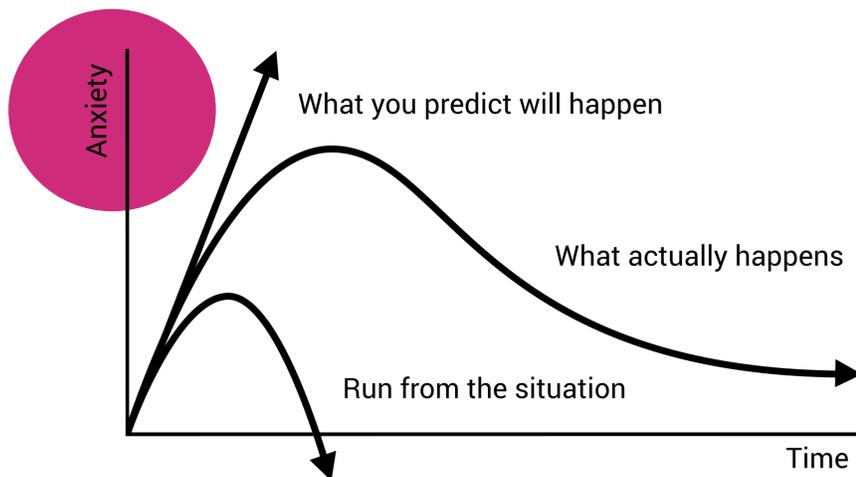
- You are in a Zoom Meeting
- We will NOT record this meeting
- Please stay muted and leave your camera off
- You can change your name by hovering over your picture. Click on the 3 dots
- In the unlikely event of an internet outage, please return in 15 min
- If we are zoom-bombed, shut down your computer or turn off Zoom Immediately. The meeting will resume in 15 minutes



“I need to **the tell you game** something”



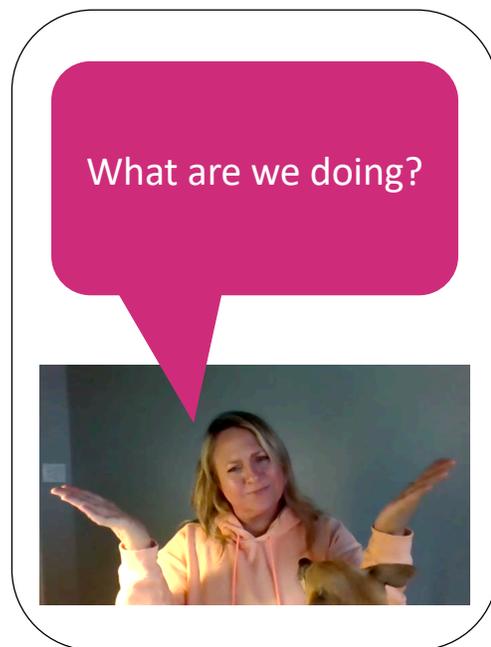
Why are we doing this?



In a moment you will find yourself in a breakout room with someone you might not have ever met in order to

## play this game!

NOTE: You can do this all through the chat box, if you do not want your video on.



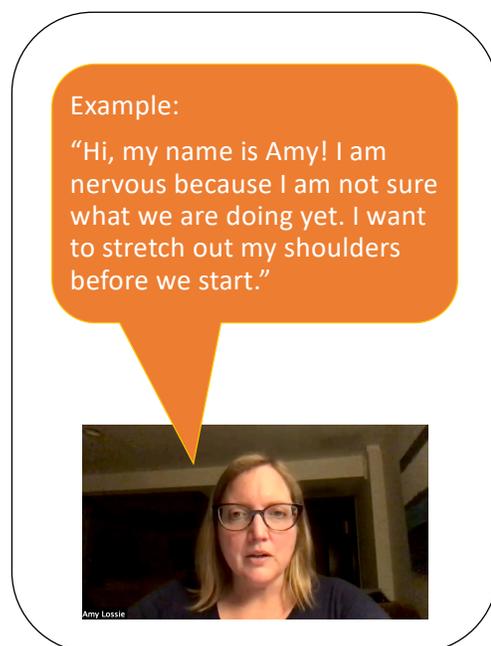
## What are we doing?

### Step 1:

### introduce yourself

Say hello to each other!

Stretch together!



## As part of your introduction...

- Ask **on screen or off?**
- Share your **pronouns!**
- Feel free to introduce or inform the other person of any aspects of your **identity** or **background** that are relevant today!

## What are we doing?

**Step 2: decide** who is going first!

**#1:** a person with MRKH  
(aka Yourself)

**#2:** A person you're telling!

Example:

"Hi, I'm Erinn.  
I'll be # 1 first!"



What are we doing?

**Step 3:**  
#1 **chooses a**  
**role** for #2

it's  
pretend!

Example:

"I want you to be a friend in  
my class at school."



Let's do this now!

**Write down one**  
**or two roles**  
**(types of people)**  
**you would like to**  
**pretend to "tell"**  
**about MRKH**  
**today.**

Ideas:

Boyfriend  
Girlfriend  
Date  
Friend / Peer  
Colleague  
Family Member  
Doctor  
Friend of the  
Family  
Youth Leader  
Etc.

# What are we doing?

## Step 4:

Person #1 **gives a line** of speech to #2 which will be what they say to start the game.



Example:

"Your first line is: "Hey Erinn, I just got my period and I wasn't prepared! Do you have anything I can use?""



## Let's do this now!

Here are some examples:

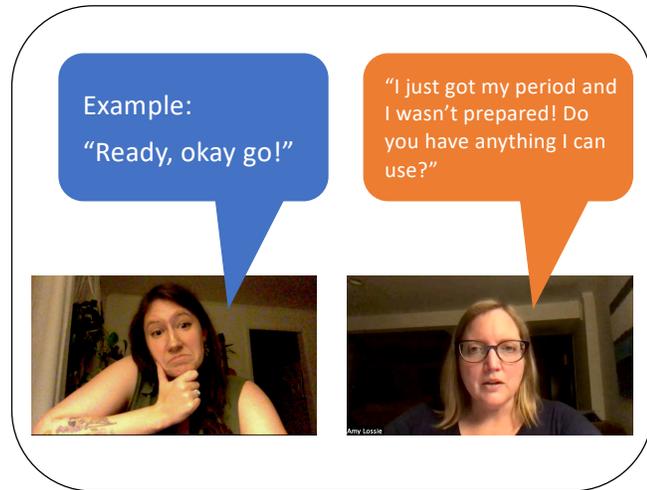
**Write down a starting line for each role you chose to say, to start the conversation.**

CHARACTER	Actor 2 First Line Ideas		
<b>Romantic Interest</b>	"Tell me a little about yourself."	"I really like you. Would you like to come back to my place?"	"So what are your thoughts on having kids?"
<b>Family</b>	"I have not seen you in a while, how are you? What's going on in your life?"	"Your mom told me that you have had some medical issues, how are things?"	"So are you planning on having kids?"
<b>Friends &amp; Peers</b>	"Hey can I borrow a pad or a tampon, I'm out."	"How's your sex life?"	"What are your thoughts about the future? What do you want for your life?"
<b>Professionals</b>	"What are your areas of expertise?"	"What are you passionate about?"	"I see you have work with MRKH, listed in your resume, can you tell me about it?"
<b>(Colleague, Doctor or Therapist)</b>	"What brings you here today?"	"Are you or could you be pregnant?"	"What are the major issues affecting your life?"

## What are we doing?

**Step 5:** Then when you're ready to start, #1 can say,

**"Ready?  
Okay, go!"**



As #1, what do I say? (Hint: Whatever you want!)

Situation	 Full Privacy	 Moderate Privacy	 Full Disclosure
Do you have a tampon or sanitary pad that I can use?	No, I don't. I'm sorry.	No, I'm not on my period right now.  No, but I bet [insert name] does.  Yes, I do. Here you go. (Some MRKHers have choose to carry such items.)	No, I don't. I don't have periods.  I don't have a uterus, so I don't get periods.

## But wait!

#1 has...

**a magic  
remote  
control**

Whenever you want, PAUSE  
the scene and rewind, or start  
over!



Example:

“Pause. Let’s rewind, I want to  
respond differently.”



Play it out, until you feel  
like you’re done. Then  
rewind and try it again.  
Try it 3 ways!

After, you and your partner  
**SWITCH** places. You  
will each have 10 minutes!

Okay, it’s been 10  
minutes, now it’s  
your turn! Who  
would you like  
me to be?

How about you be  
my Aunt Brenda,  
and you say, “So  
when are you  
having kids Amy?”



## Review - What are we doing?

**TOTAL TIME:**  
20 min (x2)

**5 steps**

- 1. Introduce** yourself and stretch
- 2. Decide** who's going to be #1 first
- 3. Give a role to #2**
- 4. Give a line** to #2
- 5. Ready, okay go!**

**REWIND** a few times  
then **SWITCH** ..

**Have fun!**

**Rima:** Did she mention we'll be doing this twice?

**Amy:** Whaaat? You mean I get to meet 2 new people? ❤️ ❤️

**Rima:** Yeah! But don't worry we get a break in between.

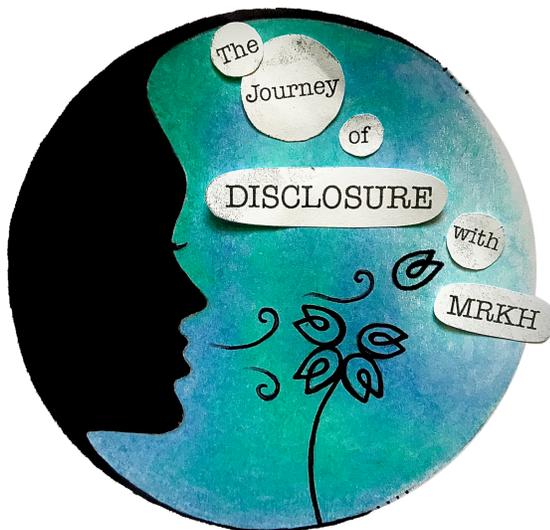
**Amy:** Okay good because I will definitely need a pee break.

**Rima:** ...

## MRKH & Friends Planning Committee



Badia Atcherson  
Sunni Anne Ball  
Brittany Boone, MS  
Susan Carroll, PhD  
Amy C. Lossie, PhD  
Jaclyn Misch  
Christina Ruth  
Erinn Webb  
Rima Zigaitis



## Resources Available

[www.beautifulyourmrkh.org](http://www.beautifulyourmrkh.org)  
<https://youngwomenshealth.org/>

You may need extra care following this Webinar

Please be kind to yourself and reach out to your support system if you have uncomfortable emotions



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