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

November 8, 2020

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

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

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**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 tell you something”

Why are we doing this?

Anxiety

What you predict will happen

What actually happens

Run from the situation

Time
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!

Example:
“Hi, my name is Amy! I am nervous because I am not sure what we are doing yet. I want to stretch out my shoulders before we start.”
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

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!

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

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

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

“**Ready? Okay, go!**”

Example: “Ready, okay go!”

“I just got my period and I wasn’t prepared! Do you have anything I can use?”

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

<table>
<thead>
<tr>
<th>Situation</th>
<th>Full Privacy</th>
<th>Moderate Privacy</th>
<th>Full Disclosure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have a tampon or sanitary pad that I can use?</td>
<td>No, I don't. I'm sorry.</td>
<td>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.)</td>
<td>No, I don't. I don't have periods. I don't have a uterus, so I don't get periods.</td>
</tr>
</tbody>
</table>
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?

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**. ..

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

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

**Amy:** Whaat? 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.beautifulyoumrkh.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.