
Dear _____,

In school today we learned about _____ and the changes to our _____. Our teacher asked us to write a _____ to two trusted _____. I would like for you to be one of my trusted adults, _____. Is it okay for me to come to your _____? Would you feel comfortable answering my _____? _____ for helping me, and being a person that I can _____ on during this exciting time!

Sincerely,

Dear _____,

In school today we learned about **puberty** and the changes to our **body**. Our teacher asked us to write a **letter** to two trusted **adults**. I would like for you to be one of my trusted adults, **please**. Is it okay for me to come to you for **help**? Would you feel comfortable answering my **questions**? **Thank you** for helping me, and being a person that I can **depend** on during this exciting time!

Sincerely,
