\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? 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,

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_