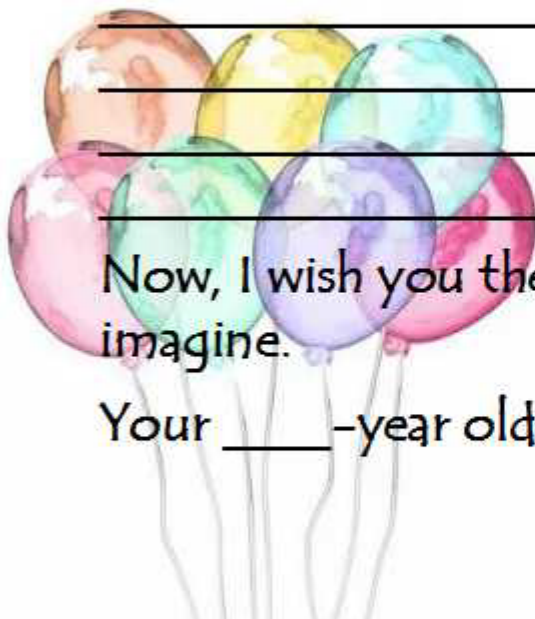


Wow, that's a lot happening in puberty! But don't worry too much! Physical changes in puberty are normal. It happens to everybody, to girls and boys. Even your grandma has gone through it! Just, if



\_\_\_\_\_ that's not really normal.

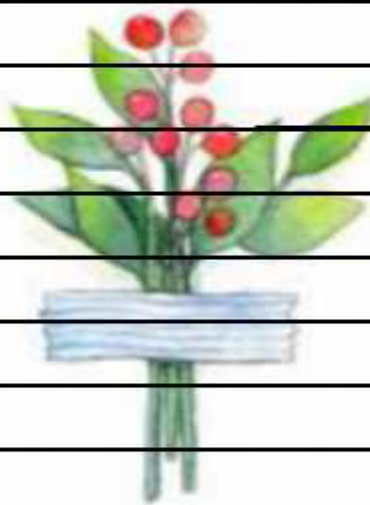
Now, I wish you the very best puberty one can imagine.

Your \_\_\_\_\_-year old \_\_\_\_\_

Dear future \_\_\_\_\_

How are you doing? I hope, life has been great so far and you're really enjoying yourself. Actually, I've just had a lecture about

\_\_\_\_\_. So, before I forget everything I've learnt in this lesson, I've wanted to tell you!



*Signed*