

A coupon just for you!

Debu inc.

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Fold here

(Add your guardians name here) _____, I need to talk to you.

I want to let you know that on _____, I started my first period.

(Choose only one item)

- I would like to go for ice cream and talk about it.
- I would like to go for a walk and talk about it.
- I would like to go for a ride and talk about it.

Or

- I really am not ready to talk about it yet but will let you know when I am.

Sincerely _____ Date _____

Cut here