

Can't find the words? Now there's an easy way for Mom to start the conversation for you.

It's not always easy to go to your Mom when you need to talk, especially when it comes to puberty. That's why Always has found a way for you to get a Mother/Daughter conversation going without saying a word!

- 1 Print this card and cut it out.**
- 2 In pencil, check off what you'd like to talk with your mom about.**
- 3 Place it somewhere she's sure to look - her pillow, vanity, next to her work bag. When the time is right, she'll find you and the right way to get the conversation started!**

Mom,

I really need to talk to you about:

- Starting my period. Is this for real?
- Shopping for bras. I think it's time!
- Deodorant. I definitely think it's time!
- Boys. What else?
- What's going on with my body. What's up?
- All of the above!



Love, \_\_\_\_\_