

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I wanted to take some time to talk about the changes and challenges that often come with adolescence.

[Paragraph 1: Acknowledge the changes during adolescence and express understanding of their feelings.]

[Paragraph 2: Share personal experiences or stories that relate to the challenges faced during this time.]

[Paragraph 3: Offer support, encouragement, and resources that may be helpful.]

[Closing Paragraph: Reiterate your willingness to listen and be there for them as they navigate this stage of life.]

Warm regards,

[Your Name]  
[Your Contact Information]