To	
Subject	Hi from _____ [Your Name]

Hi _____ [Teacher's Name],

My name is _____ [Your Name], and I'm in your _____ [Grade/Class Name]. I want to let you know that I stutter, so I may take longer to say what I want to say. That's just part of how I talk. I stutter in all kinds of situations and with all kinds of people, so I'm pretty good at it.

Sometimes I feel _____ about stuttering and other times I feel _____ about it. But one thing that doesn't change is that I have friends who stutter, too, so I know I'm not alone. Do you have any friends who stutter?

Here are some things I want you to know **about stuttering:**

- *Millions and millions* of people from all over the world stutter, and people have been stuttering for *thousands* of years! That shows me that stuttering is part of being human.
- Stuttering comes and goes. It isn't the same every day. That's called the variability of stuttering.
- Sometimes trying hard not to stutter leads to more stuttering. That's called the paradox of stuttering.

Here are some things I want you to know **about me**:

- I think it's okay to stutter. What matters to me is that I say what I want to say.
- Giving me time to speak without being rushed or interrupted will help me talk more comfortably.
- I'd like to be treated the same no matter what kind of stuttering day I'm having. I may be stuttering a lot or a little, and I want to be listened to just the same.
- When I want to participate, I will let you know by _____
- Here's how I feel about reading out loud in front of my classmates: _____
- One thing I feel nervous about is _____
- One thing you can do to support me is _____
- Things I want to be encouraged to do are _____

Thanks for taking the time to read this email! Talking to you about stuttering helps me feel understood and more excited to learn. My parents and I are happy to talk more about stuttering and what's helpful, so please reply with any questions you have for us!

You can also reach out to **Friends: The National Association of Young People Who Stutter.** They support young people like me *and* parents, speech therapists, and teachers. Write to them anytime at friends@friendswhostutter.org.

Your student,

_____ [Your Name]