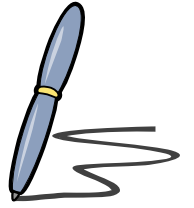


## Pen Pal Perks:

- Build an instant bond with someone who relates to your journey
- Experience the joy of sharing your life and hearing someone else's
- Exchange tips and insights to navigate Type 1 together
- Be a source of encouragement and inspiration for the newly diagnosed
- Add a valuable resource to your Type 1 toolkit
- Brighten someone's day with letters (and yours too!)
- Create opportunities for local meetups and real-life friendships



## Being An Awesome Pen Pal

### Be Yourself

Share your true self - your hopes, fears, and quirks. Honesty builds trust and deepens your friendship.

### Set Expectations

Discuss how often and how long your letters will be early on to avoid surprises or mismatched expectations.

### Encourage Conversation

Balance your letters with stories, questions, and insights about your life. Avoid writing just a monologue or a list of questions.

### Be Patient

Life gets busy! If replies slow down, check in kindly. If it's you, let them know you haven't forgotten. Communication keeps things strong.

### Thoughtfulness is Key

Build a strong friendship by putting in that extra effort to show that you care! This could be greeting them on holidays and special events, such as birthdays.

## Getting Started

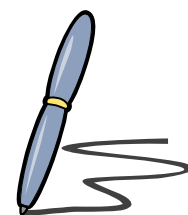
1. Introduce yourself with your name/nickname
2. Share a bit about yourself and your hobbies
3. Get to know them by asking questions!
4. Let them know you're excited to hear back
5. Write with a happy and uplifting tone!

## Get Creative!

Use cute stationery  
Write in number/alphabet code  
Create a story or write one together  
Include pictures

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Kids With Courage is all about making a positive impact directly in lives  
**The Pen Pal Club is FREE and OPEN to ALL AGES!**

### PEN PAL CLUB ENROLLMENT FORM

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Type 1 Diagnosis Date: \_\_\_\_\_

Age When Diagnosed: \_\_\_\_\_

A few interests: \_\_\_\_\_

Why do you want to join the pen pal club? \_\_\_\_\_

Parent Approval (if under 18): Yes  Check Here

Parent Signature: \_\_\_\_\_

Scan and send to [courage@kidswithcourage.org](mailto:courage@kidswithcourage.org)  
or simply type answers and include info in email  
or mail to PO Box 7034, Lee's Summit, MO 64064