Getting ON TRAC: 7	Fransition Activitie	s for Youth
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What Would You Tell a Friend

Exercise: Think about what you would say and practice saying it. This will help you when the time arrives that you have to talk about your health condition on your own. What would you tell your teacher at school, school nurse, an employer—maybe it is different for each person?

Write a note to your friend, teacher, landlord or employer that describes your health condition and what you think is important for them to know.



