

# A guide for the handwritten message

The handwritten message is a short message from you that describes personal experiences and/or perspectives.

## Who is the message for?

The message is to the children born from your donations. It is not to the parent(s), even though they can read it when choosing a donor.

The handwritten message can create great value for a future donor child. Women and couples also tell us that the handwritten message means a lot in the process of choosing a donor.

## How much should I write?

The length of the message varies greatly from donor to donor, some write a whole page and others a few lines. Strive for at least 4-5 lines. The message may not exceed one A4 page.

It is not an easy task, so below we have gathered some guidelines and inspiration for you. You are also more than welcome to ask us if you get stuck or find it difficult.

## Protect your identity

It is important that you cannot be identified from the information in the handwritten note. To ensure that, avoid including:

- specific locations and dates/years (cities, educational institutions, local sport clubs etc.)
- your name and names of friends and family.

## What NOT to write?

The relationship between a donor and a donor child is not the same as a parent and the child.

- You are welcome to call yourself "your donor", "the donor" etc., but should not call yourself "father"
- You can refer to the donor children as "the donor children", "the children", but not as "my children", "my daughter" or "my son".

## Ideas for what to write

You can choose some or all of these topics for inspiration:

- An experience from your life that has made a big impression on you, shaped you into the person you are today or been important to you in one way or another.
- What values or lessons do you take from this experience?
- What were you like as a child and/or what did you like spending your time on?
- What advice would you share with someone younger than yourself?
- A quote or lyrics to a song that means something special to you. Describe what it means to you and why.