

Dear _____,

I've been thinking a lot about something that I believe could benefit our family in many ways - getting a dog. I understand it's a big decision, but I have done some research I want to share with you. Here are some of the research-backed benefits of having a dog:

Companionship: Research from the Centers for Disease Control and Prevention (CDC) shows that kids who have a strong bond with a dog tend to have higher self-esteem and better social skills compared to children without pets.

Physical health: Research from the University of Missouri-Columbia found that dog owners are 34% more likely to meet recommended physical activity guidelines than non-dog owners.

Mental health: Interacting with dogs has been shown to lower levels of cortisol, the stress hormone, and increase levels of oxytocin, the "feel-good" hormone. This could be especially beneficial for me during stressful times at school.

Responsibility and discipline: A survey by the American Pet Products Association found that 58% of kids say that owning a pet helps teach them responsibility. Taking care of a dog would teach me valuable life skills such as time management and empathy.

Home security: According to a survey conducted by the University of North Carolina at Charlotte, around 60% of convicted burglars stated that the presence of a dog would deter them from targeting a home.

I understand that getting a dog is a big decision, and I respect whatever choice you make. But I truly believe that the benefits outweigh any challenges. Thank you for considering getting a dog.

Love,

