

TALKING ABOUT YOUR TYPE 1

FRIENDS

SOMETIMES YOU MIGHT NEED YOUR FRIENDS HELP AND SUPPORT

TELL YOUR CLOSE FRIENDS YOU HAVE DIABETES

IT WON'T GO AWAY, BUT YOU CAN LIVE WELL WITH IT

DON'T EVER BE EMBARRASSED THAT YOU HAVE DIABETES

DIABETES IS PART OF YOU BUT IT DOESN'T DEFINE YOU. THERE IS MORE TO YOU THAN DIABETES

YOU CAN STILL DO THE THINGS YOU WANT, BUT YOU MIGHT NEED TO PLAN AHEAD OR BE MORE ORGANISED THAN THEM



PARENTS/FAMILY/CARERS

CAN YOU COME TO AN AGREEMENT ABOUT WHAT IS ACCEPTABLE FOR YOU AND YOUR PARENTS?

TRY AND SPEAK TO YOUR PARENTS ABOUT HOW IT MAKES YOU FEEL WHEN THEY ASK ABOUT YOUR LEVELS ALL THE TIME.

LET THEM KNOW WHEN IS A GOOD TIME TO ASK AND WHEN YOU MAY NEED SUPPORT



WRITE IT DOWN IF IT IS DIFFICULT TO SPEAK ABOUT IT.

DO YOU NEED HELP FROM A MEMBER OF YOUR DIABETES TEAM TO COME UP WITH A PLAN?



DO YOU NEED THEM TO BE PART OF THE DISCUSSION?



SCHOOLS AND TEACHERS

TALK TO YOUR PARENTS/CARERS ABOUT ANY ISSUES YOU ARE HAVING IN SCHOOL TO SEE IF THEY CAN SPEAK TO SCHOOL AND RESOLVE THE ISSUES



YOUR PARENTS/CARERS, YOUR DIABETES TEAM AND THE SCHOOL STAFF ALL HAVE A RESPONSIBILITY TO ENSURE THAT SCHOOL STAFF HAVE THE SKILLS AND KNOWLEDGE TO CARE FOR YOUNG PEOPLE WITH DIABETES.

ANY NEW STAFF SHOULD BE ALSO INFORMED OF HOW TO CARE FOR A YOUNG PERSON WITH DIABETES IN SCHOOL

EVERY YOUNG PERSON SHOULD HAVE AN UP-TO-DATE HEALTHCARE PLAN IN SCHOOL



THIS SHOULD BE REVIEWED ANNUALLY TO MAKE SURE IT IS UP TO DATE

CONTACT YOUR DIABETES TEAM TO DISCUSS AND HELP RESOLVE ANY ISSUES YOU MAY HAVE IN SCHOOL



PARTNER

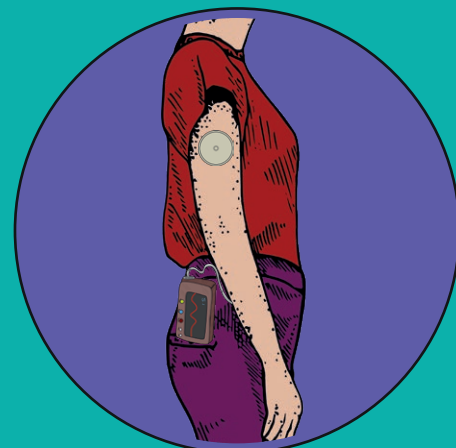
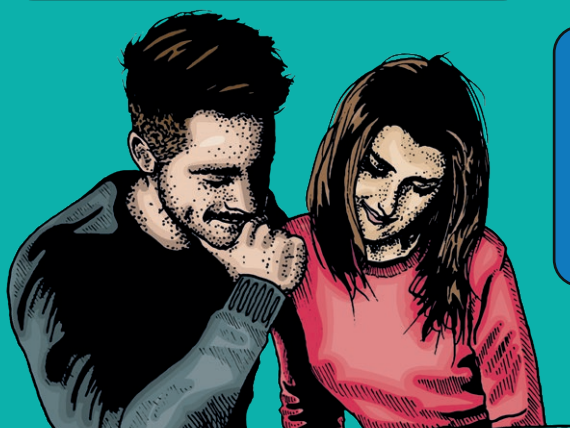
TELLING A NEW PERSON YOU HAVE DIABETES CAN BE TRICKY BUT IT IS IMPORTANT WHEN THE TIME IS RIGHT



TELL THEM IT WON'T GO AWAY BUT YOU CAN LIVE WELL WITH IT

DON'T EVER BE EMBARRASSED THAT YOU HAVE DIABETES

THEY LIKE YOU! LET THEM KNOW WHAT THEY CAN DO TO HELP



YOU MIGHT WEAR TECH TO HELP MANAGE YOUR DIABETES – SHOW THEM IT BEFORE THEY DISCOVER IT