

Proud to Support



DigiBete

A white silhouette of an adult and a child standing together, with the child holding a string attached to a kite flying in the air.

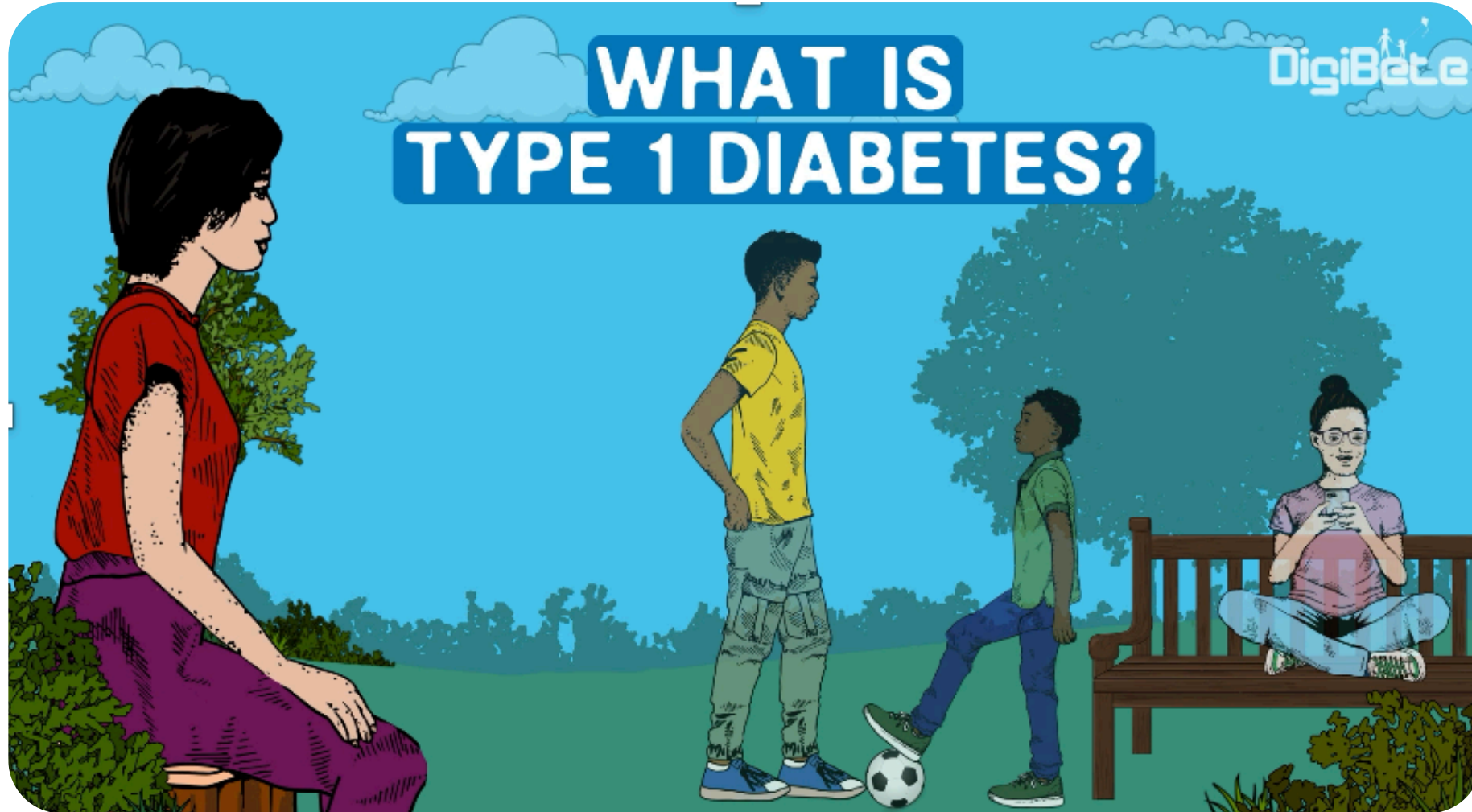
#BlueBalloonChallenge

School Assembly Pack

Type 1 Diabetes



What is Type 1 diabetes?



[Click the image to play the film](#)

How do those who have type 1 diabetes monitor glucose levels and get insulin?



Because the body cannot make insulin, those that have type 1 diabetes need to provide it via an injection pen or insulin pump to replace the constant supply of insulin needed for the body to function.



Those with type 1 diabetes also need to check their glucose levels throughout the day to make sure they aren't too low or too high. This can be done with a blood glucose meter or glucose

Diabetes and other conditions can be a mammoth problem

Watch 'How to Manage a Mammoth' to understand a little more about the challenges



[Click the image to play the film](#)


Blue Balloon Challenge and Quiz

Now you've learnt a little bit about type 1 diabetes and how much there is to balance can we have two volunteers to come up to the front and answer just two questions whilst bouncing a blue balloon to each other and you can't let it hit the floor.

Are you ready?... Please no one else is to shout out, the questions are for the volunteers only!

Question 1: Do you think you can catch diabetes? YES or No?

Question 2: Does exercise make your blood glucose go up or down?

A blue heart-shaped graphic with a black outline, containing white text. It is positioned on the right side of the slide, overlapping the text area.

Are you still
bouncing
the balloon?

Questions for the Volunteers...

- How did you feel about bouncing the blue balloon?
- How do you think it feels for people with diabetes or other conditions?

Questions for the Audience... (hands up!)

- Do you think that kindness could help? How?
- What one thing have you learnt from this presentation?

Be a Hero!

Know the Signs of Type 1 Diabetes



Drawn by Otis aged 5 and living with Type 1 Diabetes

and you could help save a life!

DigiBete

Enabling Young People and Families to Engage in Better Diabetes Care Whilst Reducing Health Inequalities

