

Top Tips for Transition from Primary to Secondary school

Before starting your secondary school, it would be good to meet with the school team who will be looking after you, so that you can run through your care plan together. It's a good opportunity to see where you can leave extra supplies and do your injections if needed.



If you need a handy explainer, the 'What is Type 1 Diabetes' film can be found on the website [here](#) and is also available under your age area in the app. This simple two minute animation can help teachers, family and friends to understand a little more.

It may help to carry a small card in your pocket that explains that you have type 1 diabetes, what that is and how you can be supported. For example adding what signs to look out for when you go high or low and why you may need extra snacks. You will have lots more teachers and sometimes supply teachers who may not always be aware that you need extra support.

You can download a version from the DigiBete website [here](#).



However you get to school, take a trial run with friends or family to get a better idea of what your new journey will look like.



Remember if you wear diabetes tech you can change the alarms to vibrate so it's discreet if you would like to keep things private.

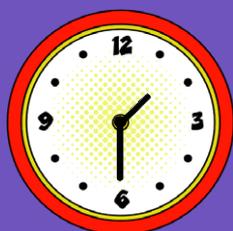


Hypo Treatments and Snacks

It's always good to have a supply of snacks and hypo treatments on you.



Secondary school is a lot bigger than primary so you will be doing more walking and moving around. You may also need them for the journey to and from school.



Think about when lunch is going to be. Is this later than what you are normally used to? You could take some extra food to have in case lunch is too late or may get delayed on certain days.



You could add an emergency contact such as your parents phone number onto the background of your phone so school can instantly see if needed.



If you are taking exams, your school has to make reasonable adjustments to help you, if you request it. This includes things like being able to take snacks, hypo treatments and your diabetes tech into exam rooms with you and being able to take supervised breaks if you have a hypo or hyper.

Ask your diabetes team about support around exams. More information can be found [here](#)

You can download a DigiBete phone background [here](#).

