

# Talking About Type 1 Diabetes

## 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.

You can still do the things you want, but you might need to plan ahead or be more organised than them.

Diabetes is part of you but it doesn't define you. There is more to you than diabetes.



## 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.

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?



Write it down if it is difficult to speak about it.



# 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.**

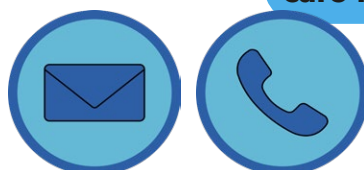
**Your parents/carers, your diabetes team and the school staff all have a responsibility to ensure that school staff have the skills and knowledge to care for young people with diabetes.**

**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.**



**Always discuss any concerns with a healthcare professional.**



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**More resources can be found in the DigiBete app or on the DigiBete website [www.digibete.org](http://www.digibete.org)**