

Talking About Diabetes

Who will you talk to about your diabetes?

You meet many people everyday. Some you spend a lot of time with and some you spend only a little time. Some you have known for years and some you have just met. You will need to decide who to tell about your diabetes and who you talk to about diabetes. Telling someone you have diabetes is different from talking about diabetes.

You may only want to tell your schoolteacher or bus driver that you have diabetes. You can talk to your best friend or parent about diabetes.

Telling someone you have diabetes is letting him or her know you need to be allowed to take care of yourself.

Talking about diabetes is letting that person know how you feel about living with diabetes.

Whether you only tell someone you have diabetes or you talk to a person about living with diabetes, that person will need to know how he or she can help you. Both types of individuals need to know the signs of low and high blood sugar. He or she will also need to know how to help you in case of an emergency.

There will also be people you meet you do not need to tell about your diabetes.





Treatment options for
type 2 Diabetes in Adolescents & Youth

People I may want to tell I have diabetes:

My teacher,

People I can talk to about living with diabetes:

My parents,

People I really do not need to tell I have diabetes:

The postman,

Things I need to tell the people I talk to and tell I have diabetes:

Signs of a low blood sugar

How to treat a low blood sugar

Signs of a high blood sugar

How to treat a high blood sugar

Other things

Reading Chapter 6 in *In Control A Guide for Teens with Diabetes* may help you talk about diabetes.