



## Lesson 3, Activity 1

# Be a Friend

Kids living with T1D are kids first ... but kids who happen to be living with a disease. They want to be just like everybody else, not labeled as “diabetic.” Here are some things that kids with T1D have said. What would you do if you heard someone saying the following things? How could you be a friend? Write your ideas next to each quote. Discuss your answers with the class.

### WHAT KIDS SAY

### YOUR RESPONSE

<p>“It really upsets me when people think they can catch type 1 diabetes from me. They can’t.”</p>	
<p>“It’s important for me to be just a regular kid, to fit in. But it’s hard to hide all my diabetes stuff on the ball field or court or when I am hanging out with friends.”</p>	
<p>“I get so mad when people watch over me. The question I hate the most is ‘Are you sure you should be eating that?’ I know how to take care of myself.”</p>	
<p>“The worst thing kids with type 1 diabetes can do is keep it a secret. The best thing to do is tell as many people as possible that they have diabetes. Talk about it.”</p>	
<p>“I love my friends. They go with me when I have to give myself a shot or sit with me when I don’t feel well. I don’t think I could get through this without them.”</p>	
<p>“Sometimes people think I am bad at sports, so I have to work extra hard to show that having type 1 diabetes doesn’t make a difference. I’m good at sports even with type 1 diabetes.”</p>	