

# Diabetes (For young people)

In the play, KRenhas Type 1 Diabetes- a form of Diabetes that affects young people and children most commonly.

What is it?: Diabetes is a condition where there is too much sugar (glucose) in the blood. A hormone called Insulin helps turn sugar from the blood into energy and distributes this around the body. For people with Diabetes, the Insulin in their bodies doesn't work as it should. You might have heard that there are two types of Diabetes- Type one and Type two.

Type 1: This is the type that KRenhas. In Type 1 Diabetes, the body cannot make insulin which has an impact on that person's blood sugar levels and energy. It can also cause problems with their immune system. People with Type 1 Diabetes require medical treatment. This may be regular injections of insulin and tests to check their blood sugar levels.

Useful to know: If you have a friend with Diabetes (Type 1), they will likely do a lot of the same things as you. Around daily tasks, they will need to do their treatment routines. This may mean there are certain times they aren't available or that they may need some more time around meals.

How to help: People with health conditions like diabetes wish to be treated just like everyone else. Include them in activities, don't assume what they can or can't do. Be supportive if they need to sit out or take a break.

Sometimes telling someone that you're there for them can make all the difference. Let your friend know you're there if you need them!

Having an understanding of someone's health condition can make them feel less alone. It's also important to understand the signs of them being unwell.

For low blood sugar in Diabetes type one, this can include:

- Confusion
- Sweating
- Shaking
- Pale skin
- Dizziness

If your friend is experiencing any of these, let an adult know as soon as possible. Make sure someone is with them until they get help. Ask your friend if there's anything you can get them. They may have some high sugar items in their bag.

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Did you know?:  
1 in 700 school-aged  
children in the UK has  
diabetes.



Did you know?:  
Celebrities with Diabetes  
include Tom Hanks, Halle  
Berry, George Lucas and  
Nick Jonas. Many use their  
platform to raise awareness  
of living with Diabetes.



# Diabetes, Young People & School (For Adults)

Diabetes shouldn't impact a young person's learning and school experience. However, without proper communication and preparation, they could face barriers.



**Individual Health Plan (IHP):** When a pupil is first diagnosed, school staff should work closely with their parents, the diabetes healthcare team, the school nurse (if available), and the pupil where appropriate. Together, they can create a healthcare plan that clearly explains the support the pupil will need.

## Teachers

**Learn the basics:** Finding out more about Diabetes can help with how to support pupils practically in a schools setting. For example, they may need to snack in class or to go to the toilet more often.

**Support inclusion:** Ensure the young person isn't singled out by others and encourage their class mates to be understanding. Make sure trips and activities are planned with Diabetes care in mind.

**Be prepared for emergencies:** Know where emergency supplies are kept. Know who to call and never leave the student alone if they feel unwell.

## Sources

<https://www.type1strong.org/blog-post/celebrities-with-type-1-diabetes>

<https://www.uclh.nhs.uk/our-services/find-service/children-and-young-peoples-services/children-and-young-peoples-diabetes/living-diabetes>

<https://www.nhs.uk/conditions/type-1-diabetes/symptoms/>

