



Telling your friends about diabetes

Receiving a diagnosis of diabetes can feel like a really big deal, and you might be worried about people finding out. This is completely normal and happens to a lot of people. But we know from other young people that it can be really helpful to let people know, even if it does feel really difficult.

Tips for talking to your friends about diabetes

What do you want them to know? It is up to you what you tell your friends. You might want to tell them everything, or you might only want to tell them some of it. Try to think about what you are happy to talk about, and what you do not want to.

“I want to tell you some things about my diabetes. There are some things that I don’t feel happy to talk about yet, but I might tell you later.”



Include them in how you are feeling. Your friends care about you very much and want you to be happy and healthy. If you are struggling and feel a bit overwhelmed, let them know if you feel comfortable to. They might ask some questions, but you do not have to answer them if you do not want to.

“I am not feeling very well today. I just need a bit of space and then I will be okay in a little while.”

“I am not feeling very well today. Can I talk to you about it?”





Answering questions. Sometimes your friends might want to ask you a lot of questions. This is because they want to know how you are feeling and might even want to learn about diabetes. But we know that this can be overwhelming at times, and this is completely normal. If you are feeling overwhelmed, you could try to change the topic, or let them know that you do not want to answer the questions right now.

“I don’t want to answer those questions right now. You can ask me again later. What did you watch on TV last night?”



Teaching your friends about diabetes. Your friends might want to know how they can help you when you are feeling ill. It might make you and your family feel better if your friends know what to do if you have a hypo, because they will be able to look after you. You might want them to ignore your diabetes and act like nothing is different.

“Thank you for offering to help me. This is what you could do if you want to?”

It can be tricky to think positively about your diabetes at times. Remember, it is important to try not to think that your diabetes puts you at a disadvantage from everyone else. You can still do all the things your friends do; you just need to be a bit more thoughtful about fitting diabetes into your life. Diabetes is nothing to be ashamed of and the people who care about you will understand that!

Have a look at our resource for answering comments and questions about your medical or physical health condition:

