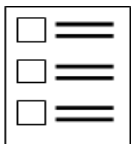


# Getting to know me

Photo or drawing of me....

**My name is .....**

Please read this book  
It will help you get to know me and my health  
condition called Type 1 Diabetes



## Contents

Page 3.	About me!
Page 4.	More about me
Page 5.	My favourite things
Page 6.	Things I like to do
Page 7.	Learning about Type 1 Diabetes
Page 8.	Managing Type 1 Diabetes
Page 9.	What Type 1 Diabetes means for me
Page 10.	Things people say to me about Type 1 Diabetes
Page 11.	Things people say to me about Type 1 Diabetes
Page 12.	Questions people ask me about Type 1 Diabetes
Page 13.	Other people who have Type 1 Diabetes

# About me



I was born on ...

I was born in ...

I live with.....

Draw a picture of all the people (and any pets!) that you live with

Some important people I have in my life are:

# More about me

The 3 most important things to me are:

1. ....

2. ....

3. ....

Words people might use to describe me are...



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# My favourite things...

My favourite animal:

My favourite food:

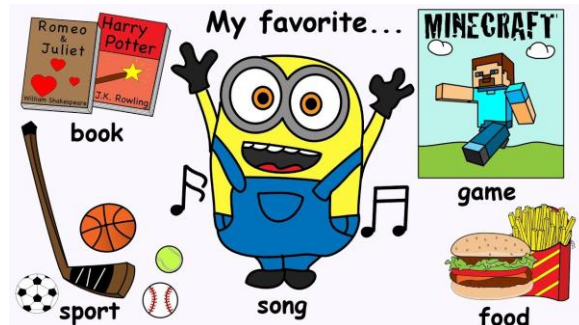
My favourite music:

My favourite song:

My favourite film:

My favourite sports:

My favourite game:



I love:

I love having:

I love watching:

I love:



# Things I like doing...

Things that make me happy are:



I am good at:



I enjoy:

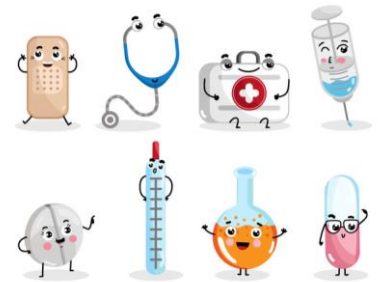


# Learning about Type 1 Diabetes

I have Type 1 Diabetes

This means...

The things I do to keep myself well are:



The things I need other people to do to keep me well are:

# Managing Type 1 Diabetes

Having Type 1 Diabetes sometimes means I have to do things I don't like doing. This includes...

I know that when I try to avoid doing these things, it makes living with Type 1 Diabetes even harder.

Now I am in Primary/Comprehensive School, I need to take more responsibility to managing my health. I am going to take these steps to manage my diabetes more independently:

- 
- 
- 

When I am able to do these things, I feel:

- 
- 
- 



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# What Type 1 Diabetes means to me

Words I use to describe living with Type 1 Diabetes are

.....

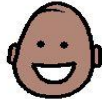




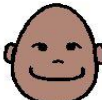




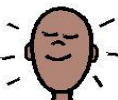
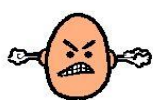
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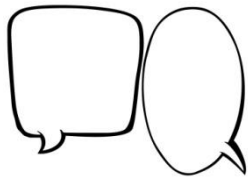
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Living with Type 1 Diabetes makes me feel (circle the feelings you feel)

 Happy	 Cheerful	 Sad	 Worried
 Excited	 Content	 Scared	 Silly
 Frustrated	 Confused	 Proud	 Angry

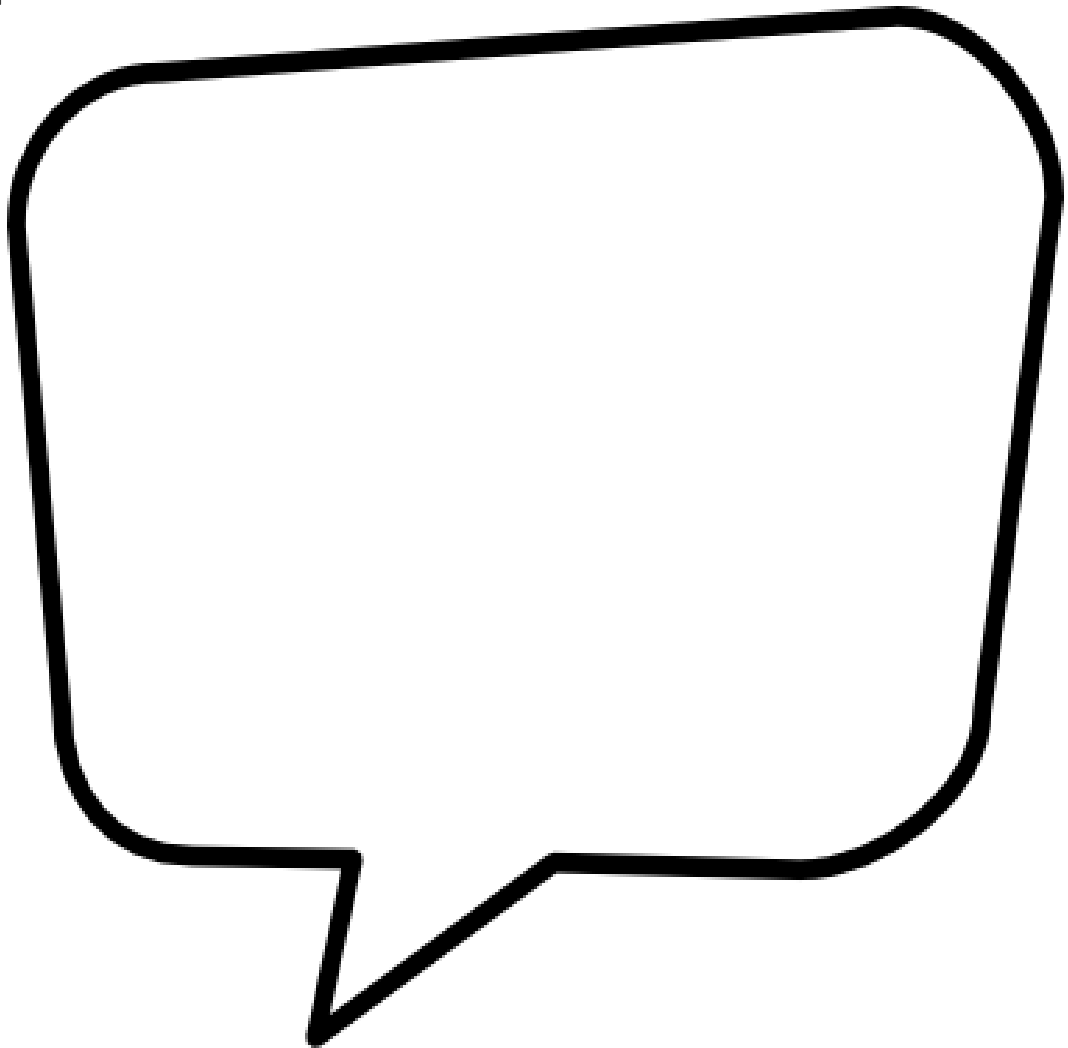
When I feel big feelings, these things help me to feel better

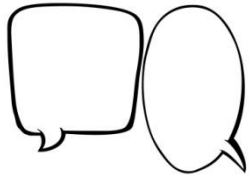
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## Things people say to me about Type 1 Diabetes

Sometimes people can say nice things that make me feel better about living with Type 1 Diabetes. Write some examples of nice things people can say that make you feel good/happy.





## Things people say to me about Type 1 Diabetes

Sometimes people can say things about Type 1 Diabetes that make me feel sad or upset. Write some examples of things people have said that have made you feel sad.



## **Questions people ask me about Type 1 Diabetes are:**

Sometimes if people don't know that I have Type 1 Diabetes or they don't know much about what it is, they can ask me questions such as:

The things I can do and say when people say these things to me are:

## Other people who have Type 1 Diabetes

I am not the only person with Type 1 Diabetes.

Other people I know with Type 1 Diabetes are:

(think of people who you know, celebrities, sports people, people from school)

