



TIPS FOR TEENS

WITH TYPE 2 DIABETES

Dealing With the Ups and Downs of Diabetes

This tip sheet was created to help young people with type 2 diabetes feel OK about themselves and their diabetes. Use it to help deal with the ups and downs of diabetes. Talk to others. Involve your family and your health care team. Get support from other teens who have diabetes. Most important: take action to control your diabetes—one step at a time.

Feelings

Many teens deal with type 2 diabetes every day. Most of the time, it's not a problem for them. But sometimes, they just want it to go away. Do you ever...

- ★ Ask "why me?"
- ★ Think you're the only one who feels sad, mad, alone, afraid, or different?
- ★ Get tired of others teasing you if you are over weight?
- ★ Blame yourself or your family for your diabetes?

All of these feelings are normal. Lots of teens who have diabetes feel the same way. It's okay to get angry, feel sorry for yourself, or think you're different every now and then. But then you need to take charge and do something to feel better.

**Everyone feels down sometimes.
You're not alone.**

Still down?

Reach out for help. Talk to someone in your family or where you worship, an older friend, a school counselor, or your doctor or diabetes educator. It might help to write down your feelings in a journal. If you still feel down or sad, ask your parents to help you find a counselor.

It's okay to ask for help.

Stay Cool.

There are many people who care about you and who want to help you stay healthy and happy. Your health care team (doctor, diabetes educator, social worker, nurse, and dietitian) can help you learn how to eat right, be more active, and feel good about yourself. Stay in touch with them.

It's all about you! Let your health care team know how you feel and what you need.

Mom, Dad, Get With It!

It's easier to manage diabetes when the whole family works at it with you. So...

- ★ Get everyone eating well. Ask your family to eat the same healthy foods you eat — fruits, vegetables, whole grain breads, and low-fat meats, milk, cheese, and snacks — such as popcorn without butter. Ask them to keep healthy foods in the house, and not to tempt you with cookies, cake, candy, and soda.
- ★ Get everyone moving by being more active. Play hard. Shoot hoops, play ball, ride bikes, go for a walk — together.
- ★ Being active helps you to lower stress and become more healthy.

What's healthy for you is healthy for everyone in your family!



Let Your School Know What's Up.

Let people at your school know you have type 2 diabetes and that you need to eat healthy foods, take your meals or medicine on time, and be active. Include the teachers, nurses, bus drivers, counselors, coach, and cafeteria lunch room staff.

Don't let diabetes stop you! You can do the things everyone else does.



Still My Friend?

Ever worry that your friends get wrong ideas about diabetes?

- ★ Tell them that you have diabetes. You don't have to keep it a secret. The more people know about diabetes the more they will understand. Explain that your body needs help to use the food you eat.
- ★ Be sure everyone knows that ***no one can catch diabetes from you.***
- ★ Good friends help each other out. If you have friends who help you choose healthy foods when you're all eating out, hang on to them.

Ever have kids tease you about your diabetes or your weight? Teasing hurts. The best thing is to just walk away.

Want to Meet Other Teens Who Feel Like You Do?

- ★ Look for a hospital, clinic, or health center near you that offers programs for teens with type 2 diabetes.
- ★ Head for a diabetes or weight loss summer camp. You will do all the things that other campers do: swim, hike, dance, and more. But the best part is that everyone has diabetes or is trying to lose weight just like you.
- ★ Find a support group near you. Meetings can be a lot of fun and you will meet others who are dealing with the same things you are.
- ★ Find a pen pal or e-mail buddy.
- ★ Check out the list of websites on the last page.

Some groups have funds to help teens attend summer camps.

Action!

It's time for YOU to do something about your diabetes care.

- ★ Set goals to target what you will do. Start small and work your way up. For example: "I will cut down on sodas and drink water instead." When that's going well...take the next step. Add another goal — "I will dance or bike ride a couple of times a week." Then add a new goal — "I will eat smaller servings of cookies, burgers, and fries."
- ★ Try to make each new goal just a bit harder. After you shoot hoops twice a week, try adding another activity on three other days. Raise the goal until you reach a level that works for you.
- ★ Avoid goals that will be too hard to meet. For example, rather than saying you'll never eat a burger or a candy bar again, say you'll eat only one a week.
- ★ Reward yourself when you reach your goal! Do something or buy something you like.
- ★ Tell your family or friends about your goals. Maybe they'll be active with you or help out some other way.

Choose goals that you can really meet.



Write down your top three goals.

Put in the date when you set the goal and when you met it.

1.

Date set:

Date met:

.....

2.

Date set:

Date met:

.....

3.

Date set:

Date met:

Got It.

Over time, you will feel good about yourself if you manage your diabetes by eating healthy foods, being more active, and working towards a healthier weight. It's up to you. Don't blame things on your diabetes. Take it one step at a time and soon you'll see progress.





More Good Ideas for Dealing with Diabetes

Tip Sheets:

Get free copies of other tip sheets for teens with type 2 diabetes.

- ★ What Is Diabetes?
- ★ Be Active.
- ★ Stay at a Healthy Weight.
- ★ Eat Healthy Foods.

ndep.nih.gov/diabetes/youth/youth.htm or
1-800-438-5383

Pen Pals:

- ★ www.childrenwithdiabetes.com/kids
- ★ www.diabetesportal.com/teentalk/penpals.htm
- ★ <http://kids.jdrf.org> or 1-800-223-1138 at the Juvenile Diabetes Research Foundation

Write to: *Diabetes Forecast* Pen Pal Coordinator
P.O. Box 675, Gainesville, VA 20156

Camps and Other Resources:

Check out the camps for teens with type 2 diabetes.

- ★ www.diabetescamps.org/type2camps.html

Search online to find “Parks and Recreation Youth Programs” in your state.

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Other Websites:

American Diabetes Association (ADA):

Check out the youth zone website at
<http://youthzone.diabetes.org>.

Find your local ADA at: www.diabetes.org/local
or 1-888-342-2383

Bam! Body and Mind:

Feeling stressed, tense, or under pressure?
Check out 10 tips to help keep your cool at
www.bam.gov/head_strong/top10Coping.htm

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For more information

about diabetes from the
National Diabetes Education Program:

1-800-438-5383

www.ndep.nih.gov



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