



The Breakthrough T1D Advocacy Team needs your help!

Did you know that sharing your story can help drive meaningful changes on Capitol Hill and beyond? We need dedicated Breakthrough T1D Advocates—just like you—to help strengthen our efforts to create a world without type 1 diabetes. As a Breakthrough T1D Youth Advocacy Leader (YAL), you can lend your voice on behalf of the T1D community to help support legislation and policies that accelerate life-changing breakthroughs to cure, prevent, and treat T1D and its complications! Become a Breakthrough T1D Youth Advocacy Leader today by completing 5 advocacy challenges!

Here's how it works



Complete the 5 challenges below



Send your completed activity sheets (photos are fine) to the Breakthrough T1D Advocacy team at yal@BreakthroughT1D.org



We'll review it and send your official acceptance certificate

Have questions or require additional assistance? Please contact the Breakthrough T1D Advocacy team at yal@BreakthroughT1D.org.

Have fun completing your advocacy challenges!

Parent Information

First Name	Last Name
Phone Number	
Email Address	
Breakthrough T1D Chapter	

Child Information

First Name	Last Name	
Street Address		
City	State	Zip Code
Phone Number		
Email Address		

Recruit

Learn

Follow

Post

Participate

Challenge 1: Recruit

Sign up 5 people to be Breakthrough T1D Advocates! Try starting with your parents and then recruiting additional family and friends!

Advocate 1

Advocate 2

Advocate 3

Advocate 4

Advocate 5

Challenge 2: Learn

Visit BreakthroughT1D.org/advocacy to learn more about all the exciting advocacy work Breakthrough T1D is doing! What advocacy priority area interests you the most, and why?

Insert your answer here.

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Challenge 3: Follow

Follow @BreakthroughT1DAdvocacy on Facebook/Instagram, and/or @BT1D_Advocacy on X! Please provide the date on which you started following Breakthrough T1D Advocacy on at least one social media platform.

Insert your answer here.

Challenge 4: Post

Post a photo or video on social media tagging Breakthrough T1D Advocacy, and within your post encourage friends and family to become Breakthrough T1D Advocates at BreakthroughT1D.org/join. Bonus points if you include how you're lending your voice as a Breakthrough T1D Advocate and use #BreakthroughT1DAdvocacy! Provide the date of your post and on which platform it was shared (i.e. Facebook, Instagram, X).

Insert your answer here.

Challenge 5: Participate

Take part in a Breakthrough T1D meeting with your local Member of Congress to share your T1D story through either our Together We Can (formerly Promise to Remember Me) campaign or the New Member Outreach Initiative! If these campaigns are not currently active (email us at yal@BreakthroughT1D.org if you need more info on these campaigns) another option is to meet in person with one of your community groups (i.e. your class, faith group, after-school activity team/group, club, etc.) and explain what life with T1D is like. **PRO TIP:** [Partner with your nearest Breakthrough T1D Chapter to get ideas on who to meet with!](#) Please briefly explain who you spoke to about T1D, the type of attendees in your meeting, and any other related information you would like to share with the Breakthrough T1D Advocacy team!

Insert your answer here.
