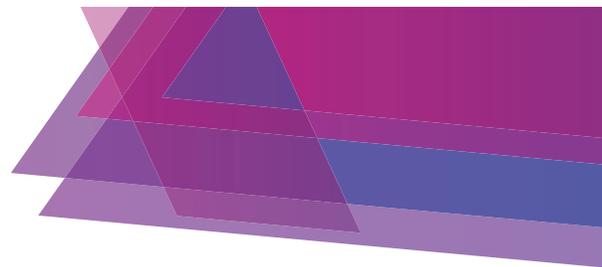


# How to Create Your Own Video



Telling your story can be a great way to motivate your friends, loved ones—and community—to rally around your cause. Did you know that visuals are one of the most powerful storytelling tools you can use? With some family photos, our sample script, and your computer's basic video editing program, you can create an inspiring fundraising video in 9 easy steps!

## STEP 1

Watch other fundraising videos made by people just like you! Visit YouTube and search “JDRF” to get some inspiration!

## STEP 2

If you have T1D yourself, review the suggested script below and craft the message to best tell your story. For example, if you're not on a pump, replace that sentence with one that talks about your insulin injections. If you want to talk about a friend or love one who is affected by T1D, consult the talking points below and customize them to best fit your situation.

## STEP 3

Gather the photos listed in the left hand column of the video script. Make sure they are saved in an easily identifiable folder that will be quick to find while you are editing your movie.

## STEP 4

Photos and video clips can be uploaded to your computer through your camera's memory card, a CD, or scanned through your home printer/scanner. If you don't have a scanner, your local photo processing retailer can scan them for a small fee.

## STEP 5

Locate your computer's video editing program. Windows Movie Maker is pre-installed on most Windows computers and iMovie is pre-installed on most Macs. You can also purchase programs like Final Cut Pro (Mac), Adobe Premiere (PC), and Avid (PC). Once you're finished editing your video, make sure it is saved as one of the following file formats: .WMV, .AVI, .MOV or .MPG.

## STEP 6

If you have questions, there are dozens of Windows Movie Maker and iMovie how-to videos on YouTube. You can also visit the Microsoft and Apple websites for helpful tips and tricks.

## STEP 7

Once you're happy with your finished product, you're ready to show the world! If it's your first time uploading a video to YouTube you'll need to take a few minutes to confirm your email address before proceeding.

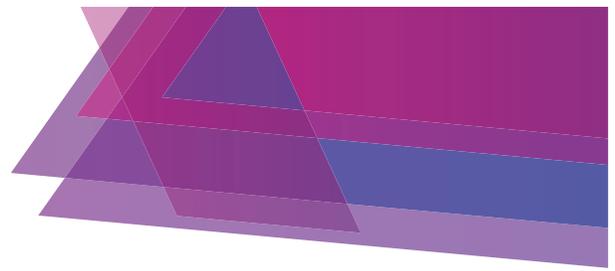
## STEP 8

Be sure to create a title and then provide a description for the video, such as “Why a Cure is Important to Me” and include a link to your fundraising campaign page. Next, in the box tags, include any words that are related to the video. Examples are diabetes, type 1 diabetes, T1D or JDRF. Under “Video Category” select “People and Blogs.” Lastly, click “Upload Video” on the bottom!

## STEP 9

Now that your video has been uploaded it's time to copy the URL, add it to your fundraising campaign page, and share it with everyone you know. Ask them to pass it along to too!

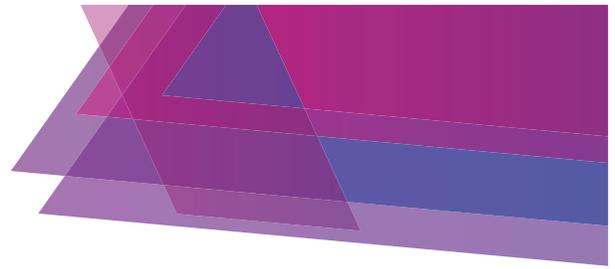
# Sample Script for People with T1D



Remember, this sample script is not written in stone—it's more of a guide to help get your creative wheels turning. Feel free to really customize it and make it your own. The more of your personality that shines through, the better!

1. Single photo of person with type 1 diabetes (T1D): **Hi, I'm (NAME).**
2. Photo of person with T1D: **I'm your typical adult/kid/teen: ...trying to live a typical life!**
3. Photo of person with T1D around the time of diagnosis: **However...on (DATE OF DIAGNOSIS) I didn't have such a typical day.**
4. Single photo of person with T1D: **I was diagnosed with type 1 diabetes (T1D) and my life was changed forever.**
5. Single photo of person with T1D: **It is a disease that children and adults never outgrow and can never forget about.**
6. Photo of person with T1D checking his/her blood sugar: **I have to check my blood sugar [FILL IN NUMBER] times a day.**
7. Photo of pump/pump site: **I also have to wear an insulin pump which serves as my life support. OR I have to give myself [FILL IN NUMBER] insulin injections a day just to stay alive.**
8. Photo of person with T1D checking his/her blood sugar with food next to the meter on the table: **Before I can even think about eating, I have to check my blood sugar.**
9. A photo of the person with T1D balancing (standing on a swim raft, standing on one foot, skateboarding): **It's a constant balancing act.**
10. Photo of person with T1D happy and smiling: **Sometimes you win and your vigilance pays off.**
11. Photo of person with T1D sad, frustrated, or not feeling well: **Other times you don't...despite all that hard work. There are no guarantees.**
12. Photo of person with T1D sleeping with meter in the picture or taking a finger prick while sleeping: **Type 1 diabetes never sleeps.**
13. Photo of person with T1D on vacation or playing while testing his/her blood sugar or with pump visible: **Type 1 diabetes never takes a vacation.**
14. Photo of person with T1D treating low blood sugar or photo of diabetic's supplies: **Every day is a battle with a disease you can treat, but never completely control.**
15. Single photo of person with T1D: **The road ahead for people living with T1D is long and uncertain... but you can help!**
16. Single photo of person with T1D: **JDRF is the leading global organization focused on T1D research. I'm raising money to help make living with T1D safer and easier, until there is a cure.**
17. Photo of person with diabetes with friends and family: **To donate or participate, go to [PERSONAL FUNDRAISING WEBSITE]**
18. Final photo—person with T1D during a life-defining moment—marriage, graduation, pregnancy, or a childhood-defining moment: **Please join me—and JDRF—in the global movement to cure, better treat, and prevent this disease. We won't stop until we create a world without T1D.**

# Talking Points for People affected by T1D



Here are some talking points to help you explain what type 1 diabetes (T1D) is, why finding a cure is important, and how others can help. We realize that everyone's story is different so feel free to pull from these, add your touch and personalize them, and really have fun with it!

## ABOUT TYPE 1 DIABETES (T1D)

- Type 1 diabetes (T1D) is an autoimmune disease where a person's pancreas stops producing insulin, a hormone needed to get energy from food. It affects children and adults suddenly, at any age. The onset of T1D has nothing to do with diet or lifestyle. There's nothing you can do to prevent it—and there is no cure.
- Type 1 diabetes (T1D) is serious and stressful to manage. People living with the disease must regularly monitor their blood sugar level, inject or infuse insulin, and carefully balance their doses with their eating and activities. There are literally no days off.
- Although people with type 1 diabetes (T1D) control their blood sugar through insulin therapy, it isn't a cure and doesn't stop the possibility of serious side effects from this disease. Management is not an exact science, which means high or low blood-sugar levels can place people with T1D at risk for dangerous complications like stroke, heart attack, blindness, kidney disease and amputation.

## WHY FINDING A CURE IS IMPORTANT TO ME

- My [INSERT RELATIONSHIP] was diagnosed with type 1 diabetes (T1D) on [INSERT DATE]. Making living with type 1 diabetes safer and easier is important to me because I've seen firsthand the burden of living with this disease. That's why I'm committed to helping JDRF make living with T1D easier until we find a cure.
- I want my [INSERT RELATIONSHIP] to live in a world where [HE/SHE] doesn't have to deal with sleepless nights, constant carb-counting, fluctuating blood sugar levels or devastating complications. I want to make sure that type 1 diabetes is preventable, so it never affects anybody else again.
- Stopping type 1 diabetes (T1D) means so much to me because of the many ways it affects my [INSERT RELATIONSHIP]. The stress of managing the disease, the worry over complications, and the fact that there's no break from T1D make it very important that we find a cure.

## WHAT I'M DOING AND HOW YOU CAN HELP

- I'm raising money for research to help JDRF create a world without type 1 diabetes. Will you show your support by joining my campaign or making a donation today?
- I'm fundraising for JDRF to support life-changing research to find a cure for type 1 diabetes. Please help me make a difference by donating today.
- Will you join my campaign to help JDRF fund new treatments to end type 1 diabetes? I can't do it without your support.