

Youth Ambassador Orientation

Fall 2025

"Together, we're building something brand new... a community that turns our T1D stories into strength."

- Mackenzie Mann, NorCal YA Leader



Welcome & Introductions

- Name
- Age
- Where you live
- Something you are looking forward to as a Youth Ambassador
- What has been your favorite Halloween costume and why?



Agenda

- What is Breakthrough T1D?
- Youth Ambassador (YA) Program
- Who can be a Youth Ambassador?
- What to expect during the YA Program year?
- What are the YA Program Requirements?
- How Can Parents Help?
- Q & A



What is Breakthrough T1D?

- Breakthrough T1D is the single most powerful force and funder in the world driving T1D Research seeking both cures for tomorrow and treatments for today.
- The Juvenile Diabetes Foundation, now Breakthrough T1D, was founded by Lee Ducat, Carol & Erwin Lurie, and a group of parents whose children have T1D in 1970. Their conviction is clear: through research, T1D can and will be cured.



Who is a Youth Ambassador?

- Our Youth Ambassador Program is designed for passionate and motivated youths in grades K-12 who are impacted by T1D.
- As an ambassador, you will have the opportunity to represent Breakthrough T1D at various community events, sharing your unique experiences and advocating for the T1D community.
- You'll be a role model, raising awareness about T1D and encouraging others to support our mission to find a cure.



What will I do as a Youth Ambassador?

- Develop leadership skills
- Build confidence in sharing your story
- Educate and drive awareness about T1D
- Connect and collaborate with other peers living with T1D
- Enhance speaking and storytelling skills
- Learn about philanthropy and giving back
- Inspire others out there living with T1D
- Engage with T1D leaders and the broader community



How to make the most of your YA year: Youth Ambassador Program Requirements

- Complete [YA application](#) on the Hub
- Complete your choice of 4 [Program Activities](#), one must be a Fundraiser. Fundraising Activities can be Chapter Walk, Community Games, or Your Way Fundraiser.
- Attend virtual and in-person YA gatherings
- Read the monthly YA Update and continually check the [Youth Ambassador Hub](#)
- Check in with YA Leaders for support and ideas. Attend ½ year YA Check In.
- Complete all activities by June 30, 2026
- Make sure to fill in and submit the [activity log](#) every time you complete an activity
- Make friends and have fun!



Choice of Program Activities

- Attend a Breakthrough T1D Youth Ambassador National Meet Up
- Attend a NorCal Youth Ambassador Meet Up (in person or virtual)
- Become a Youth Advocacy Leader
- Participate in a clinical trial
- Write thank you letters or create thank you videos through Gravitad
- Speak at a Lunch & Learn at your parents' work or arranged through Breakthrough T1D
- Share your story & educate others (school, club, health fair, etc.)
- Form a Walk team and fundraise
- Participate in Breakthrough T1D Ride and fundraise
- Post to your parents' social media why you Walk, Ride, Run – share your story
- Create a Your Way fundraiser and share your story
- Volunteer at a Breakthrough T1D event (Summit, Breakfast with Rufus, etc)



YA Program Learning Values and Benefits

The YA Experience is about: Lead – Learn - Connect

- Monthly communication with updates of YA and Chapter activities
- Mid-year one on one check in with a Youth Ambassador Leader
- Leadership opportunity to support your T1D experience, community, and NorCal Chapter
- Professional workshop coaching for YAs – virtual and in person (Storytelling, public speaking, planning and organizing an event, building blocks of Your Way fundraising)
- In person team-building and activities with peers
- Ongoing coaching and encouragement from the YA Team
- And our two amazing Youth Ambassador Leaders. . . Peyton and Mackenzie!

About Me - Mackenzie

- My name is **Mackenzie Mann**, and I served as a Youth Ambassador with JDRF (now *Breakthrough T1D*) in Las Vegas for 6 years.
- Living with Type 1 Diabetes has inspired me to turn my experiences into advocacy, leadership, and education.
- I'm excited to help build the new Youth Ambassador program here and support a community of peers who understand what it means to live with T1D.

- Spoke on stage at JDRF Galas to audiences of 1,000+ people
- Raised awareness through walks, fundraising campaigns, and local media
- Recognized for leadership and volunteer service
- Collaborated with community leaders and families to promote research and education

YA Highlights:

YA



What I'm Looking Forward To Building



- A space where every Youth Ambassador feels seen, supported, and inspired
- Training to help YAs share their stories and grow as confident advocates
- Volunteer opportunities and leadership roles within our local community
- Events that connect YAs, families, and supporters in meaningful ways
- Mentorship and teamwork to make advocacy both fun and impactful



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About Me - Peyton



- My name is **Peyton Dooley**, and I was diagnosed with T1D at age 12, and served as a Youth Ambassador with JDRF (now *Breakthrough T1D*) in Dallas, TX from ages 14-18.
- The youth ambassador program really taught me the value of community and the importance of interacting with other T1Ds
- I'm super excited to share my experience as a former youth ambassador to help build a new community here!

YA Highlights:



- Spoke on panels at Type One Summit to help other teens navigate sports / physical activity with T1D
- Lead "Lunch and Learn" talks with corporate donors
- Met with newly elected congresspeople to introduce them to Breakthrough and what we advocate for
- Shared my story for Fund-a-Cure in the 2016 Gala
- Earned a "Youth Ambassador Hero" Award in 2019

What I'm Looking Forward To Building



- Serving as a mentor for the YAs to help them gain confidence in sharing their story and T1D advocacy

- Helping to build a community for YAs (like the one I had that I am so grateful for)



- YA workshops! I'm a former college athlete (🏸) and current PhD student in Developmental Biology and would love to host workshops on either sports + physical activity as a T1D or understanding and discussing the science behind cell therapy!

- And I'm most excited to meet all of you!

NorCal's Youth Ambassador Future Calendar – At a Glance!

Summer Season

- YA Applications will be open June 1st thru Aug 1st
- Attend Summit in late August – YA Awards and Recognition Ceremony and welcoming of new YA's

Fall Season

- Attend a virtual YA Brainstorm Session – Creative Ways to Fundraise
- Participate in Fall Walks & Community Games

Winter Season

- Attend a Virtual YA Workshop Session on Sharing your Story
- ½ Year Check in
- Volunteer in-person at a Chapter Event and/or plan a Your Way fundraiser

Spring Season

- Volunteer in person at a Chapter Event
- Attend a Virtual YA Workshop Session
- Complete YA Program Annual Requirements by June 30



Fun Fundraising Ideas

- Friendship Bracelet Sale
- Bake Sale
- Dimes for Diabetes at School
- School Fundraiser
- Lemonade Stand
- Musical Concert Performance
- Mow-a-thon
- Slime Sale
- Dog Walking
- Plant Sale
- Garage Sale
- Family Carwash
- Movie Party
- Game Night
- Dodge Ball or Wiffle Ball Tournament
- Speaking Opportunities and Lunch & Learns
- Train for a Marathon/Triathlon/Cycling event and invite people to sponsor a mile.
- More ideas can be found [HERE](#).



How Parents Can Help

- Review Monthly Update Emails with your ambassador
- Check the [Youth Ambassador Hub](#) regularly for opportunities to get involved
- Assist with completing the [activity log](#)
- Provide transportation as needed
- Help your child be punctual for meetings, events, and deadlines
- Volunteer alongside your Youth Ambassador
- Participate in fundraiser activities



Show your YA Pride!

- Wear your Breakthrough T1D Youth Ambassador Shirt to events and activities.
- Start a conversation about your T1D story.



Question and Answer with Mackenzie and Peyton

Are you ready to make a difference in the fight against T1D?

- Breakthrough T1D Northern California invites young individuals living with T1D and their siblings to join our inspiring Youth Ambassador Program.
- This is your chance to share your story, raise awareness, and support vital research efforts.

Fill out the YA Application on [the Hub](#) and become a Northern California Youth Ambassador!

See you at an upcoming Fall Event:

Silicon Valley Walk – October 19, 2025

Sacramento Walk – October 19, 2025

San Francisco Walk – November 2, 2025

Community Games – November 14, 2025

THANK YOU



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