

## Support life-changing type 1 diabetes (T1D) research and help JDRF create a world without T1D!

### HOW THE PROGRAM WORKS

- Free interactive diabetes presentation facilitated by JDRF at your school.
- Schools can support JDRF through a student service project (coordinated with the help of JDRF staff).
- View a list of sample projects designed to help turn Type One into Type None! (on page 2)

### WHY SUPPORT JDRF AT YOUR SCHOOL?

#### EDUCATION:

Our interactive program teaches students about type 1 and type 2 diabetes.

#### EMPOWERMENT:

Students are given a voice, the tools, and opportunity to positively impact others by driving progress towards a cure.

#### INCENTIVES:

Depending on the school's selected project, students can receive prizes as a token of appreciation for all of their hard work!

### WHAT IS TYPE 1 DIABETES?

- T1D is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone people need to get energy from food. Its onset has nothing to do with diet or lifestyle.
- People with T1D must regularly monitor their blood-sugar level, inject or continually infuse insulin through a pump, and carefully balance their insulin doses with eating and activities 24 hours a day.
- Each day, 40 children are diagnosed with T1D in the United States alone. You can support JDRF's mission by getting your school involved with the JDRF - Give Back at School Program today!

### WHO IS JDRF?

JDRF is the leading global organization funding T1D research. Our mission is to improve lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent and treat T1D and its complications.

## SIGN-UP TODAY!

#### CONTACT:

**JDRF Omaha-Council Bluffs Chapter**

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## AWARENESS AND FUNDRAISING IDEAS

- Have students make posters bringing awareness to type 1 diabetes, warning signs, myths vs. facts, the difference between type 1 and type 2 diabetes, and research (therapies being funded, areas of interest, etc.) and hang them up around the school.
- Have students view JDRF/type 1 diabetes educational video.
  - Assembly – JDRF staff/volunteers are available to lead assembly.
  - Show in homeroom/study hall
- Read T1D facts during morning announcements.
- Wear blue for the day to support the T1D community.
- Sporting teams wear JDRF/T1D helmet decals during game(s)
- Set a fundraising goal for the school.
- Sell JDRF Paper Sneakers
- Students donate: to wear a silly hat, receive a homework extension pass, etc.
- Hold JDRF drawings for \$1 or \$5 for a special prize. Prizes do not have to cost money, some ideas: be a principal or teacher for the day, receive a homework extension pass or an extra study hall pass.
- Hold an event where the proceeds go to JDRF:
  - Walk to End T1D – Get the students, families and friends motivated to walk for health benefits while also raising funds to find a cure for T1D
  - Talent Show or a Karaoke Contest
  - Trivia Night for the students and their families
  - Drawing Contest for the students and their families and friends
  - Used Book Sale – Ask the school community to bring their old books
  - Bake Contest – Students can be creative and compete for the best
  - Spelling Bee – Great brain-training fun for all students
  - Movie night – Host a movie night on the school property (appropriate for all ages)
- Hold a celebratory walk on school grounds
- Display JDRF Paper Sneakers when they are ‘sold’ – try to spell out “JDRF” or school’s name
- Students can post a selfie to the school’s social media when they purchase a JDRF Paper sneaker
- If the school reaches their goal:
  - Have Principal/teacher get a pie in the face from classroom that raised the most
  - Wear silly hats for a week/day
  - Students can receive incentive prizes based on amount they raised: JDRF bracelets, t-shirts, etc.