



Youth Ambassador

Find your Voice Worksheet

Your Story

Begin your story with an introduction. Fill in the blanks below or create 2-3 sentences to introduce yourself. Include your name, age, school year.

My name is _____. I'm _____ years old and I'm in _____ grade. I like to _____, _____, and _____. And, I have type 1 diabetes.

Add any other information you would like to share (remember, keep it simple!). This could include any other family members who have T1D, no one else in your family has T1D, when you were diagnosed, etc.

What is type 1 diabetes?

Include the sentence below in your story.

Type 1 diabetes, or T1D, is an autoimmune disease that makes it impossible for the body to produce insulin, the hormone your body needs to get energy from food.

Circle two of the sentences below to more details about T1D to your story or create your own sentences to describe T1D.

T1D comes on suddenly, has no cure and impacts every minute of every day for the rest of your life.

T1D effects anyone at any age at any stage in their life, despite diet or lifestyle choices.

T1D is a 24/7 disease that requires constant management.

T1D means a life-long dependency on insulin and requires multiple finger pricks a day, or wearing a CGM that is constantly attached to my body.

There is nothing anyone can do to prevent T1D. Currently, there is no known cure.

Your Diagnosis Story

Create 2-3 sentences to share your T1D diagnosis story. Include the year you were diagnosed.

Ask yourself these questions to get started: Do you remember how you felt? Were you in the hospital? Did you know what T1D was before you were diagnosed?

I was diagnosed with T1D in _____. _____

Life with T1D

Create 2-3 sentences to share what life with T1D is like now.

Ask yourself these questions to get started: How has your life changed with T1D? Does T1D ever get in your way? What do you wish others knew about T1D?

I've been living with T1D for _____ years. _____

Introduce Breakthrough T1D

Include the sentence below in your story.

As a Breakthrough T1D Youth Ambassador, I work hard to raise critical awareness about T1D and am determined to find a cure for this disease.

Circle two of the sentences below to more details about Breakthrough T1D to your story or create your own sentences to describe Breakthrough T1D's vision and mission.

Breakthrough T1D, formerly JDRF, is the leading international nonprofit fighting to cure T1D while also improving the lives of those living with T1D today.

Our mission is to improve lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent, and treat T1D and its complications.

Breakthrough T1D raises, invests and drives more funds to T1D research than any organization in the world.

Breakthrough T1D has played a key role in major T1D advances – drug, device, cell research – in the last 50 years.

Breakthrough T1D has invested more than \$2.2 billion in research to find cures for T1D, while improving lives today through advocacy and community engagement.