

# This is My Story: Sample Script

**My name is \_\_\_\_ and I am in \_\_\_\_ grade at \_\_\_\_\_. I was diagnosed with type 1 diabetes when I was \_\_\_\_ years old. That means I've lived with diabetes for \_\_\_\_ years.**

*Tip: Turn numbers into a description. "I've lived with type 1 diabetes for more than half my life."*

**When you have type 1 diabetes, your body doesn't produce insulin. You need insulin to turn the food you eat into energy. There is no cure for type 1 diabetes.**

*Tip: Explain T1D in a simplified way that is easy for you to remember in a couple sentences.*

**I didn't do anything to cause diabetes and there was nothing I could have done to stop it. My pancreas just decided to stop working for no good reason at all.**

*Tip: A sentence like this further explains the impact of T1D and helps explain the difference with type 2 diabetes.*

**I never get a break from diabetes. I test my blood sugar at least \_\_\_\_times a day OR I wear a continuous glucose monitor at all times. I need to take \_\_\_\_ insulin shots a day OR I wear an insulin pump that is attached to me all the time.**

*Tip: Give examples of when you would test or what it's like to wear a pump or CGM all the time. "I test my blood sugar when I wake up, whenever I eat something, during basketball practice. I even wear my pump during dance competitions."*

**Diabetes is hard work. I always have to know how I'm feeling so I can tell if my blood sugar is too high or too low.**

*Tip: Give an example of what it feels like or means to have low or high blood sugar. "It's frustrating when I have to come out of my football game because my blood sugar is too low. I feel weak and dizzy."*

**And, I have to count carbs for everything I eat and drink so I know how much insulin to take.**

*Tip: Toss a question to the group to show your knowledge here. "Does anyone know how many carbs are in a banana, apple, piece of pizza?"*

**I wanted to share a few numbers with you...**

*Tip: Get creative and share a few numbers. "I've pricked my finger more than 12,000 times to test my blood sugar" or "I have had an insulin pump attached to my body every day for XXX days."*

**Breakthrough T1D is important to me because they want to cure type 1 diabetes. My family supports the Breakthrough T1D (enter event) because the money we raise funds critical diabetes research. Thank you for choosing to support Breakthrough T1D. You are helping thousands of people like me!**

*Tip: End with gratitude so people know they are appreciated and that their donation is making an impact.*

# Time to Talk T1D

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## Know the Basics!

- ✓ Your age when you were diagnosed
- ✓ How long you've been living with T1D
- ✓ Explain what T1D is
- ✓ Breakthrough T1D's vision for a world without T1D

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## Become a Storyteller!

**Pick a few favorite questions and practice what you would say.**

How do you manage T1D every day?

What does it mean to test your blood sugar and count carbs?

How do you take care of your diabetes at school? During sports? During concert performances?

What are the challenges of living with T1D?

What would a cure mean to you?

What do you want others to know about T1D?

What is your favorite Breakthrough T1D event or program?

Why is it important for people to support Breakthrough T1D?

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## Have Fun!

**Enjoy the experience with a few tips.**

- ✓ Keep it simple! You can say a lot in a few sentences.
- ✓ Say "type 1 diabetes" before saying "T1D." Not everyone will know what T1D stands for, especially if you are out in the community.
- ✓ Be conversational! Your story is best told by you, in your own words.
- ✓ Smile! This automatically makes you feel at ease.
- ✓ Wear your Breakthrough T1D nametag and apparel.
- ✓ Media interviews are often taped in advance so viewers may not hear the question being asked of you. Repeat part of the question in your response to provide the full context. For example:

**Interviewer Question:** *Why do you support Breakthrough T1D?*

**Your Answer:** *My family and I support Breakthrough T1D because we believe in their mission to create a world without T1D!* <sup>2</sup>