

# **Be a Diabetes Detective: Exploring Health, Friendship, and Confidence**

## **Program outcomes**

1. Learn about insulin's role in a cell
2. Learn about how different things affect your blood sugar
  - a. Stress, complex carbs/simple carbs, exercise
3. Learn the difference between type 1 and type 2 diabetes
4. Learn about how Type 1 Diabetes (T1D) is managed
  - a. Supplies and devices
  - b. Empathy and Inclusivity
    - i. Learn how to be a good friend

## **Additional Outcomes for Older Girl Scouts**

1. Learn about mental health and Type 1 Diabetes (T1D)
  - a. Diabetes Burn-out/Distress
  - b. Depression/Anxiety
  - c. Eating Disorders
  - d. How to support your Type 1 Diabetes (T1D) friend
2. Lab shadowing
  - a. 2-4 times per year have a group of Girl Scouts come to the Barbara Davis Center (BDC), get a tour and learn about the important work the BDC does.



# **Be a Diabetes Detective: Exploring Health, Friendship, and Confidence**

Empower Yourself with Diabetes Knowledge and Support!

**Prepare for in-person interactions with these go-to answers and sample scenarios.**

Dive into the world of diabetes education and advocacy with the Children's Diabetes Foundation through this interactive activity guide, designed to teach Girl Scouts about the science of diabetes and how they can support friends with Type 1 Diabetes (T1D).

Girl Scouts will explore insulin's role in the body, understand how factors like stress, diet, and exercise affect blood sugar, and learn the differences between Type 1 and Type 2 diabetes. This guide also covers T1D management essentials—from devices and supplies to the importance of being an inclusive, empathetic friend.

Older Girl Scouts will find activities focused on the mental health aspects of managing T1D, including understanding diabetes burnout, anxiety, and eating disorders, along with ways to support friends with T1D.

This activity guide is an empowering blend of diabetes education, science, empathy, and support—dive in to learn, share, and make a difference!

# Before You Get Started:

**Steps 1-4 are for all ages. Steps 5-7 are intended for Older Girl Scouts**

1. Learn about insulin's role in a cell
2. Understand how various factors such as stress, types of carbohydrates, and exercise can affect blood sugar levels.
3. Understand the differences between Type 1 and Type 2 diabetes - Diabetes Detective
4. Understanding Type 1 Diabetes and how to be a good friend
5. Award Girl Scout video about diabetes
6. Fostering positive environments and confidence
7. Supporting friends

## Glossary

- **Blood Glucose** – The amount of sugar (glucose) in your blood, used as the main energy source for your body's cells. Insulin, a hormone, helps control blood glucose levels. Managing these levels is especially important for people with diabetes.
- **Carbohydrate (Carb)** – Nutrients found in food that can raise blood sugar.
- **Insulin** – A hormone that regulates blood sugar and turns carbs into energy.
- **Insulin sensitivity factor** - How much one unit of insulin will lower blood glucose.
- **Type 1 Diabetes (T1D)** - An autoimmune condition where the body's immune system attacks and destroys insulin-producing cells in the pancreas, leading to little or no insulin production. It typically develops in childhood or adolescence and requires daily insulin management.
- **Type 2 Diabetes (T2D)** - A chronic condition where the body becomes resistant to insulin or does not produce enough insulin, leading to high blood sugar levels. It is often linked to lifestyle factors and typically develops in adulthood but can occur in younger individuals.

## Activity 1. Learn about insulin's role in a cell

**A. Introduction to Insulin:** Start by explaining in simple terms what insulin is and its role in the body, particularly in relation to cells and energy.

- **What is Insulin?**

- Insulin is a hormone made by a special part of your body called the pancreas. It's like a messenger that helps your body use sugar (glucose) from food you eat for energy. It's essential for keeping your body running smoothly and feeling good!

- **Role of Insulin in the Body:**

- **Regulating Blood Sugar:** When you eat, your body breaks down the food into sugar (glucose), which goes into your bloodstream. Insulin helps your cells take in this sugar from the blood. This is important because your cells need glucose to have energy to work properly.
- **Storing Energy:** Insulin helps your body store extra glucose in your liver and muscles for when you need it later. It's like putting away money in a savings account for a rainy day.
- **Controlling Blood Sugar Levels:** Insulin plays a key role in keeping your blood sugar levels from getting too high (hyperglycemia) or too low (hypoglycemia). It helps maintain a balance, so your body functions properly.

- **In Relation to Cells:**

- Insulin acts like a key that unlocks the doors of your cells. When insulin is present, it signals to the cells to open up and let glucose inside. This is how your cells get the energy they need to do their jobs.

- **Why Insulin is Important:**

- Without enough insulin, glucose can't get into your cells, so your cells don't have enough energy. This can make you feel tired and weak.
- In illnesses like diabetes, the body either doesn't make enough insulin (Type 1 diabetes) or doesn't use it properly (Type 2 diabetes), leading to problems with managing blood sugar levels.

## **B. Cell City Game:**

- **Roles:**

- Cell Membrane: 1 Girl Scout controls a door opening and closing (if multiple doors are available then add more Girl Scouts to this role)
- Nucleus: 1 Girl Scout
- Mitochondria: 1 Girl Scout
- Insulin or Glucose: remaining Girl Scouts

- **Role Descriptions:**

- Cell Membrane: Explain how the cell membrane acts like a gatekeeper, controlling what goes in and out of the cell. Insulin helps regulate this process.
- Nucleus: Control center of the cell, directing activities.
- Mitochondria: Show mitochondria as the powerhouses of the cell, where energy is produced with the help of glucose, which insulin helps to regulate.
- Insulin as a Messenger: they can move through the “city” (the model cell), knocking on the “doors” (cell membrane) to let glucose in.
- Glucose: follow the insulin and enter the cell when the “door” (cell membrane) opens.

- Have the Girl Scouts go through a few rounds of practicing their roles in the system. Then, read through the scenarios below and incorporate them into the system so the Girl Scouts can observe how things change due to diabetes.

- **Scenarios:**

- Troop Leader/Adult secretly tell the cell membrane they can or can't open the door to mimic Type 1 diabetes.
- Troop leader/adult tells the insulin to not “knock on the door” (cell membrane) representing insulin resistance that leads to type 2 diabetes.
- Create a situation where there is too much insulin and all of the glucose goes into the cell (normally, some glucose stays in the blood) to represent low blood sugar that can happen when someone with type 1 diabetes (T1D) takes too much insulin.
- Now there is too much glucose and not enough insulin which can cause high blood sugar! Have most “Glucose” Girl Scouts line up outside the “Cell Membrane,” but only those paired with an “Insulin” Girl Scout can enter. Without enough insulin, much of the glucose stays outside, representing high blood sugar.

- **Discussion and Reinforcement:**

- After the activity, discuss:
  - How insulin helps cells take in glucose for energy.
  - Why insulin is important for overall health.
  - What happens when there isn't enough insulin (e.g., in diabetes).

## Activity 2. Understand how various factors such as stress, types of carbohydrates, and exercise can affect blood sugar levels

### Supplies:

- Markers, crayons, or colored pencils
- Sticky notes or index cards

### Introduction (5 minutes):

- Begin by explaining what blood sugar (glucose) is and why it's important for our bodies to maintain stable levels.
  - Glucose is a type of sugar that gives your body energy. It's found in many foods and helps your cells work properly. Keeping the right amount of glucose in your blood is important because it helps your body stay energized and healthy, so you don't feel too tired or unwell.
- Introduce the concept that different factors can cause blood sugar levels to rise or fall.
  - Several factors can cause blood sugar levels to rise or fall, including diet, physical activity, medications, stress, illness, and hormonal changes.

### Stress (10 minutes):

- Discuss how stress can affect blood sugar levels.
  - When you're stressed, it's like your body is on high alert, and it releases special chemicals to help you handle the stress (hormones like cortisol and adrenaline). These chemicals can make your blood sugar go up because they tell your body to put more sugar into your blood for extra energy. So, when you're stressed, your blood sugar can get higher, even if you haven't eaten anything sweet.
  - Ask the kids to think of stressful situations they've experienced (like a test or a race) and share with the group if they are comfortable.
  - Then discuss as a group some solutions to help ease that stress (exercising, relaxing, music, deep breathing, talking, hobbies, rest).

### Carbohydrates (30 minutes):

- Complex carbohydrates are found in foods like whole grains and vegetables. Simple carbohydrates are found in sugary foods like candy and soda.
  - Ask the kids to draw or write examples of foods containing complex carbs and simple carbs on sticky notes or index cards.
  - Have them place each example under the correct title ("Complex Carbs" or "Simple Carbs").
  - Discuss how different types of carbs affect blood sugar levels differently.
    - Imagine carbs are like different kinds of fuel for your body. Simple carbs, like candy, are like quick-burning fuel that makes your energy go up really fast but can drop quickly. Complex carbs, like those in whole grains and veggies, are like slow-burning fuel that keeps your energy steady and lasts longer.

- Simple carbs are good for people with diabetes because they can quickly raise blood sugar levels when they are too low. If someone with diabetes has low blood sugar, eating or drinking something with simple carbs, like fruit juice or candy, can help them feel better fast.
    - Girl Scout cookies are made of simple carbs. Some people think those with diabetes can't eat these because they raise blood sugar quickly, but that's a misconception. People with diabetes can enjoy cookies in moderation as part of a balanced diet, and they can manage their blood sugar by planning their meals and using insulin or other medications as needed. Check out the cookie nutritional facts: [Meet the Cookies | Girl Scouts](#)
  - Complex carbs are good for people with diabetes because they provide a steady source of energy and help keep blood sugar levels stable. Foods like whole grains, vegetables, and beans take longer to digest, so they help prevent sudden spikes and drops in blood sugar.
- **If you have more time, complete this fun activity: Balanced Snack Planning**
- Provide Girl Scout cookies, small portions of protein (like cheese or nuts), and fiber-rich foods (like apple slices or carrot sticks).
  - Explain that people with diabetes can enjoy cookies if they balance them with other foods that help keep blood sugar stable and take the correct dose of insulin.
  - Next, have the Girl Scouts make a balanced snack by pairing a cookie with a protein and fiber-rich food on a plate.
  - Let them enjoy their balanced snack while discussing the following misconceptions that are common with type 1 diabetes:
    - Misconception: you get T1D from eating too much sugar.
      - Truth: T1D is an autoimmune disease and we still don't know exactly what causes it.
    - Misconception: you can't eat sugar if you have T1D.
      - Truth: People with T1D need to be careful about when they consume sugar and make sure they have the appropriate amount of insulin, but they can still enjoy all types of snacks and desserts.
    - Misconception: if you eat less sugar and exercise more, you can cure T1D.
      - Truth: There is no cure for T1D. Like anyone else, it is good for people with T1D to try to live a healthy lifestyle, but sugar is definitely okay in moderation, and sometimes even needed to treat low blood glucose.

## **Carb Ratio Challenge – Let's help our friend get their blood sugar in a healthy range before eating a snack!**

### **Scenario One:**

- For this person, one unit of insulin brings their blood sugar down by 50 points.
- They also need one unit of insulin for every 10 carbs they eat.
- Starting blood sugar: 250
- Goal blood sugar: 100
- Snack they're eating: 30 carbs

### **First, let's bring the blood sugar down:**

- Their starting blood sugar is 250, but they want it to be 100. How many points do we need to bring it down? (**Answer:**  $250 - 100 = 150$  points).  
Since one unit of insulin brings down their blood sugar by 50 points, we can figure out how many units they need:  $150 \div 50 = 3$  units.

### **Next, let's cover the carbs in their snack:**

- Since their snack is 30 carbs and they need one unit of insulin for every 10 carbs, we can calculate:  $30 \div 10 = 3$  units.

### **Final total:**

- Add it up! They need 3 units to bring their blood sugar down and 3 units to cover the snack:  $3 + 3 = 6$  units of insulin total.

### **Scenario Two:**

- For this person, one unit of insulin brings their blood sugar down by 20 points.
- They also need one unit of insulin for every 5 carbs they eat.
- Starting blood sugar: 180
- Goal blood sugar: 100
- Snack they're eating: 40 carbs

### **First, bring the blood sugar down:**

- Their starting blood sugar is 180, but they want it to be 100. How many points do we need to bring it down? (**Answer:**  $180 - 100 = 80$  points).
- Since one unit of insulin brings their blood sugar down by 20 points, we can figure out how many units they need:  $80 \div 20 = 4$  units.

### **Next, cover the carbs in their snack:**

- The snack is 40 carbs, and they need one unit of insulin for every 5 carbs. So we calculate:  $40 \div 5 = 8$  units.

### **Final total:**

- Add it up! They need 4 units to bring their blood sugar down and 8 units to cover the snack:  $4 + 8 = 12$  units of insulin total.



**Exercise (15 minutes):**

- Physical activity helps the body use glucose for energy.
  - Have each Girl Scouts think of an exercise and everybody act them out.
  - Discuss how exercise can affect blood sugar levels and why it's important for overall health.
    - Exercise helps lower blood sugar levels because when you play or move around, your muscles use up some of the sugar in your blood for energy. This helps keep your blood sugar from getting too high. Exercise is important for overall health because it keeps your body strong, helps you feel good, and keeps you from getting sick.
    - Certain types of high-intensity exercise, like sprinting or heavy weightlifting, can actually raise blood sugar temporarily. This happens because intense exercise triggers the release of stress hormones like adrenaline and cortisol, which signal the liver to release more glucose for quick energy. The body does this to fuel the muscles during a high-energy activity, even if there's already enough glucose in the blood.
    - For most people, blood sugar will eventually drop back down after exercise, especially once insulin sensitivity increases and muscles start using up the extra glucose.

**Discussion (10 minutes):**

- Review all the factors that can affect blood sugar levels: stress, types of carbohydrates eaten, and exercise.
- Discuss how these factors interact and how managing them can help maintain stable blood sugar levels.



## Activity 3. Understand the differences between Type 1 and Type 2 diabetes

### Supplies:

- Large poster board or paper
- Markers, crayons, or colored pencils
- Sticky notes or index cards

### Introduction (5 minutes)

Diabetes is an illness where your body has trouble handling sugar in your blood. This happens because either your body doesn't make enough of a special helper called insulin, when your body no longer makes any insulin, or it doesn't use it correctly. When this happens, the sugar can build up and make you feel sick, so people with diabetes need to be careful about what they eat, check their sugar levels and they may also have to take insulin to stay healthy.

There are two types of diabetes. Type 1 diabetes means your body doesn't make any insulin, so you need to take insulin shots or use an insulin pump to help manage your sugar. Type 2 diabetes means your body doesn't use insulin properly, and it often happens when people get older or if they don't eat healthy foods and exercise. Both types need special care to keep the sugar in their blood at the right level.

### Preparation (5 minutes)

Divide the poster board or paper into two sections, labeling one section "Type 1 Diabetes" and the other "Type 2 Diabetes".

### Diabetes Detective Game (20 minutes)

- Explain that the Girl Scouts are going to be "Diabetes Detectives" and they need to find clues (facts) about Type 1 and Type 2 diabetes.
- Provide a list of statements or clues related to diabetes. For example:
  - "This type of diabetes is usually diagnosed in children and young adults."
  - "People with this type of diabetes may need to take insulin injections."
  - "This type of diabetes is often linked to lifestyle factors like diet and exercise."
  - "Insulin resistance is a key feature of this type of diabetes."
  - For more ideas of clues, visit <https://childrensdiabetesfoundation.org/what-is-diabetes/>
- Each Girl Scout or teams of Girl Scouts will receive a set of sticky notes or index cards with these statements. Their task is to decide whether each statement belongs under "Type 1 Diabetes" or "Type 2 Diabetes" and place it in the correct section on the poster board.
- Set a timer for 10-15 minutes for the detective work. Encourage discussion and teamwork among the Girl Scouts.

### Discussion (10 minutes):

- After the detective work, gather the Girl Scouts to review each statement and discuss why it belongs to either Type 1 or Type 2 diabetes.
- Clarify any misconceptions and reinforce the key differences between the two types of diabetes.



## Activity 4: Understanding Type 1 Diabetes and how to be a good friend

Explain to the Girl Scouts that Type 1 diabetes is when your body can't make insulin at all, so you need to get insulin from shots or a pump. People with type 1 diabetes need a few special tools to help manage their condition to help keep their blood sugar levels in the right range and ensure they stay healthy:

### Share with the Girl Scouts the tools in the list below:

1. **Insulin:** They need to take insulin either through injections or an insulin pump.
2. **Blood Glucose Monitor:** A device to check their blood sugar levels regularly to decide if they need to take insulin, eat something, or adjust their activities to keep their levels balanced.
3. **Continuous Glucose Monitor (CGM):** An optional tool that gives real-time updates on blood sugar levels throughout the day.
4. **Insulin Pump:** A device that delivers a steady amount of insulin through a small tube.
5. **Diabetes Management Apps:** Some use apps on their phones to track their blood sugar levels, insulin doses, and food intake.

*There are pictures at the end of this document that you can print out and share with the Girl Scouts and have them match the picture to the description of the tool.*

Check out this video featuring Robert, a boy with type 1 diabetes, as he shares his experience and explains his illness to others. <https://www.youtube.com/watch?v=zOURd2V9VW4>

Ask the Girl Scouts for ideas of how to be a good friend to someone with type 1 diabetes. After sharing some, Girl Scouts can write or draw their ideas and share them with the group.

Here are some ideas:

- **Be Supportive:** Understand that they might need to check their blood sugar or take insulin, and it's okay. Just be patient and supportive.
- **Be Inclusive:** Include them in activities and games, and don't worry if they need to take a break for their diabetes care.
- **Learn Together:** Ask questions if you're curious and learn about diabetes so you can understand what they're going through.
- **Be Understanding:** If they have to eat something special or need to manage their diabetes, be understanding and don't make them feel different.

**Being a good friend means being kind, supportive, and understanding!**



*Girl Scouts,*

*Before we begin our mental health activities, we want to provide a trigger warning. These activities will involve discussions and exercises related to mental health, including topics such as anxiety, depression, stress, and self-care. While our aim is to promote understanding and resilience, some content may be sensitive or triggering for individuals who have experienced mental health challenges.*

*If you find any part of the activities distressing, please know that it's okay to step away, take a break, or speak with a trusted adult or mental health professional. Your well-being is our priority.*

*Thank you for your understanding and for taking care of yourselves and each other.*

### **Activity 5: Gold Award Girl Scout video about diabetes**

We are excited to share a special video created by one of our own—an inspiring Girl Scout who earned her Gold Award through a remarkable project on diabetes awareness. This video is a culmination of her hard work, dedication, and passion to educate and empower others about diabetes.

In this video, she shares important information about what diabetes is, how it affects people's lives, and the steps we can take to support those who live with this condition. By watching, you'll not only learn valuable health information but also see the incredible impact a Gold Award project can have on our community.

[E.N.D. T1D – Educating Non-Diabetics about Type One Diabetes on Vimeo](#)



## Activity 6: Fostering positive environments and confidence

### **Discuss with Girl Scouts the mental health challenges surrounding type 1 diabetes.**

- Managing type 1 diabetes can lead to several mental health challenges. The constant need to monitor blood sugar levels, take insulin, and manage diet and exercise can be overwhelming and lead to stress and anxiety. Fear of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) can create persistent worry. Additionally, the pressure to fit in and not appear different from peers to avoid bullying can cause feelings of isolation and depression. It's important for those with type 1 diabetes to have support systems, such as friends, family, and mental health professionals, to help navigate these challenges and maintain overall well-being.
- Diabetes can lead to eating disorders due to the intense focus on food, diet, and body weight that is part of managing the condition. For people with diabetes, particularly type 1 diabetes, the constant need to monitor carbohydrate intake, blood sugar levels, and insulin doses can create an unhealthy preoccupation with food. This can lead to behaviors such as restricting food intake to control blood sugar or weight, binge eating, or intentionally skipping insulin doses to lose weight (a condition known as diabulimia). The stress and pressure of managing diabetes, combined with societal pressures around body image, can contribute to the development of eating disorders. It's important for individuals with diabetes to have psychological support to address these issues and promote a healthy relationship with food.

### **Ask the Girl Scouts to brainstorm ways they can foster a supportive environment for friends facing bullying. You can use the strategies below in this conversation.**

Strategies Girl Scouts can use to help friends stand up against bullying:

- **Lead by Example:**
  - Show kindness and respect to everyone, regardless of differences. When friends see someone standing up against bullying behavior, they're more likely to feel empowered to do the same.
- **Offer Support and Encouragement:**
  - Be a good listener and provide emotional support. Let your friend know it's okay to talk about their feelings and that you're there for them.
- **Practice Standing Up:**
  - Role-play scenarios where bullying might occur, practicing ways to stand up for a friend. This can help build confidence in handling real-life situations.
- **Develop Strong Friendships:**
  - Encourage building friendships with people who respect and support each other. A strong support system can help friends feel less isolated when facing bullying.
- **Promote Self-Confidence:**
  - Help friends recognize their strengths and build their self-esteem. Confident individuals are less likely to be affected by bullying.

- **Educate About Bullying:**

- Discuss the impact of bullying and the importance of standing against it.  
Understanding the consequences of bullying can motivate friends to take action.

- **Encourage Positive Activities:**

- Suggest participating in positive group activities that promote inclusion and fun.  
Keeping busy with constructive activities can help create a more supportive environment.

- **Be Honest and Direct:**

- If you notice a friend being bullied, be straightforward about your concerns.  
Encourage them to speak up and reassure them that they're not alone.

- **Create a Support System:**

- Establish a group of friends who can watch out for each other and offer help if someone is being bullied. A collective effort can be more effective in addressing bullying.

- **Seek Adult Support:**

- Encourage friends to talk to a trusted adult, like a teacher or counselor, if they're being bullied. Adults can provide guidance and help address the situation.

- **Stay True to Your Values:**

- Remind friends to uphold their values and beliefs, even in tough situations.  
Knowing their worth can help them resist bullying and support others.

By using these strategies, Girl Scouts can create a positive environment that supports friends facing bullying and fosters a culture of kindness and respect.

## **Developing Confidence:**

- Conduct activities that build self-confidence. This can include positive affirmation exercises where each participant writes down something positive about themselves and shares it with the group. Other ideas: create a vision board, skill sharing with the group, mirror exercise of repeating positive attributes back to self, learning power poses, compliment circle
- Discuss ways to build and maintain self-confidence in challenging situations.



## Activity 7: Supporting Friends

### **Older Girl Scouts can support their friend with type 1 diabetes in several meaningful ways:**

1. **Educate Themselves:** Learn about type 1 diabetes to understand what their friend is going through and how they manage their condition.
2. **Be Empathetic:** Show understanding and empathy when their friend needs to check their blood sugar, take insulin, or manage their diet.
3. **Offer Help:** Offer to accompany their friend during diabetes management tasks, like checking blood sugar or taking insulin, if their friend wants support.
4. **Promote a Positive Environment:** Encourage healthy habits without making their friend feel singled out or different.
5. **Be Patient and Flexible:** Understand that their friend might have to stop activities to manage their diabetes and be flexible with plans.
6. **Encourage Open Communication:** Create a safe space for their friend to talk about their feelings and any challenges they face related to diabetes.
7. **Include Them in Activities:** Ensure their friend feels included in social activities and understand if they need to make adjustments for their diabetes management.
8. **Watch for Signs of Distress:** Be alert for signs of diabetes-related stress or eating disorders and encourage seeking help if needed.
9. **Respect Their Needs:** Respect their friend's needs and choices regarding their diabetes management without judgment.

**By providing understanding, empathy, and practical support, Girl Scouts can help their friends manage type 1 diabetes more comfortably and feel supported in their social circle.**

### **Role-Playing Scenarios (30 minutes)**

- Distribute role-play scenario cards to pairs or small groups.
- Allow a few minutes for the groups to prepare their role-play.
- Each group will act out their scenario in front of the rest of the participants.
- After each role-play, have a group discussion on what strategies were used and what other strategies could be effective.





## **Scenario 1: Monitoring Blood Sugar Levels**

Example: A friend with Type 1 diabetes needs to check her blood sugar levels during school or a social event.

How Friends Can Help:

- Offer Discreet Assistance: Provide a private space or create a distraction if needed to help her feel comfortable.
- Be Understanding: Show patience and understanding, recognizing that this is a necessary part of her routine.
- Remind When Needed: Gently remind her to check her levels if she seems to be distracted or busy.

## **Scenario 2: Managing Low Blood Sugar (Hypoglycemia)**

Example: A Girl Scout with diabetes starts feeling shaky, dizzy, or unusually hungry, indicating low blood sugar.

How Friends Can Help:

- Know the Symptoms: Be aware of the signs of low blood sugar, such as sweating, confusion, or irritability.
- Carry Snacks: Keep a small supply of fast-acting carbohydrates like glucose tablets, juice boxes, or candy to offer in case of an emergency.
- Stay Calm: Stay with her, offer reassurance, and help her consume a quick sugar source. Inform an adult if necessary.

## **Scenario 3: Managing High Blood Sugar (Hyperglycemia)**

Example: A Girl Scout with diabetes feels very thirsty, tired, or has frequent urination, indicating high blood sugar.

How Friends Can Help:

- Offer Water: Encourage her to drink water to help manage high blood sugar.
- Find a Quiet Space: Help her find a place to rest if she's feeling unwell.
- Inform an Adult: Let a teacher or another responsible adult know if her symptoms persist or worsen.

## **Scenario 4: Physical Activity**

Example: Participating in sports or physical activities which can affect blood sugar levels.

How Friends Can Help:

- Encourage Preparedness: Remind her to check her blood sugar before and after activities.
- Be Supportive: Understand if she needs to take breaks or sit out for a while.
- Have Supplies Ready: Help ensure she has her diabetes supplies and a source of fast-acting carbohydrates nearby.



## **Scenario 5: Social Situations and Meals**

Example: Attending parties, eating out, or school events where food choices might affect blood sugar levels.

How Friends Can Help:

- **Respect Dietary Needs:** Be mindful of her dietary restrictions and avoid pressuring her to eat certain foods.
- **Plan Ahead:** If possible, help her plan what foods will be available or suggest options that fit her meal plan.
- **Be Inclusive:** Make sure she feels included and is not singled out because of her diabetes.

## **Scenario 6: Social Situations**

Example: Spending the night at a friend's house

How Friends Can Help:

- **Respect Dietary Needs:** Show where you keep snacks
- **Plan Ahead:** Ask where your friend keeps their diabetes supplies and how you can help

## **Scenario 7: School**

Example: Going to the nurse at school before lunch

How Friends Can Help:

- **Be supportive:** Offer to walk to the nurse with them and wait to go to lunch together

## **Scenario 8: School**

Example: Missing class due to high or low blood sugar

How Friends Can Help:

- **Be supportive:** You can offer to help them get caught up on the work they missed

## **Scenario 9: Bullying**

Example: During lunch, some students start teasing Jamie about her diabetes management, making fun of her insulin pump. Jamie feels isolated and upset.

How Friends Can Help:

- **Speak Up:** You stand up to the bullies, saying, "That's not cool! You shouldn't make fun of Jamie for her diabetes."
- **Offer Support:** After lunch, you check in with Jamie, saying, "I'm really sorry they said that. Do you want to talk about it?"
- **Educate Others:** You organize a small group discussion with classmates to share facts about type 1 diabetes, helping others understand and reduce bullying.
- **Include Jamie:** You makes sure Jamie is included in your weekend plans, inviting her to join a group outing to show that she's valued.



## Activity 4:

### Types of tools used by individuals with diabetes



#1 \_\_\_\_\_



#2 \_\_\_\_\_



#3 \_\_\_\_\_



#4 \_\_\_\_\_



#5 \_\_\_\_\_

**Match the following items  
to their corresponding picture:**

- Insulin
- Blood Glucose Monitor
- Continuous Glucose Monitor (CGM)
- Insulin Pump
- Diabetes Management Apps

## Take Control of Your Health – Test for Diabetes!

Type 1 diabetes can often go unnoticed, but early detection is key to managing it and preventing complications. A simple test can provide valuable insights into your health, helping you catch early signs of type one. Whether you have a family history, are experiencing unusual symptoms, or simply want peace of mind, getting tested empowers you to make informed choices. Take that first step today for a healthier future! More information on testing can be found [here](#).

Congratulations! You've put your detective skills to the test and completed the *Be a Diabetes Detective: Exploring Health, Friendship, and Confidence* patch program, brought to Girl Scouts of Colorado in partnership with the Children's Diabetes Foundation.

We hope you use your newfound knowledge to advocate for diabetes awareness and share what you've learned with your friends and family—whether by starting conversations, sharing fun facts, or creating awareness in your community.

Click [here](#) to request your FREE Children's Diabetes Foundation patch!

