

# INFORMATION FOR TEENAGERS

## Info for teens



Being a teenager is hard enough, with or without Type 1 diabetes. This section is just for you, filled with lots of information and support all about Type 1 diabetes and being a teenager. Find out about growing up with diabetes, and all the different things you do as you get older – how to deal with relationships, going out, and living your life. Meet people just like you – and share your diabetes story with others.

<https://www.diabetes.org.uk/Guide-to-diabetes/Teens/>



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## What are Diabetes UK Type 1 Events for teens?

They are the new name for the Diabetes UK Care Events.



### Teen Events

Weekend and week-long events offer young people the chance to meet others like them, share experiences and stories and make life-long friends.

[https://www.diabetes.org.uk/How\\_we\\_help/care-events/Young-People-Events-11-17-years/](https://www.diabetes.org.uk/How_we_help/care-events/Young-People-Events-11-17-years/)

## **#Type1uncut? What's that?**



We figured that if people talked more about what it's REALLY like growing up with Type 1 diabetes, life would be easier for all of us. So we started #Type1uncut. We make videos about all sorts of stuff - from awkward chats about sex, to tips on dealing with over-caring parents, to rants about how badly they deal with Type 1 on TV.

[https://www.diabetes.org.uk/How\\_we\\_help/Community/Type-1-Uncut-for-young-adults/](https://www.diabetes.org.uk/How_we_help/Community/Type-1-Uncut-for-young-adults/)

## **STREETWISE**

Streetwise looks at issues that are common among young people with Type 1 diabetes. Streetwise aims to help you understand how diabetes can impact your day to day life as a young person. It covers topics around: sex and contraception; travel; festivals; exam stress; leaving home; tattoos and piercings and beauty treatments; drugs and alcohol. You will be able to take a look at useful advice, consider scenarios you may face and find out about others' experiences of Type 1 diabetes.

<http://www.bertieonline.org.uk/streetwise>