**HOW TO TELL MY FRIENDS I HAVE DIABETES**

**Step 1: Pick a familiar place.**

Example: Your home, a restaurant, or after school hangout spot.

**Step 2: Help them understand.**

Example: Diabetes is a disease that affects how the body uses glucose. When you eat, glucose from the food goes into your bloodstream.

**Step 3: Keep it simple.**

Example: Chips and pop raises blood sugar.

**Step 4: Tell them how they can support you.**

Example: Please don’t pressure me to eat certain foods.

When your friends know that you have diabetes, they can better understand the decisions you sometimes have to make (like what to eat) and if you’re not feeling up to doing something one night (like if you’re feeling tired). If you decide to share, you may find that it makes your friendship even stronger.