



STUDENTS I promise to...

- ✓ Wear a medical alert ID.
- ✓ Find support on my campus.
- ✓ Register with Disabilities Services.
- ✓ Keep low supplies on hand, always.



CAREGIVERS As long as you promise to...

- ✓ Not ask what my blood sugar is unless I bring it up.
- ✓ Let me be the one to tell other people about diabetes.
- ✓ Send me care packages and/or help pay for extra supplies.
- ✓ Not overreact or get mad at me when I tell you the truth.

MORE IDEAS

When will you check-in? How often?
How often will you discuss your blood sugar?
What can be said? Who will bring it up?
