



1

Learn how to recognise hypos

Early signs can include fatigue, weakness, shakiness, sweating and confusion. Knowing how to spot and treat a hypo can be a life-saving skill.

2

Watch your language

Think about how the words you use might make someone feel about having diabetes. Don't label them as being "diabetic". Diabetes is a condition, not a "disease."



LISTEN.
LISTEN...

3

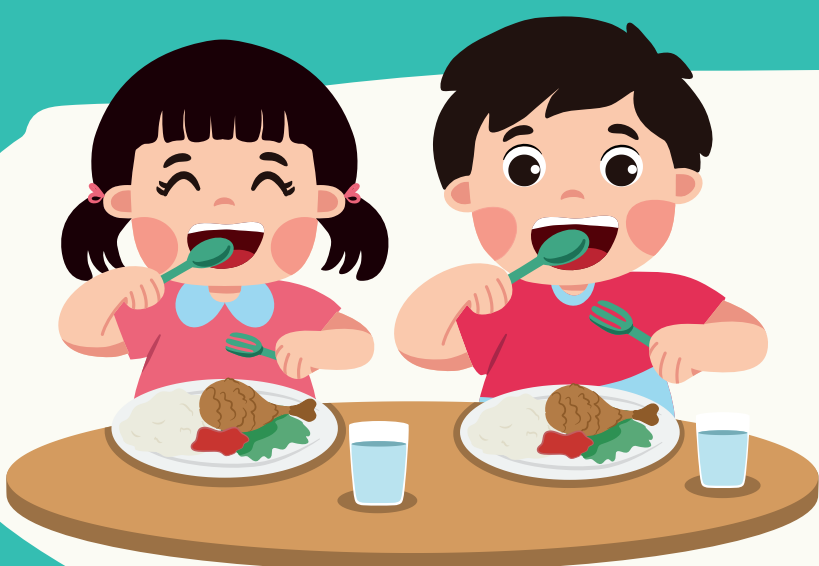
Be a friend

Living with diabetes can be hard. Be ready to listen if a friend wants to talk about it. You don't have to fix anything, just listen.

4

Do things with them

People with diabetes often feel better when they are active. Join them if they want to go for a walk or get involved in a physical activity or sport.



5

Enjoy healthy food

There is no food people with diabetes can't eat, but everyone feels better when they make healthy food choices. Think about healthy food to share.

6

Keep sugar nearby

Sometimes people living with diabetes need quick acting glucose (AKA sugar). Offer to keep some options like jellybeans and full sugar soft drink somewhere convenient.

