Dear [Recipient],

As you know, my [daughter/son], [child’s name], lives with type 1 diabetes (T1D). It is an autoimmune disease that is not preventable and causes dependence on insulin to survive. There are over 1.25 million Americans living with T1D and it can be diagnosed at any age with 50% of people being diagnosed as children. This disease is truly a 24/7 effort and while most people know someone with type 1 diabetes, they do not know much about the actual disease which is why education and awareness is so important to our family.

I’m writing this because November is National Diabetes Awareness Month and I hope that you will help us spread awareness in your classroom and school.

T1D is an “invisible disease” so the more faculty and students who understand the disease, the safer any child living with T1D will be. Additionally, because there are so many misconceptions about diabetes, children with type 1 diabetes can face bullying in the classroom. Spreading awareness will help to debunk common myths about the disease so that children like [child’s name] can feel comfortable managing T1D at school.

There are many ways that you can help to raise awareness this November, including:

* Showing the film “Just Like You – Diabetes” in your classroom. This film can be found at <https://youtu.be/v63OhzyRtiA> and talks about type 1 diabetes in a way that is age-appropriate and from a child’s perspective. You will also find it at youtube.com/jdrf starting on November 1.
* Encouraging staff and students to wear something blue on either T1D Day on November 1 or World Diabetes Day on November 14. Don’t forget to tag JDRF!
* Have your classroom (or school!) participate in A Day in the Life – 24 Hours with T1D rubber band challenge
* Host our family to present a short T1D 101 session for your class.

Please let me know if there is any way I can help.

Many thanks for your care and support,

[Your Name]