

Caring for an Adolescent



Let your teen know that you're there to help. It's easier to manage diabetes when the whole family works together. Have healthy foods and snacks available to make it easy for your teen to make smart food choices every day. Choose fun physical activities the whole family can enjoy, such as riding bikes, dancing, or playing a ball game.

An overweight teen, either one who has been diagnosed with diabetes or who is simply at risk for diabetes, may be teased at school. There are online chat rooms for teens that are monitored for appropriateness. This type of support might be very beneficial for a teen who is feeling outcast, rejected, or isolated.

The National Diabetes Education Program (NDEP) has developed a free series of tip sheets to encourage teens with diabetes to reach out and ask for help from others.

www.yourdiabetesinfo.org

www.ndep.nih.gov

Fact sheet: **Overview of Diabetes in Children and Adolescents**

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=261>

Tips for Teens with Diabetes Series :

Tips for Teens: Lower Your Risk for Type 2 Diabetes(NDEP-87)

http://www.ndep.nih.gov/media/YouthTips_LowerRisk_Eng.pdf

What Is Diabetes? http://www.ndep.nih.gov/media/Youth_Tips_Diabetes.pdf

Stay At a Healthy Weight http://www.ndep.nih.gov/media/Youth_Tips_Weight.pdf

Be Active http://www.ndep.nih.gov/media/Youth_Tips_Active_BW.pdf

Parents: You Are Key To Helping Your Teen Deal With Diabetes

<http://www.ndep.nih.gov//media/EDMinTeens.pdf>

Dealing With the Ups and Downs of Diabetes

http://www.ndep.nih.gov/media/YouthTips_Teen_Dealing.pdf

Help Your Teen Deal with the Ups & Downs of Diabetes

<http://www.ndep.nih.gov//media/help-your-teen-deal-with-the-ups-downs-of-diabetes.pdf>

Make Healthy Food Choices http://www.ndep.nih.gov/media/Youth_Tips_Eat.pdf

Tips for Teens with Diabetes: Diabetes and Your Feelings

http://www.ndep.nih.gov/media/teens_diabetes_feelings_tipsheet.pdf

Consejos para Muchachos con Diabetes tipo 2 This popular Spanish series of colorful, easy-to-read, reproducible tip sheets contain the basics about managing type 2 diabetes for children and their families.

Consejos para jóvenes: Disminuye tu riesgo de desarrollar la diabetes tipo 2 (Tips for Teens: Lower Your Risk for Type 2 Diabetes)

http://www.ndep.nih.gov/media/teens_lower_risk_tipsheet.pdf

¿Qué es la diabetes? http://www.ndep.nih.gov/media/KidsTips_What_Spanish.pdf

Mantente en un peso saludable http://www.ndep.nih.gov/media/KidsTips_HealthyWeight_Spanish.pdf

¡Mantente activo! http://www.ndep.nih.gov/media/KidsTips_Active_Spanish.pdf

Consejos para jóvenes con diabetes: La diabetes y tus sentimientos

http://www.ndep.nih.gov/media/teens_diabetes_feelings_tipsheet.pdf

Come alimentos saludable http://www.ndep.nih.gov/media/KidsTips_EatHealthy_Spanish.pdf

Move It! And Reduce Your Risk of Diabetes School Kit (NDEP - 91) This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It* programs. The kit features resources that can be customized.

http://www.ndep.nih.gov/media/moveit_school_kit.pdf

Get Your Students to Move It: Schools Can Help Lower the Risk for Type 2 Diabetes in Youth

<http://www.ndep.nih.gov//media/get-your-students-to-move-it.pdf>

Move It! Posters This package includes all three posters found in the Move It! And Reduce Your Risk of Diabetes School Kit. The posters feature American Indian/Alaskan Native youth engaging in fun, healthful physical activity.

<http://www.ndep.nih.gov/media/moveit-poster-1.pdf>

Helping the Student with Diabetes Succeed: A Guide for School Personnel

http://www.ndep.nih.gov/media/Youth_NDEPSchoolGuide.pdf

Transitions From Pediatric to Adult Health Care

<http://www.ndep.nih.gov/transitions/index.aspx>

Don't Treat Me Like I'm Different: A Teenage Girl's Life with Type 2 Diabetes

http://www.ndep.nih.gov//media/Teen_w_Type2Diabetes.pdf

Ten Smart Snacks for Teens

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=234>

Activity Counts—for All Ages! <http://www.ndep.nih.gov/media/activity-counts.pdf>

Other resources not associated with NDEP

Chat Rooms for Teens

Diabetic-Lifestyle Just for Kids, www.diabetic-lifestyle.com/forkids.htm

Children with DIABETES, www.childrenwithdiabetes.com

Diabetes Chat @ www.diabetesCHAT.net [Note: for this chat room, must be 18 years old to participate)

ADA website for parents with children with diabetes

<http://diabetes.org/for-parents-and-kids/diabetes-care.jsp>

Creative ways principals, teachers, and parents can increase kids' physical activity

<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>

Resources for children and adolescents

<http://ndep.nih.gov/diabetes/youth/youth.htm>

Other web sites of interest