

2. Looking after emotional wellbeing

Managing diabetes can cause stress and anxiety—for children and their families. We need research into better support for mental health, including help for siblings and ways to tackle stigma.

3. Helping with life's big changes

Moving schools, becoming more independent, or starting a job can all make diabetes harder to manage. Research should explore how to support children and young people through these changes.

4. Supporting healthy eating and activity

From school trips to eating out, we need tools and guidance that help young people stay healthy, active, and confident with their food and exercise choices.

5. Ensuring that schools are supportive

Schools play a big role in diabetes care. We need research that helps schools understand diabetes better and gives staff the training and tools they need.

What matters in all research

- **Tackling stigma and inequality**
 - Every child should get great diabetes care no matter where they live, their background, or their school.
- **Listening to families**
 - Families, especially parents and siblings, are part of the journey too. Research should include them, whilst making sure that children with diabetes are still heard.
- **Using the right methods**
 - To truly understand young people's lives, we need different types of research—including digital tools and interviews with young people themselves.
 - By listening directly to young people, we can support research that leads to real, lasting change and helps children and teenagers with type 1 diabetes live full, healthy lives.

Why This Research Matters

Allan McMillan, DRSG7 Member and Expert by Lived Experience said...

"This highlight notice from Diabetes UK is so vitally important. The young people in the focus groups were given a voice that shouts out loudly to us all. They've told us what matters to THEM. Now let's listen to these inspiring young people and carry out the research to allow THEM to live their lives fully and with hope for a future where diabetes can do THEM no harm."