

# Have you or your family been to a diabetes camp?

**YOUR STORY COULD MAKE A DIFFERENCE!**

If you've been part of a type 1 diabetes camp, you know the kind of impact it can have on the future. And you know that the friendships made at camp last a lifetime. Your stories can help spread the word, so many other kids and families can have the chance to be a part of diabetes camp, too.

## Here are some questions you may want to consider as you share your story:

- What were some of your/your child's favorite memories from diabetes camp?
- Did you/your child meet new friends at diabetes camp? Tell us about the relationships that were started there.
- What did you/your child learn about how to manage diabetes at camp, and what did learning that mean to you/your child?
- Would you/your child go back to diabetes camp? What would you/they be excited about going back to?
- Did you have any worries or concerns about camp before going? If so, how did you get past them?
- If you knew someone going to diabetes camp for the first time, what advice would you give them?



**Share your story** by filming a short video about your time at camp and send it to us! For tips on how to film your video, please see the next page.



# IF YOU'RE INTERESTED IN SHARING YOUR DIABETES CAMP STORY, HERE'S HOW!

Follow these simple steps to film your video:



## Find a well-lit comfortable place to film your story

**Tip!** If you're filming outside, face the sun to avoid silhouettes behind you. Try to also avoid windy or noisy areas.



## Set up your phone so you can use the camera to film horizontally

You can either hold it up like a selfie, have a friend or family member film you, or use a tripod to hold your camera while you speak.

**Tip!** Once you find the camera angle you like, tap your face on the camera screen to make sure you're in focus.



## Share your story by speaking directly to the camera

**Tip!** Start filming 3 seconds before you start speaking and finish filming 3 seconds after, so you don't get cut off.



## Upload your video

Once you've shared as much as you're interested in, **upload your video and completed Consent Form using the QR code below.**

We may use your video to help spread the word about camp on our website, social media, emails, or other DECA resources. If we do share your story, we will never share your full name—just your first name and last initial.



## Here are some do's and don'ts about filming yourself:

- **Do** film in a place where you feel comfortable and can be yourself
- **Do** consider wearing clothes from your camp!
- **Don't** wear clothing with recognizable brands or jewelry that makes loud noises
- **Don't** wear all black, all white, or small patterns like checkers, plaid, or stripes
- **Don't** forget to have fun!



**Your story can make a huge difference!** Thank you for sharing and helping further our mission for every child with diabetes to have a place where they belong.

**Click or scan the QR code to upload your video and consent form.**