

# Guidelines for using the KiDS information pack

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The following guidelines provide information on how to use the KiDS information pack to inform diverse audiences (please see below target groups) about diabetes in schools.

The KiDS information pack is divided in two sections:

The 1st section is focused on T1DM and the needs of children school offering both guidelines for the management of children with diabetes and a sample diabetes management plan,

The 2nd section is focused on guidelines for a healthy lifestyle to prevent T2DM.

The KiDS project is an education program designed for the following target groups:

Teachers (grades 1-9), school nurses and school staff

School students (aged 6-14 years)

Parents

Policy makers and Government Officials

The information pack is available free of charge on IDF website (<http://www.idf.org/education/kids>) in 9 languages (Arabic, Chinese, English, French, Greek, Hindi, Portuguese, Russian and Spanish).

There is also a KiDS application in 8 languages developed for tablets and iPad including quiz to assess your knowledge on diabetes (<http://www.idf.org/education/kids/app>).

## Section I: Introduction to the guidelines

### *Why should you use these guidelines?*

These guidelines contain examples of how to use the KiDS information pack in front of diverse audiences. They also include suggestions of materials and resources necessary when introducing the pack.

### *Who should use the guidelines?*

The guidelines should be used by people who play a key role in school environments including:

- School staff in particular teachers, school nurses, nutritionists and school principals

As well as by:

- Diabetes associations and their network including healthcare professionals
- Parents and children with diabetes
- Teacher associations and their network
- Policy Makers and Government Officials

## Section II: Using the KiDS information pack

Before using the KiDS pack in the school it is important to introduce the main content by organising an informative presentation.

IDF has developed a PowerPoint presentation to assist in communicating the KiDS pack messages.

The content of each PowerPoint presentation will differ depending on the target audience and presenter. The slides you choose depend on the needs, interests, and experience of the audience members as well as the purpose of the presentation.

You may also use the KiDS introductory video available in English and Hindi to download please click:

<https://www.youtube.com/watch?v=HaPgk7hHxt8>

### *Objectives of the PowerPoint:*

After the presentation your audience should be able to:

- a. Describe the key differences between type 1 and type 2 diabetes;
- b. Recognise hypo- and hyper-glycaemia and how to cope with it;
- c. Identify the benefits of healthy lifestyle for children and adolescents.

## Section III: Examples

### *i: School team and parents training*

**Training duration:** one hour

**Location:** schools

**No. of participants:** no more than 30

### **Training content**

- Diabetes Mellitus: concepts, physiopathology, signs and symptoms, monitoring and treatment
- Nutrition in the school and special situations
- Physical activities in the schools for students with diabetes
- Common complications of students with diabetes during the school day
- Frequently occurring situations referring to diabetes
- Questions and answers

### **Suggested material**

- KiDS PowerPoint presentation
- Diabetes care kit
- Hypoglycaemia kit

**Give-away:**

- Two complete educational packs (teachers, parents, parents of children with diabetes, children) for use in the school and two modules for parents and caregivers of students with diabetes

*ii: Student training (6 to 14 years – elementary school)*

**Training duration:** 1.5 hours

**Location:** classroom

**No. of participants:** 60 students and teachers

**Hint:** *make this session as interactive as possible*

**Training/workshop content**

- Who is Thomas?
- Basic notions on Diabetes
- Healthy eating
- Physical Activity
- Importance of healthy eating and physical activity for the prevention of illness

**Question and response game:**

- Game with students about key points discussed in the interactive workshop

**Suggested material:**

- KiDS PowerPoint presentation (Lecture)
- Sound system

**Give-away**

- Educational Packs (parents and caregivers, students)

*At the end of the training make sure you do a short evaluation using the form in annex 1.*

If you want to take action and influence change in school policies, please visit:  
<http://kids.idf.org/> and download the toolkit “**Advocacy in action**”

*Overview of presentation content and tools to be used during sessions*

Users of the guidelines	Audience	Content to present	Tools suggested
Diabetes associations (patients, families and healthcare professionals)  	Teachers + parents	<ul style="list-style-type: none"> <li>- What is diabetes type 1 and 2 diabetes?</li> <li>- Myths and Facts</li> <li>- Signs and Symptoms</li> <li>- Hyper- /Hypo-glycemia</li> <li>- Location of the KIDS pack online (LINK to IDF Website)</li> </ul>	<ul style="list-style-type: none"> <li>- Video <a href="http://www.diabeteskidsandteens.com.au/staycoolatschool.html">http://www.diabeteskidsandteens.com.au/staycoolatschool.html</a></li> <li>- Food and Exercise Pyramids</li> <li>- Interactive materials: <a href="#">Eat well plate games</a>; <a href="#">KiDS app</a></li> </ul>
	Children	<ul style="list-style-type: none"> <li>- What is type 1 and type 2 diabetes?</li> <li>- How to prevent type 2 diabetes?</li> </ul>	<ul style="list-style-type: none"> <li>- Human Body: A model human body will be used with the children in order to show them first-hand the difference between the way a normal body works and the way a body of a child with diabetes works.</li> <li>- <a href="#">Quiz competition</a></li> <li>- Games in class</li> <li>- <a href="#">Eat well plate games</a></li> </ul>
School staff in particular teachers, school nurses and school principals  	Children	<ul style="list-style-type: none"> <li>- How the body works?</li> <li>- What is type 1 and type 2 diabetes?</li> <li>- Myths and Facts about diabetes</li> <li>- Lifestyle and nutrition</li> <li>- Physical Activity</li> <li>- Prevention of illness</li> </ul>	<ol style="list-style-type: none"> <li>1) Puzzle on “A day in the life of Tom”</li> <li>2) Role Play on “A day in the life of Tom”</li> <li>3) <a href="#">Quiz competition on the myths</a></li> <li>4) <a href="#">Eat well plate games</a></li> </ol>
Parents of a child with diabetes  	Teachers + children	<ul style="list-style-type: none"> <li>- What is type 1 and type 2 diabetes?</li> <li>- Hyper- /Hypoglycemia</li> <li>- Discrimination, stigma, bullying</li> </ul>	<ol style="list-style-type: none"> <li>1) Quiz competition on the myths</li> <li>2) Puzzle on “A day in the life of Tom”</li> <li>3) Role Play on “A day in the life of Tom”</li> <li>4) <a href="#">Eat well plate games</a></li> <li>5) Online games (<a href="http://t1dstars.com/web/">http://t1dstars.com/web/</a> or the <a href="#">KiDS app</a>)</li> </ol>
Children (in particular children with diabetes)  	Children	<ul style="list-style-type: none"> <li>- How is your daily life with diabetes?</li> <li>- Lifestyle and nutrition</li> <li>- Physical activity</li> </ul>	<ol style="list-style-type: none"> <li>1) Puzzle on “A day in the life of Tom”</li> <li>2) Role Play on “A day in the life of Tom”</li> <li>3) <a href="#">Eat well plate games</a></li> <li>4) Online games (<a href="http://t1dstars.com/web/">http://t1dstars.com/web/</a> or the <a href="#">KiDS app</a>)</li> </ol>

**Annex 1: Evaluation form post trainings**

Dear Participants,

Thank you for your participation in the KiDS training. Please fill out this short feedback form. This will help us in improving our program in future.

Thanks,  
KiDS team

		<b>Very satisfied</b>	<b>Satisfied</b>	<b>Neither satisfied or unsatisfied</b>	<b>Unsatisfied</b>	<b>Very unsatisfied</b>
1	Satisfactions with the drawings/cartoons					
2	Satisfaction with the content					
3	Satisfaction with the information					
4	Relevance of the information					
5	Clarity of the information					
6	Satisfaction with the course					
7	Interaction with educators					
8	Application of the information obtained					
9	Educators knowledge of workshop content					
10	Overall mission/purpose of educators					
11	Strategies utilized by the educators to administer the workshop content					
12	Relevance of the content administered					
13	Themes of the workshop					
14	Clarity of the information offered by the workshop educators					