



**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.

# GO BLUE DAY

Thursday November 14 | World Diabetes Day

## HELP CREATE THE BLUEPRINT FOR A WORLD WITHOUT TYPE 1 DIABETES

At JDRF, our mission is to create a world without type 1 diabetes (T1D), and you can help us do it. On November 14, also recognised as World Diabetes Day, we invite you to GO BLUE with us in support of children living with T1D and our vision of a world where T1D no longer exists.



### WHY NOVEMBER 14?

November 14 marks the birthday of Sir Frederick Banting, who discovered insulin alongside Charles Best in 1922. Insulin is a vital hormone produced by the pancreas, responsible for regulating blood glucose levels. However, for those with T1D, the pancreas either produces insufficient insulin or the body cannot effectively use it.



### WHAT IS TYPE 1 DIABETES (T1D)?

T1D is a chronic autoimmune condition that can affect individuals at any age. Unfortunately, there is no known way to prevent T1D, and currently, there is no cure. But together, we can make a difference.

## 4 WAYS YOU CAN GO BLUE



### WEAR IT BLUE

Show your support by wearing blue on November 14. Whether it's a blue hoodie, socks, shoelaces, or even a blue wig, beanie, or cap, your fashion statement can make a difference.

Don't forget to make a gold coin donation to support T1D research.



### COLOUR IT BLUE

Get creative with blue hair chalk, food coloring gel, temporary hair spray, hair beads, or tinsel. Add a splash of blue to your school by hanging blue banners or balloons, using blue chalk for murals in common areas or displaying blue artwork by your students.



### MAKE IT BLUE

Unleash your creative skills by crafting something blue and sharing it with others. Some ideas include blue awareness bracelets, custom t-shirts, blue-themed jewellery, blue paintings, or making blue ribbon pins.



### BAKE BLUE TREATS

Whip up some delicious blue cupcakes, slices, and cakes to tantalise taste buds while raising awareness. These could be shared with your school community at a fete, disco, presentation or staff meeting.

## RAISE AWARENESS AND FUNDS

An important part of creating a blueprint for a world without T1D is spreading awareness about the condition within your school community and raising funds to support life changing T1D research.

Check out our Schools Fundraising Kit for ideas and an action plan to make sure your Go Blue Day makes a powerful impact!

Let's come together, go blue, and take action on World Diabetes Day. With your help, we can create the blueprint for a world without T1D.

[bluearmy.jdrf.org.au/event/goblue-schools](http://bluearmy.jdrf.org.au/event/goblue-schools)