



One Walk Video Script



If a picture is worth 1,000 words, a video is worth 10,000!
Creating a video helps you stand out and build a deeper
connection with your online audience.

Here are some examples of things you might want to talk about
in a video. Our scripts cover the basics of what type 1 diabetes
(T1D), why supporting research is important, and how your
friends and family can help. Everyone's story is different so feel
free to adapt and tweak as you wish and add your personal
touch - and have fun with it!



Filming tips

- For best results, use using your phone's front camera.
- Get set up with good lighting (facing a window works well).
- Try to sound natural – your audience will appreciate feeling like you're having a conversation with them.

Example script for people with T1D

Hey guys, I wanted to jump on here and ask for your support for a cause that is close to my heart.

I'm your typical *adult / kid / teen*, trying to live a typical life!

But on [date of diagnosis], I didn't have such a typical day. I was diagnosed with type 1 diabetes, and my life changed forever. [Briefly share your diagnosis story if you wish].

Type 1 diabetes is an autoimmune condition where the body stops producing insulin, the hormone that regulates blood glucose. Without insulin, glucose can build up to dangerous levels and can even be life-threatening. Managing it is a 24/7 job - there's no break, no holiday, and no day off. I have to check my blood glucose levels [fill in number] times a day. I also have to wear an insulin pump, so my body is given insulin / OR I have to give myself [fill in number] insulin injections a day to stay alive. Before I can even think of eating, exercising, driving, or doing an activity, I have to check my blood glucose levels.

It is a constant balancing act. Sometimes you win, and your glucose levels are right where you'd like them to be, and other times you don't, and your levels are all over the place, despite all the hard work and monitoring. There are no guarantees. And type 1 diabetes never sleeps. Type 1 diabetes never takes a holiday.

That's why supporting type 1 diabetes research that focuses on finding cures and improving lives is so important to me. And that's why I joined Breakthrough T1D's One Walk!

Breakthrough T1D is the world's leading funder of type 1 diabetes research. And as part of One Walk, I'm raising money to help fund exciting breakthrough research to create a better future for all of us impacted by this condition.

It would mean so much to me if you took a moment to donate to my fundraising page – I've linked in it in [my bio/the caption]. Every dollar counts and together we can create a world without type 1 diabetes. Let's do this!

Example script for parents/carers of a child with T1D

TIP: If your child feels comfortable, you can film the video together and ask them to read some lines or share their story in their own words.

Hey everyone, I wanted to jump on here and share something really important to me and my family.

As most of you would know, I'm a [mum/dad] to [kids names]. We were living a completely normal life – but that all changed on [date of diagnosis] when my [son/daughter/child] was diagnosed with type 1 diabetes. It was a day I'll never forget. [Briefly share your diagnosis story here if you wish – for example, how you noticed the symptoms or how you felt hearing the diagnosis.]

Type 1 diabetes is an autoimmune condition where the body stops producing insulin, the hormone that regulates blood glucose. Without insulin, glucose can build up to dangerous levels and can even be life-threatening. Managing it is a 24/7 job - there's no break, no holiday, and no day off.

Every day and night, we have to check [name's] blood glucose levels multiple times, count every single carb, and give [him/her] insulin through injections or a pump. Before every meal, before playing sport, when [she/he] is at [school/daycare], before bed, even when [she/he] is asleep, we're constantly thinking about levels and how to keep them steady.

As a parent, it's tough watching your child go through something so relentless. But it's also made me incredibly proud of [his/her] strength, resilience, and how [she/he] continues to live life to the fullest despite it all.

That's why I've joined Breakthrough T1D's One Walk. I'm raising funds for the groundbreaking research that could change our child's future, and the future of everyone living with type 1 diabetes.

Breakthrough T1D is the world's leading funder of type 1 diabetes research, funding projects that aim to improve lives today and find cures tomorrow.

If you can, please take a moment to donate to my page, which is linked in [my bio/the caption]. Every dollar truly makes a difference, and together, I really believe that we can create a world without type 1 diabetes.

Example script for those who love someone with T1D

Hey everyone, I wanted to share something that means a lot to me.

My [partner / friend / sibling / child / relative] lives with type 1 diabetes. And watching what they go through every day has really opened my eyes.

Type 1 diabetes isn't caused by lifestyle or diet. It's an autoimmune condition where the body stops producing insulin, the hormone that controls blood glucose. Without insulin, glucose builds up in the bloodstream and can be life-threatening. Every single day, people with type 1 diabetes have to think about things most of us take for granted. They have to check their blood glucose, count carbs, give insulin through a pump or injections, and even plan around exercise or meals. It never stops.

There are good days when everything goes smoothly, and hard ones, where no matter how careful they are, their blood glucose levels just don't cooperate. It's constant. And I've seen that it really takes so much strength and courage, all for something they never asked for, or could avoid.

That's why I'm taking part in Breakthrough T1D's One Walk, to support research that's changing lives today and working towards cures for tomorrow.

Breakthrough T1D is the leading funder of type 1 diabetes research in the world. By donating to my page, you're helping to make life easier, safer, and healthier for everyone living with this condition, including my [partner / friend / sibling / child / relative].

If you can, please take a moment to donate to my fundraising page linked in [my bio/the caption].

Every dollar truly helps us move closer to a world without type 1 diabetes.

