



Topic: Bullying

Key Question:

The mood swings and inconsistent behaviors of people suffering from diabetes can be a source of chaos or even violence for some families. In schools, students suffering from the disease are prime bullying targets. Perhaps students can see these behaviors in a loved one and suggest a check-up or treatment for them.

This scenario was contributed by Genny Sterling.

Scenarios:

1. I am ruining my relationship with my girlfriend because I turn into a Mr Hyde monster when I allow my blood-sugar levels to get too high. The mood creeps up on you and you really only become aware of it when it's too late and you are getting negative feedback from loved ones. There is such an exact correlation with the nasty behavior and sugar-levels. (I know, I have checked my blood at the time). I would describe it as an extreme irritability and total loss of tolerance with those around me. It's so unfair because, as soon as your sugar-levels revert back to normal you become a reasonable human being again, but with all the hurt and the destruction you have caused.
2. My friend was diagnosed with diabetes in August. He has been having a terrible time with being so down and hard on himself. I know he understands that diabetes is not his fault, but inside, I think he is blaming himself. He is saying things like "I hate myself", "why do these bad things always happen to me". He knows that he has a lot of good things in his life, a family who loves him to pieces, horses, dogs, cats, and a load of support for what he is going through, but he seems to let the diabetes overshadow the happy things he does have. I feel so bad for him, he cries at school all of the time now, and boy, that is a target for the kids at school, so he now is also dealing with names like baby and cry baby. It is just tearing him apart.
3. ...my friend has diabetes and he rarely is happy with many things! He constantly makes comments that he is just giving up but he says he is OK but - I have always been able to tell when he is lying!
4. I myself always tell my mother that I am doing everything I am supposed to but at school or hanging out with friends the temptations are very high. I did find myself eating what I was not supposed to.. My mom tells me that I am defiant and rebellious. When I hear that I sometimes take it out on my friends or act out at school.
5. I don't understand what my friend means by "finding his own route"...he tells me a lot "Hey, this is MY disease, I should be able to handle it my way"...but I worry that "his" way may not always be the best way. Maybe I am expecting him to handle this disease perfectly...but should I expect anything less? I hear so often now people who have lost their sight, lost a leg, etc because of this - I talk to my friend about it and his response is, "whatever is going to happen will happen and there's nothing I can do to stop it".

He also says that at times he can "feel" what his blood sugar is...I've tested him on at times - asked him what he felt his blood sugar is then had him check it...at times he was close but other times he

was not.

Geez ...this is so hard - and I don't want to make it any harder on him - but sometimes he acts so hateful and he is driving people away...

6. My mom does not like to take care of her diabetes. It frustrates my sister and me. We try to remind her of the complications, of which she has had 2 mild strokes and a heart attack; we also remind her that she now has 2 grandchildren. These scare tactics sometimes work. Unfortunately you cannot MAKE your parents take care of diabetes if they don't want to. It makes me sick worrying about her. People don't understand the pressures I feel worrying about her, my sister, school, and everything else.

Correlated TEKS:

ELPS: 1A, 2H, 3G, 3H, 5F, 5G

ELAR: 25B, 25A, 18C, 23B

CCRS, E/LAS IV Listening A

Health 2E, 5C, 5K, 7A, 7B, 10A, 10B, 10D, 11A, 11B, 11C, 11D, 11F, 12F

Physical Education 7B, 7E

Social Studies (7th grade) 17B, 23A, 23B

Social Studies (8th grade) 20C, 21B