

Blue Circle Talk: "From stigma to support: How KiDS tackles the psychosocial challenges of diabetes in schools"

An online event by the International Diabetes Federation

23 January | 13:30-15:00 CET

Format

90' online session on Zoom.

Rationale/Background

The International Day of Education on 24 January marks a global call to ensure quality, inclusive learning for all. It also offers a powerful opportunity to spotlight an often-overlooked truth: psychosocial well-being is essential for students with diabetes to truly thrive.

Children and adolescents living with diabetes navigate a range of emotional and social challenges that can be just as demanding as their medical needs. Anxiety, stigma in school environments, social isolation, pressure to self-manage and concerns about body image or academic performance can overwhelm their daily lives. At the same time, families and educators often feel unprepared, facing stress and uncertainty due to a limited understanding of diabetes and inconsistent access to the guidance and resources they rely on.

The KiDS programme has demonstrated its transformative powers when school communities are equipped with the right knowledge, practical guidance, and an inclusive framework that champions safety and belonging for every learner.

In this webinar, IDF and its partners will bring together evidence, real-world insights, and advocate experiences to explore how schools can create environments that reduce stigma, support psychosocial well-being, and empower young people with diabetes to participate confidently in both academic and social life.

Join us to discover how education systems can become catalysts for healthier, more inclusive futures for students living with diabetes.

Objectives

- Introduce the concept of psychosocial well-being in the school environment.
- Raise awareness of the psychosocial impact of living with diabetes in school.
- Hear directly from advocates as they share real-world experiences.
- Share best practices for better psychological well-being in schools for children and adolescents living with diabetes.

Target audience

Diabetes and mental health advocates and organisations, parents, teachers and school staff, healthcare professionals, academics, policymakers.

AGENDA: all speakers TBC	
Welcome	
3'	Moderator: Anita Sabidi, IDF Blue Circle Voice from Indonesia Welcome the audience and housekeeping rules
3'	Kyle Jacques Rose, IDF Vice-President (recorded message) Welcome from IDF leadership
Setting the scene	
10'	Dr Eduardo Calliari, paediatric endocrinologist and member of ISPAD's Special Interest Group about Diabetes in Schools The psychosocial impact of diabetes in schools – <i>presenting ISPAD's perspective, with some relevant data, rather than a scientific review</i>
10'	IDF Team The potential of the KiDS programme and its resources to improve the psychological well-being in schools for children living with diabetes
10'	Nupur Lalvani IDF Blue Circle Diabetes Foundation founder and Savita Chavan, IDF Blue Circle Voice from India Highlights from the KiDS Maharashtra Pilot (focused on the psychosocial aspects of diabetes in Indian schools)
Discussion panel and Q&A	
51'	Moderated by Anita Sabidi, IDF Blue Circle Voice from Indonesia Panellists: Ousman Ceesay, IDF Young Leader in Diabetes Trainee from Gambia Estefania Malasissi, IDF Young Leader in Diabetes Alumni and medical doctor from Argentina

	<p>Naser Altooblani, IDF Young Leader in Diabetes Mentor and psychologist from Bahrein Dania Makkawi, IDF Young Leader in Diabetes Trainee and school science teacher from Egypt</p> <p>A deep-dive on the psychosocial impact of diabetes in schools, combining personal experiences, expert insights, best practices, and policy and advocacy priorities.</p>
Closing remarks	
3'	<p>Anita Sabidi, IDF Blue Circle Voice from Indonesia Closing remarks and thanks to the speakers and attendees.</p>