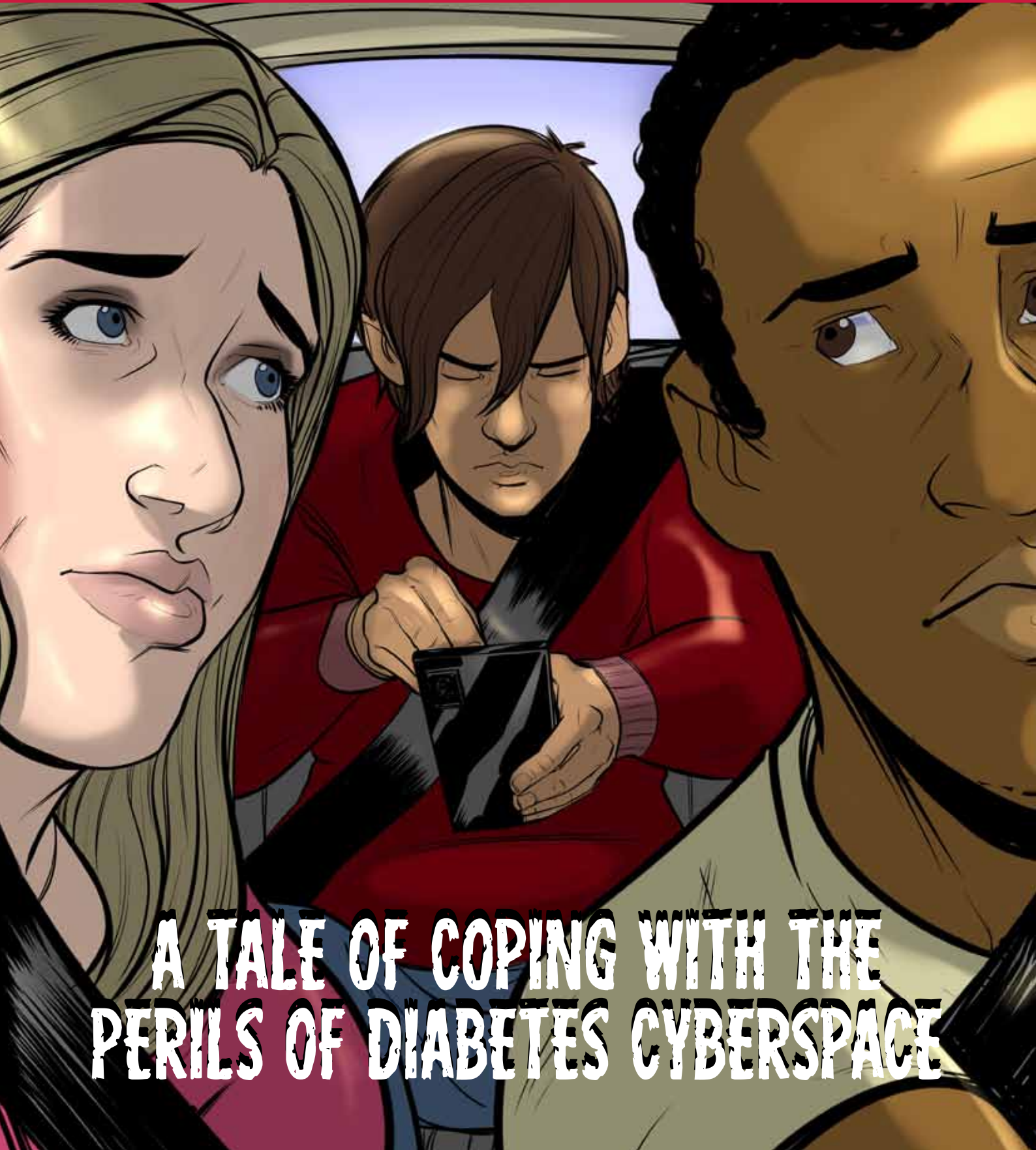


QUEENS PSYCHOLOGY/PAPER CRANE COMICS PRESENT

ISSUE
01

DIABETES CYBER-SPACE



A TALE OF COPING WITH THE
PERILS OF DIABETES CYBERSPACE

QUEENS PSYCHOLOGY/PAPER CRANE COMICS PRESENT

DIABETES CYBER-SPACE

This is a story about a young person, 'Sam', who has Type 1 diabetes. This story takes us on a voyage through their experiences of navigating helpful and less helpful aspects of social media and how they found ways to deal with harmful content and encounters.



AFTER A VISIT TO THE DIABETES CLINIC, SAM JUST WANTS TO BE LEFT ALONE...

SAM! WE SHOULD PROBABLY TALK ABOUT WHAT THE DOCTOR SAID WE NEED TO DO NEXT.

WE'LL DO IT LATER DAD. GOD! STOP GOING ON ABOUT IT.

WHY IS SHE BEING SO RUDE?

I BET SHE'LL BE STRAIGHT ON TO THE PHONE NOW.



SAM HAS A LOT TO PROCESS, ITS EXHAUSTING...

I'M SICK OF MAKING CHANGES...

I JUST WANT TO BE NORMAL.

THERE'S NO WAY I'M LETTING DIABETES DEFINE ME!

BESIDES THE INFORMATION SHE HAS TO THINK ABOUT THERE'S MESSAGES FROM FRIENDS, ALL ASKING ABOUT HER CONDITION WHEN ALL SHE WANT'S TO TALK ABOUT IS SOMETHING, ANYTHING ELSE.



HER EYE LIDS ARE SO HEAVY.



I LOVE MY FRIENDS BUT THEY'LL HAVE TO WAIT...

BZZZ
BZZZ



UNTIL... TOMORROW.

BUT THE BUZZING DOESN'T STOP, IT GETS LOUDER...

WHAT IS THIS, A DREAM?

BZZZ
BZZZ

A HAND!
COMING OUT
OF THE
PHONE...

GRABBING!

PULLING
ME INTO THE PHONE!





ENTER THE TROLLS.

SOME OF SAM'S FRIENDS HAVE BEEN TROLLED FOR THE SLIGHTEST THING...

TROLLS THRIVE ON STIRRING UP TROUBLE.



OF COURSE NO-ONE LIKES TO THINK OF THEMSELVES AS A TROLL, WE JUST KNOW WE DON'T LIKE IT IF IT HAPPENS TO US.

SAM LOVES BEING ONLINE BUT SINCE FINDING OUT SHE HAS DIABETES SHE HASN'T DECIDED HOW TO EXPRESS IT...

LEAVING HER FEELING ANGRY AND CONFUSED...



DOES SHE TELL EVERYONE OR KEEP IT PRIVATE, WILL ANYONE EVEN CARE?

THE ONE THING SHE DOES KNOW IS TO STAY AWAY FROM THESE MEAN CREATURES...

DID THEY SEE ME? OH MY GOD PLEASE DON'T SEE ME.



AS BAD AS TROLLS ARE, THEY'RE SOMETIMES NOT AS BAD AS...

OH SHI...



THE INFLUENCERS.

I NEVER GET PERFECT ANYTHING, I COULD NEVER LOOK THAT GOOD.



YO! 'MR DIABETES' WHAT'S YOUR SOCIAL MEDIA SCORE MY MAN?

PERFECT AS ALWAYS'S, WHAT ABOUT YOU GUYS?

HITTING ALL MY TARGETS - PLUS I REACHED 1000 FOLLOWERS - THE PEEPS LIKE MY CONTENT.

I JUST GOT 5K LIKES ON MY 'DIET TIPS' TIKKY-TOKKY



IT'S POSSIBLE TO TAKE PRECAUTIONS, SET YOUR ONLINE PROFILE TO PRIVATE...

I NEED TO GET OUTTA HERE.

OR TAKE BREAKS FROM SOCIAL MEDIA... OR SET TIME LIMITS ON THE AMOUNT OF TIME ON CERTAIN PLATFORMS



YOU CAN ALWAYS CREATE YOUR OWN IDENTITY...

WOW! MAYBE I COULD LOOK LIKE THOSE GUYS.

BUT THAT COMES WITH IT'S OWN RISK...

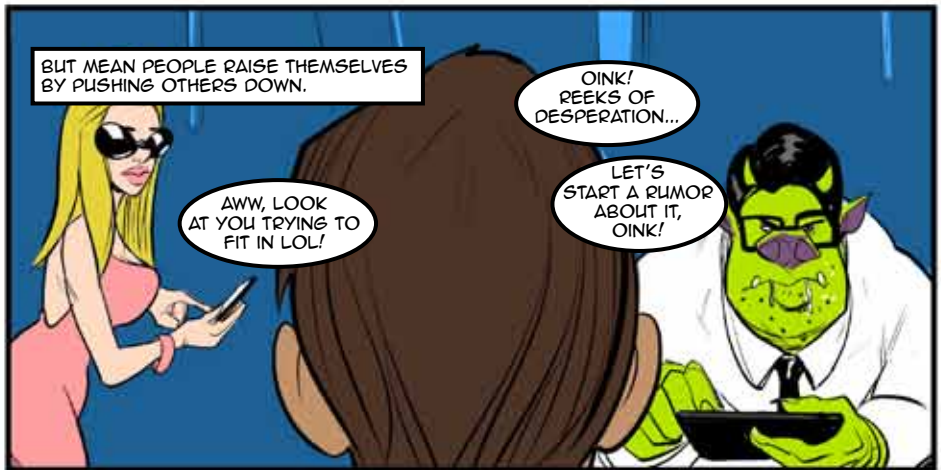




AHH! THIS FEELS GOOD.

USING AN AVATAR APP, SAM TRANSFORMS EVERYTHING ABOUT HERSELF, THE CLOTHES, HAIRCUT, EVERYTHING AND FOR A WHILE SHE FEELS GOOD ABOUT HERSELF.

FEELING CONFIDENT, SHE'S READY TO FACE THE VIRTUAL WORLD AGAIN...

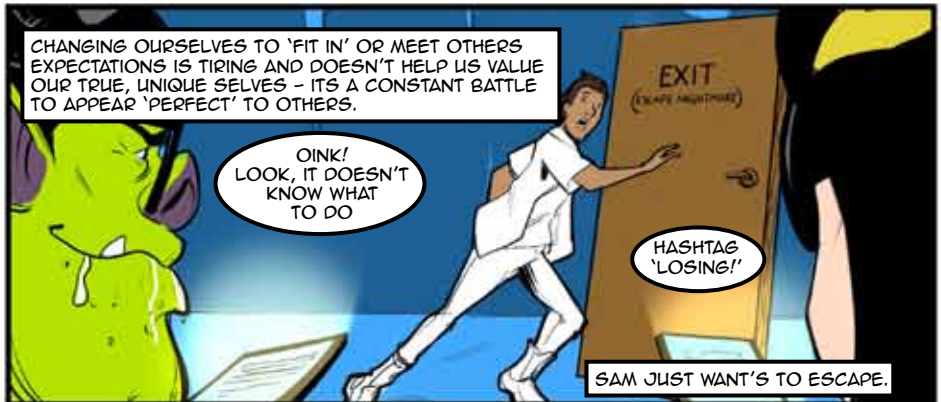


BUT MEAN PEOPLE RAISE THEMSELVES BY PUSHING OTHERS DOWN.

AWW, LOOK AT YOU TRYING TO FIT IN LOL!

OINK! REEKS OF DESPERATION...

LET'S START A RUMOR ABOUT IT, OINK!



CHANGING OURSELVES TO 'FIT IN' OR MEET OTHERS EXPECTATIONS IS TIRING AND DOESN'T HELP US VALUE OUR TRUE, UNIQUE SELVES - ITS A CONSTANT BATTLE TO APPEAR 'PERFECT' TO OTHERS.

OINK! LOOK, IT DOESN'T KNOW WHAT TO DO

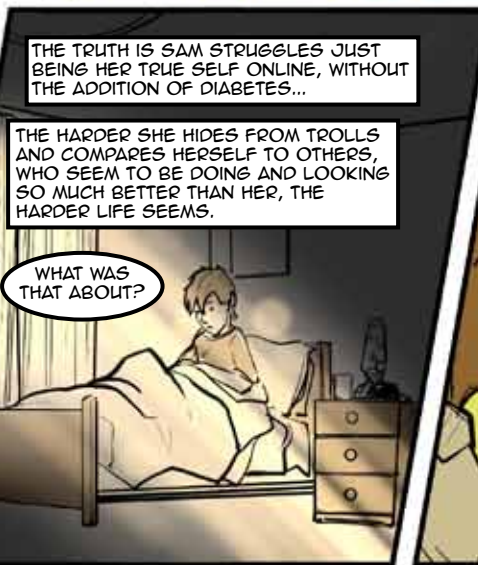
HASHTAG 'LOSING!'

SAM JUST WANT'S TO ESCAPE.



WAKING UP SCARED AND WORRIED, SAM'S MIND JUST WON'T SWITCH OFF.

GAAA!



THE TRUTH IS SAM STRUGGLES JUST BEING HER TRUE SELF ONLINE, WITHOUT THE ADDITION OF DIABETES...

THE HARDER SHE HIDES FROM TROLLS AND COMPARES HERSELF TO OTHERS, WHO SEEM TO BE DOING AND LOOKING SO MUCH BETTER THAN HER, THE HARDER LIFE SEEMS.

WHAT WAS THAT ABOUT?



MUM, DAD CAN WE TALK NOW?

OF COURSE WE CAN.



IT'S USEFULL IF WE CAN TALK TO SOMEONE WE CAN TRUST.

SAM'S MUM ARRANGES A CHAT WITH A DIABETES NURSE ABOUT GETTING IN TOUCH WITH SOME OTHER YOUNG PEOPLE WHO LIVE WITH TYPE 1 DIABETES.

NOT A PROBLEM SAM. YOU KNOW, LOTS OF YOUNG PEOPLE HAVE THOUGHTS LIKE THESE

LET ME LOOK UP SOME CONTACTS.



Diabetes Online Youth Community

Profile: Kathy 17 Years Old

Type 1 Diabetes from age 10

White Water Kayaking

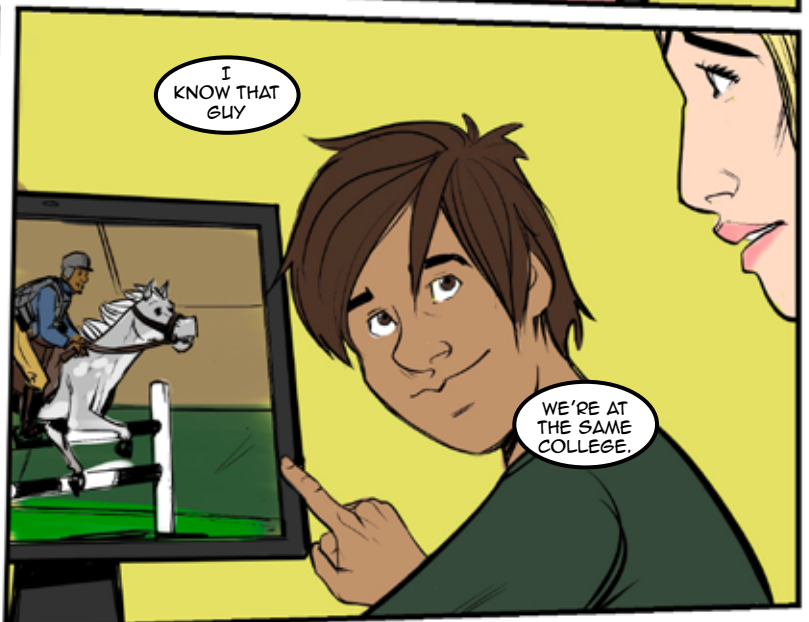


Instagram

KATHY SHARES DETAILS OF SOMEONE WHO LIVES A BIT CLOSER TO SAM.

Sebastian 19 Years Old

Type 1 Show Jumper



TALKING ABOUT CHALLENGING EXPERIENCE HELPS!

FEELING STRESSED OUT, WORRIED, AND FED-UP ABOUT TYPE 1 DIABETES IS AN EXPERIENCE SHARED BY MANY, IF NOT ALL, YOUNG PEOPLE WHO LIVE WITH THIS CONDITION.

TALKING ABOUT THESE CHALLENGING EXPERIENCES IS REALLY IMPORTANT SO THAT YOU ARE NOT DEALING WITH YOUR STRUGGLES ONE YOUR OWN.

FINDING WAYS TO CONNECT WITH PEOPLE WHO ALSO LIVE WITH TYPE 1 DIABETES CAN BE A GREAT SOURCE OF HELP - YOU ARE NOT ALONE!

THERE, DOESN'T IT FEEL BETTER TO GET THINGS OFF YOUR CHEST?

THANKS MUM.

SAM FEELS BETTER HAVING OPENED UP...BUT SHE IS KEEN TO CONNECT MORE WITH PEOPLE WHO KNOWS HOW SHE FEELS.

FEELING NERVOUS AT FIRST SAM EVENTUALLY REACHES OUT...

THE NEXT DAY, ALMOST SKIPPING WITH EXCITEMENT, SAM ARRIVES AT COLLEGE.



HEY SEBASTIAN, COULD WE HAVE A CHAT ABOUT SOME TYPE 1 STUFF

NO WORRIES. MEET 2MORO @ COLLEGE. CALL ME SEB BTW

GREAT SEB. CU THEN

OK I'VE CHECKED MY BLOODS, I'M FINE.

GOT TO GET THIS PROJECT SIGNED OFF...

OH LOOK, TYPE 1 IS TRENDING. HAVE TO SEE WHAT THAT'S ABOUT.

SAM HOPES CONNECTING WITH SOMEONE WITH DIABETES AND WHO HAS FOUND A WAY TO COPE IS GOING TO BE REALLY HELPFUL.



HEY SEB!

OH HEY SAM.

I WAS JUST HEADING TO THE CANTEEN

THE CONVERSATION STARTS FLOWING, SAM HAS A MILLION QUESTIONS.

SAM CHATS TO SEBASTIAN ABOUT HIS EXPERIENCES OF LIVING WITH DIABETES. SAM ALSO SHARES HER EXPERIENCES OF BEING ONLINE AND THE AWFUL TROLLS AND THEY HAVE A LAUGH ABOUT STARTING AN ANTI-TROLL SUPER SQUAD TO CHALLENGE STIGMA.

HEY ACTUALLY STAYING SAFE ONLINE IS OUR NEXT TOPIC IN THE DIABETES SUPPORT GROUP - YOU SHOULD TOTALLY COME ALONG!



SAM ASKS SEBASTIAN ABOUT BEING OPEN ABOUT LIVING WITH TYPE 1 DIABETES...

SEBASTIAN FOUND IT TOUGH AT FIRST BUT FOUND A DIABETES YOUTH SUPPORT GROUP WHICH BUILT HIS CONFIDENCE.

NOW NOBODY EVEN NOTICES - IT'S NO BIG DEAL!



AND JUST LIKE THAT, TALKING HAS RELEASED THE PRESSURE. SAM IS INVITED TO A DIABETES SUPPORT GROUP FOR PEOPLE HER AGE.

COOL! THANKS FOR EVERYTHING SEB.

OKAY, SEE YOU LATER.



FEELING NERVOUS ABOUT NEW SITUATIONS IS PERFECTLY NORMAL BUT IT SHOULDN'T HOLD YOU BACK.

OF COURSE, SAM NEED NOT HAVE WORRIED, EVERYONE IS REALLY FRIENDLY AND THERE'S EVEN ONE FAMILIAR FACE.

OH HEY! EVERYONE WE HAVE A NEW MEMBER...

SAY HELLO TO SAM.



HEY SAM.

HOW'S IT GOING?

IT ONLY TAKES A FEW MINUTES FOR SAM TO FEEL RELAXED...



FOR THE FIRST TIME IN A LONG TIME SAM FEELS A LITTLE LESS ALONE WITH HER DIABETES.

THINGS TO REMEMBER:

SOCIAL MEDIA OFTEN SHOWS US 'FILTERED' VERSIONS OF REALITY. A LOT OF WHAT WE SEE ARE PEOPLE SHOWING THEIR 'GOOD' DAYS AND WE TEND TO SEE FILTERED AND VERY SELECTIVE PICTURES!

TROLLS AND OTHER SOCIAL MEDIA USERS CAN POST HURTFUL PICTURES, MEMES AND COMMENTS ABOUT DIABETES WHICH ARE INACCURATE AND JUDGMENTAL.

SOME DIABETES INFLUENCER'S REVEAL BOTH THE 'UPS' AND 'DOWNS' OF DIABETES, WHICH CAN BE MORE REASSURING AND MORE TRUE TO REAL-LIFE

IT'S IMPORTANT TO TALK TO YOUR FAMILY, FRIENDS, NURSE/ DOCTOR IF THESE ARE CAUSING YOU DISTRESS - DON'T LET THE TROLLS GET YOU DOWN!

HELPFUL LINKS/RESOURCES:

WWW.DIABETES.ORG.UK/GUIDE-TO-DIABETES

WWW.DIABETES.ORG.UK/GUIDE-TO-DIABETES/EMOTIONS

WWW.DIABETES.ORG.UK/IN_YOUR_AREA/N_IRELAND/VOLUNTEERING/VOLUNTEER-YOUTH-LEADER

WWW.DIABETES.ORG.UK/GUIDE-TO-DIABETES/MY-LIFE/LETTING-PEOPLE-KNOW

WWW.INSTAGRAM.COM/YOUNGLEADERSINDIABETES/?HL=EN

QUEENS PSYCHOLOGY/PAPER CRANE COMICS PRESENT

DIABETES CYBER-SPACE

This comic was co-designed by Dr Emma Berry (Project Lead), Mr Jim Lavery (Comic Book Artist), and a Youth Advisory Panel (a group of young people living with Type 1 diabetes from Northern Ireland, Republic of Ireland, and Denmark). The comic narrative and the topics focused on were inspired by themes developed from focus groups and interviews undertaken with young people with Type 1 diabetes and professional and family caregivers of young people with Type 1 diabetes.

This qualitative research was led by Dr Emma Berry and a team of diabetes researchers and clinicians at Queen's University Belfast, Steno Diabetes Centre Copenhagen, and NUI Galway. The aim of this research was to get a better understanding of young people with Type 1 diabetes' experiences of social media and to explore the helpful and harmful aspects of this online world. We hoped to gather information to support the safety of young people with Type 1 diabetes online and consider how to help young people make the best use of social media, while mitigating the risks it can pose.

As an online, open-access resource we hope that researchers, practitioners and other key stakeholders can avail of the comic as an educational resource to incentivise discussion on the topic of social media and mental health.

This research and the comic development was funded by Emerging Minds (emergingminds.org.uk/).

Comic development team:

- **Jim Lavery** (Comic Book Artist)
 - **Dr Emma Berry** (Project lead, Comic Editor, Health Psychology Lecturer)
 - **SO'ME TIME Youth Advisory Panel** (a group of young people living with Type 1 diabetes from Northern Ireland, Republic of Ireland, and Denmark)
- Special thanks to Cliona McNamara and Emilia Amlund**

If you would like to get in touch about the comic please get in touch (E.Berry@qub.ac.uk)



If you could spare a few minutes, it would really help us out if you could follow the link below and take the short survey. Thank you.

<https://tinyurl.com/37p26fdb>