



KS3 Epilepsy awareness & first aid lesson

Better futures for
young lives with epilepsy
youngepilepsy.org.uk



LOTTERY FUNDED

**Why does everyone need
to know about epilepsy?**

**Epilepsy is much more
common than people realise**

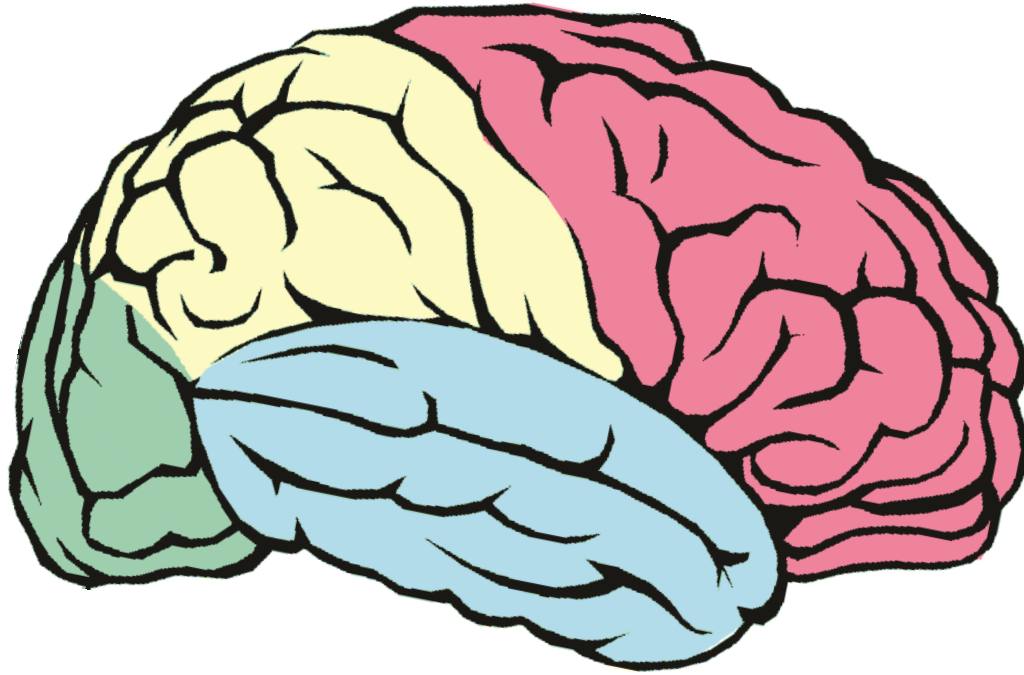


**63,400
children aged
18 and under
have epilepsy
in the UK**

**Epilepsy can take effect
suddenly for a short time**

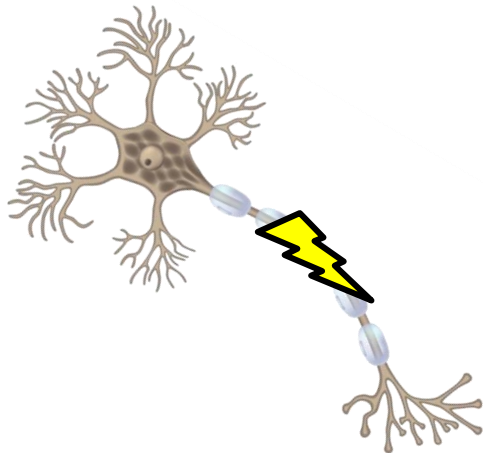
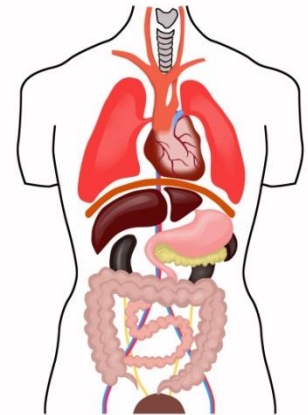
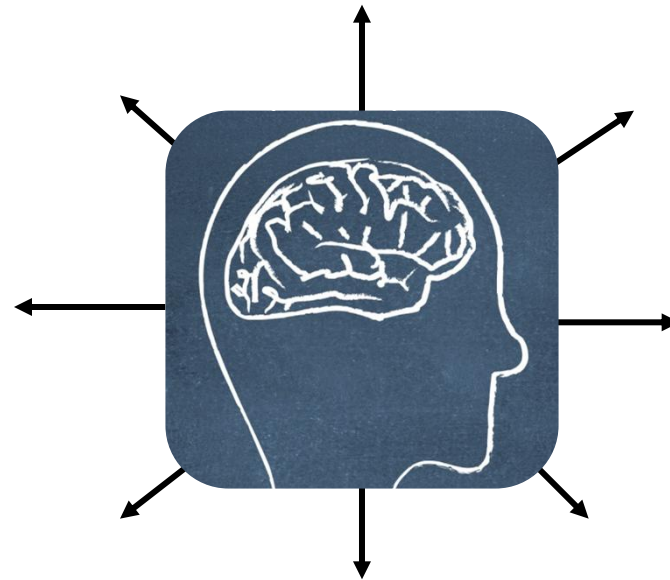
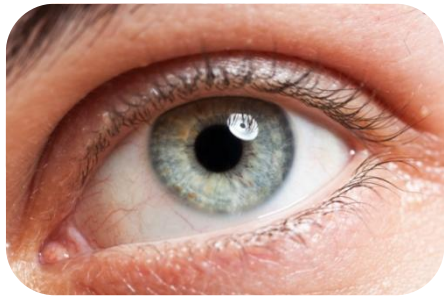
**We can all help people with
epilepsy to stay safe**

In epilepsy, what part of the body can suddenly become confused for a short time?



The brain

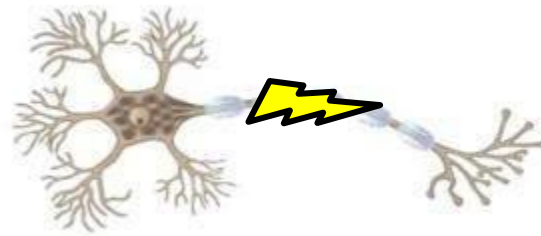
What does the brain do?



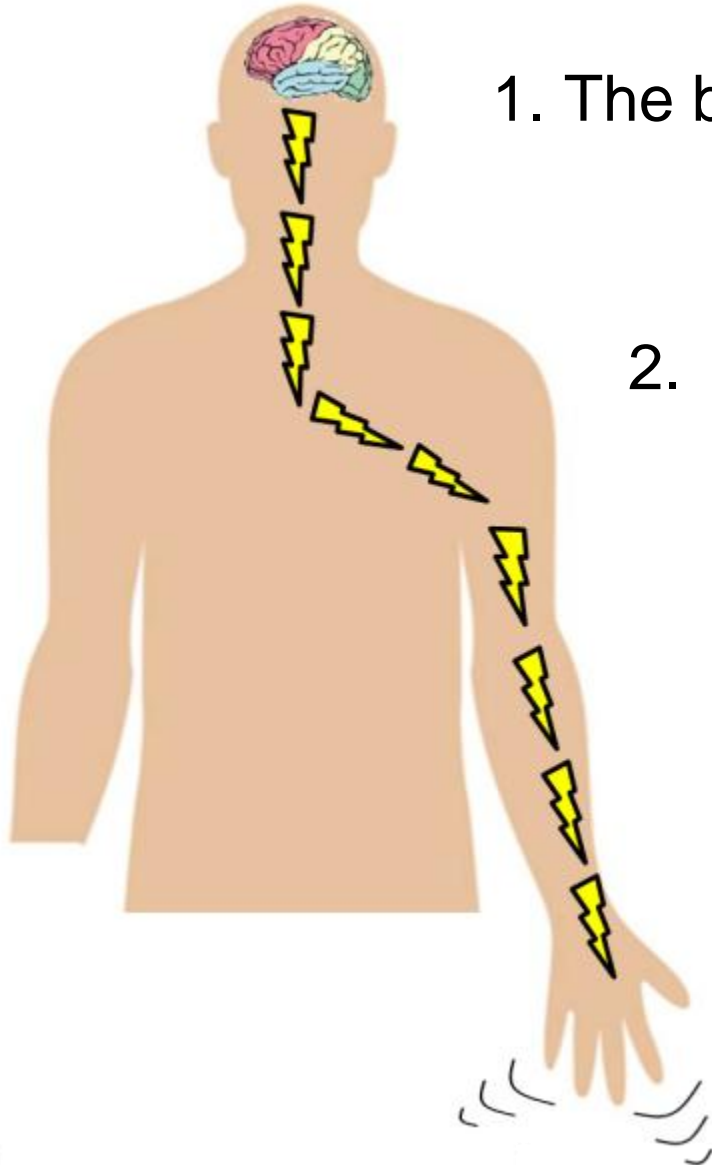
**How does our brain
control our body?**

1. The brain sends out an electrical message.

2. The electrical message moves through the body (with the help of neurons).



3. The electrical message reaches the hand and makes it move (by affecting muscles).





**Key
point**

**In epilepsy, there is
a problem with the
electrical messages
in the brain.**





**Key
point**

People with epilepsy experience sudden bursts of electricity in their brain - called a **SEIZURE.**

Seizures disrupt the way the **brain works for a short time.**

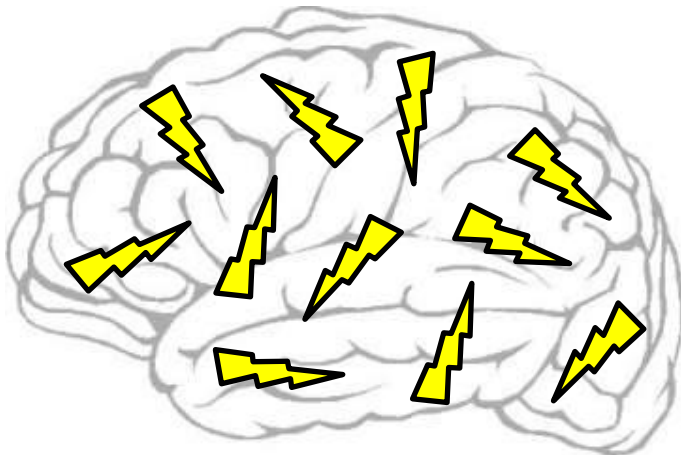


**What might it look like
when someone has
a seizure?**

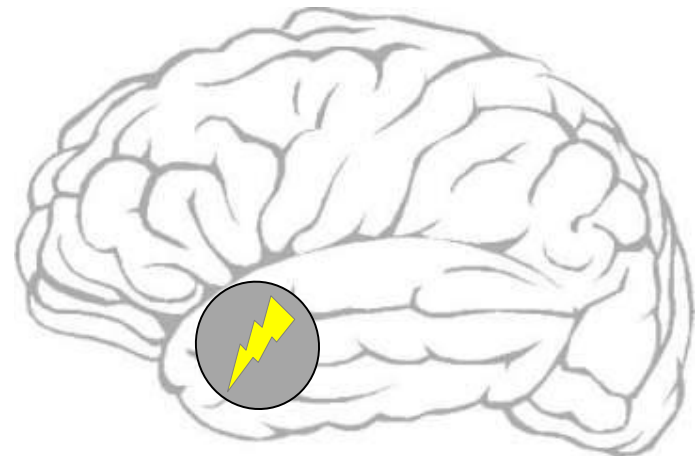
Seizures



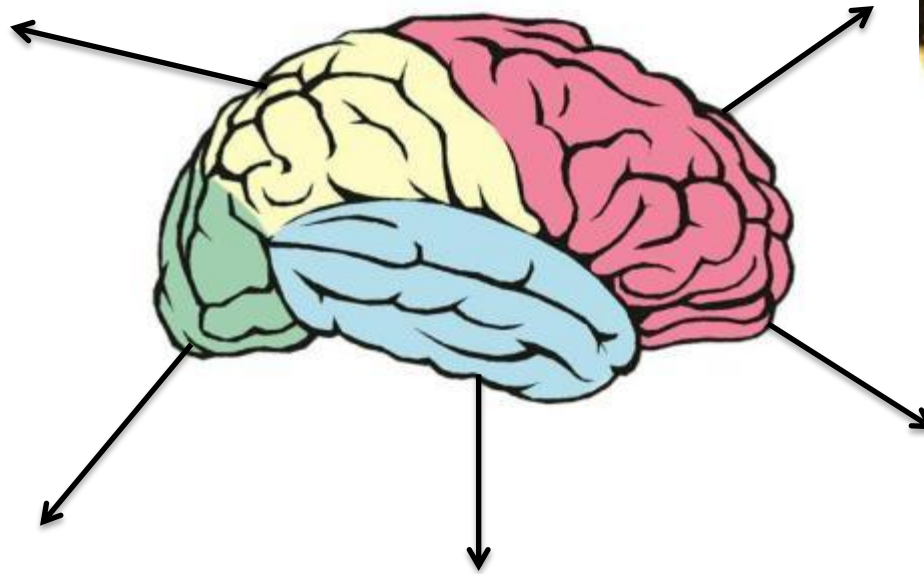
Generalised



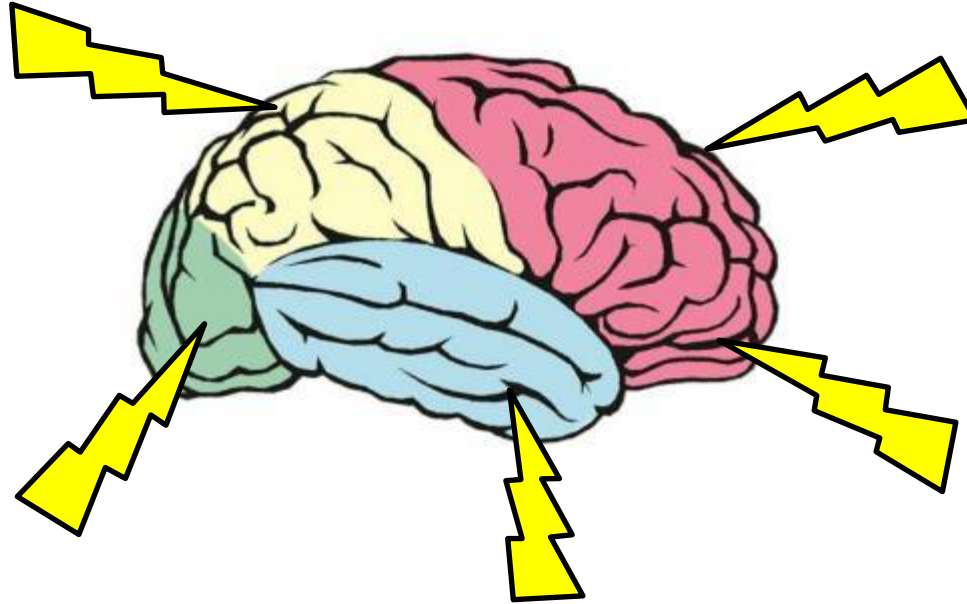
Focal



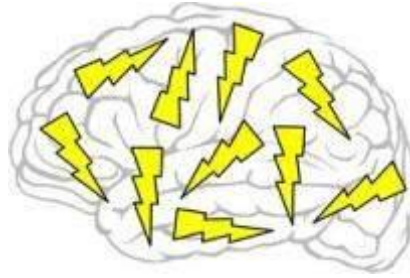
Focal seizures



Focal seizures



Absence seizures



 **Young
Epilepsy**





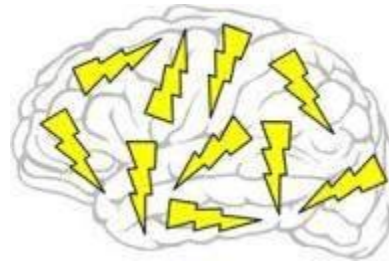
**Key
point**

**Most people with
epilepsy take
medication
everyday to help
prevent seizures.**



Modelling a seizure

Tonic clonic seizures



Tonic
(stiffening)



Clonic
(jerking)



**Key
point**

**During a seizure,
we need to keep
the person **safe**.**



Seizure first aid

Do or don't?



Seizure first aid

Do or don't?



Panic

Seizure first aid

Do or don't?



Call an
ambulance
immediately

Seizure first aid

Do or don't?

Send for help



Seizure first aid

Do or don't?

Put something
soft under
their head



Seizure first aid

Do or don't?



Time how long
the seizure
lasts

Seizure first aid

Do or don't?

Hold them down
so they don't
hurt themselves



Seizure first aid

Do or don't?

Move them
away from the
chair to avoid
injury



Seizure first aid

Do or don't?



Try to bring
them around

Seizure first aid

Do or don't?



Put them on their side (in the recovery position) as soon as possible

Seizure first aid

Do or don't?

Stay with them
until they are fully
recovered and
reassure them



1

5

4

3



2

6

Time the seizure

Stay calm and reassure

Keep the area safe

Get help



Put something soft under their head

Put them into the recovery position AFTER the shaking has stopped

Living with epilepsy



Staying safe





Be aware of the risks



Talk to friends & family



Do things to
keep safe

Dai Greene



“I hope to inspire all young people that you can live a normal life with epilepsy and follow your dreams to do whatever you want.

I’m lucky that my condition is not severe but I have learned to change my lifestyle and know my trigger points to stay away from seizures.”



**Key
point**

**People with
epilepsy can join in
most activities just
like everyone else.**



Key points



In epilepsy, there is a problem with the **electrical messages** in the **brain**.



People with epilepsy experience sudden bursts of electricity in the brain - called a **seizure**.

Seizures **disrupt** the way the brain works for a short time.





Most people with epilepsy take **medication** every day to help prevent their seizures.



During a seizure, we need to keep the person **safe**.



People with epilepsy can **join in most activities just** like everyone else.





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