



## KS3 Epilepsy awareness & psychosocial impact lesson

Better futures for  
young lives with epilepsy  
[youngepilepsy.org.uk](http://youngepilepsy.org.uk)

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

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

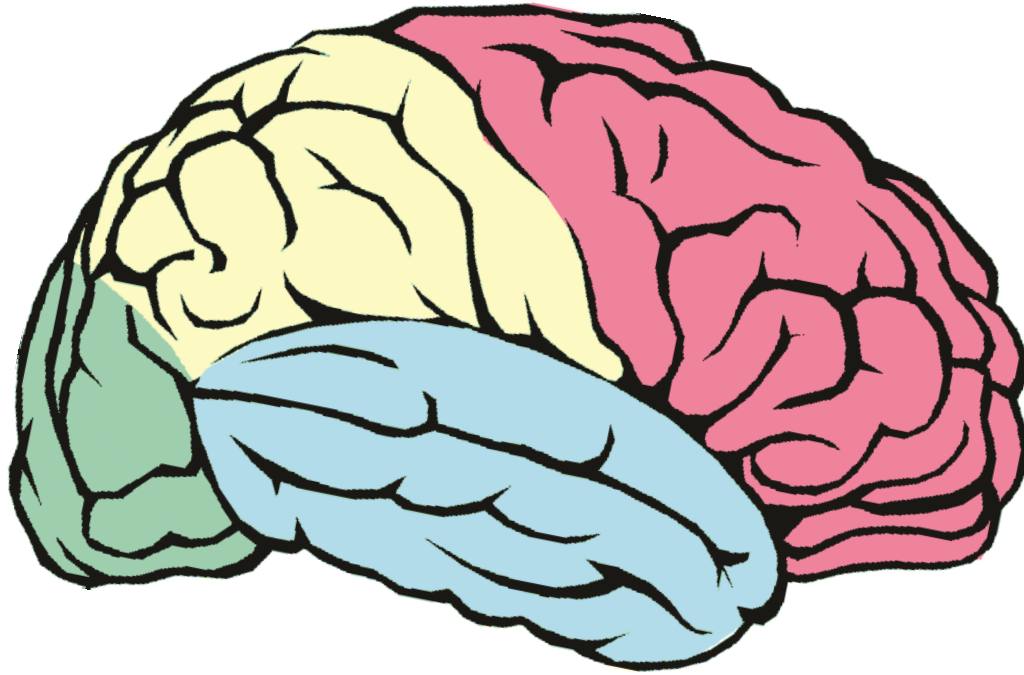


**63,400  
children aged  
18 and under  
have epilepsy  
in the UK**

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

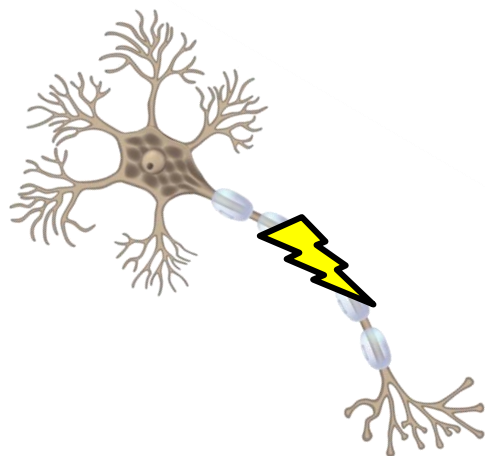
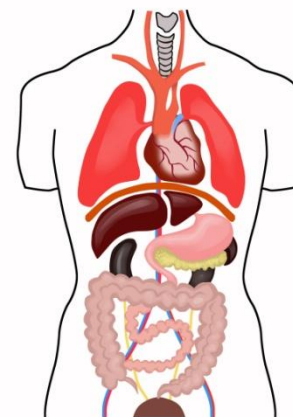
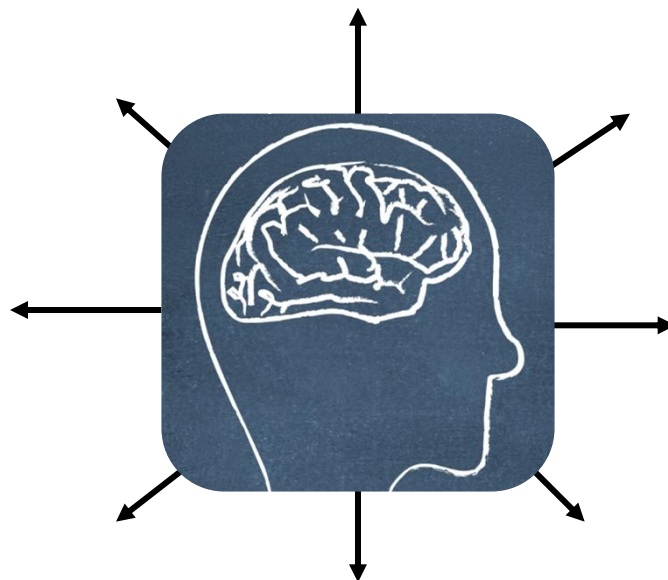
**We can all help people with  
epilepsy to stay safe**

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



**The brain**

**What does the brain do?**

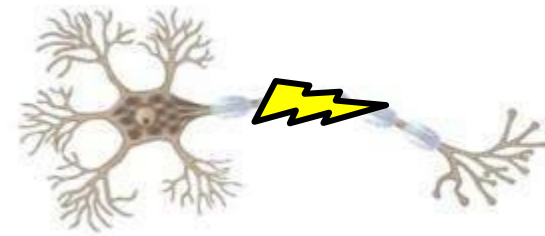




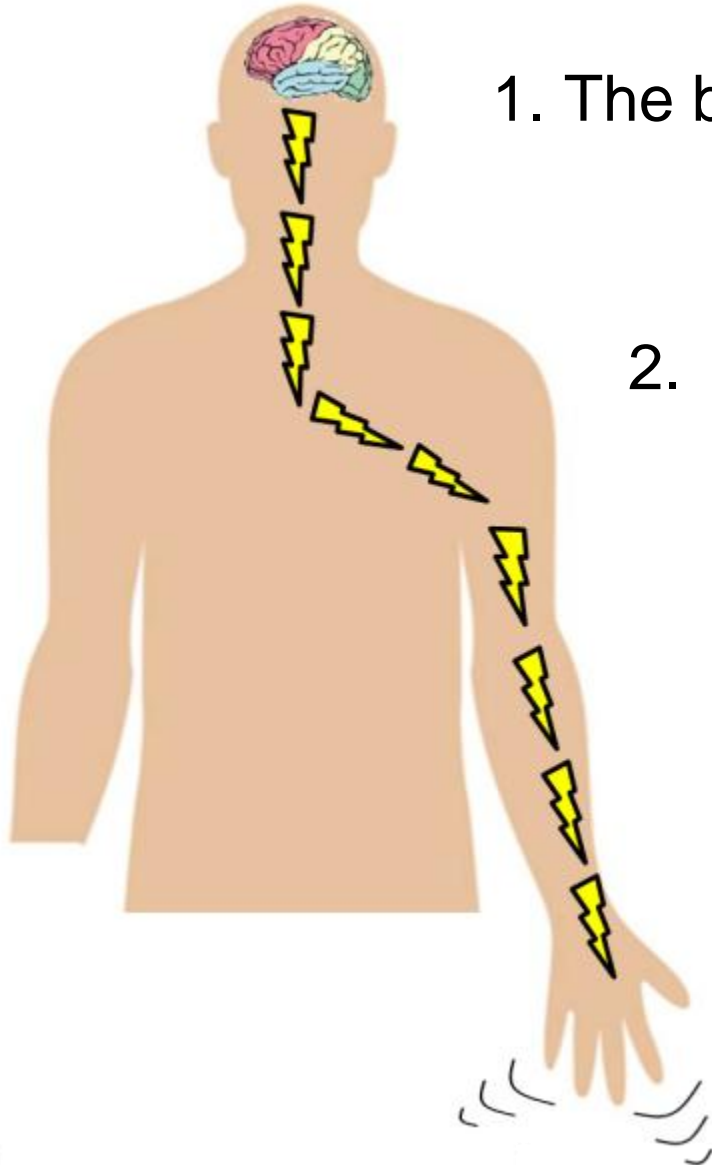
**How does our brain  
control our body?**

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.**

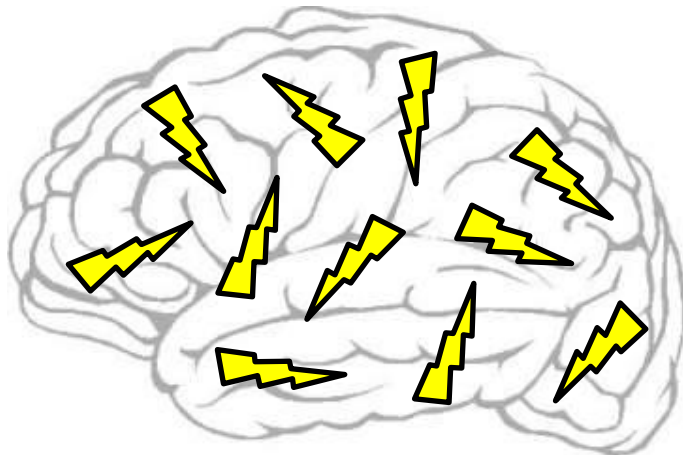


**What might it look like  
when someone has  
a seizure?**

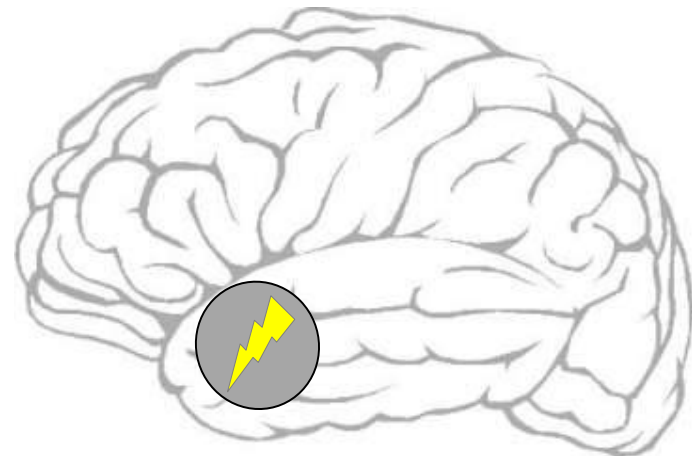
# Seizures



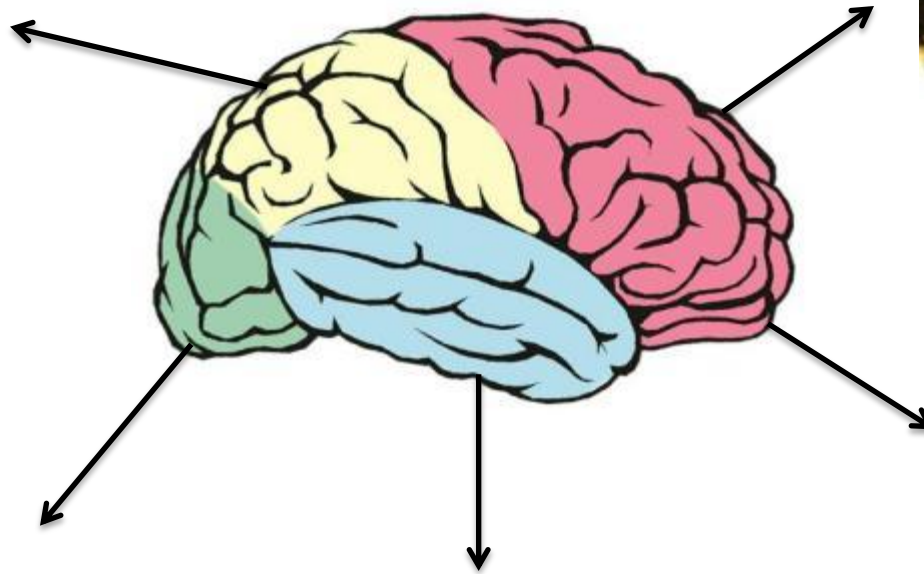
Generalised



Focal

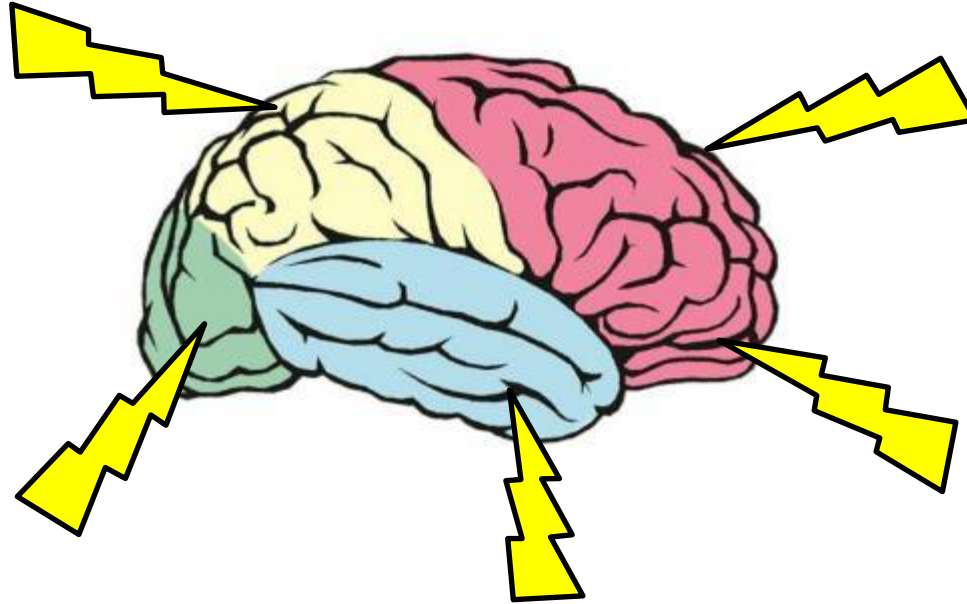


# Focal seizures



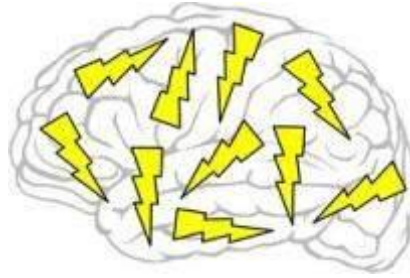


# Focal seizures





# Absence seizures



 **Young  
Epilepsy**





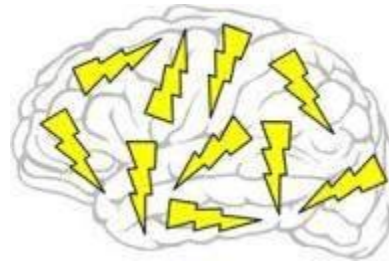
**Key  
point**

**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**.**





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



## 1. Activities



## 2. Parents



## 3. Friends







**Key  
point**

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



# Epilepsy problems



# 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**.



Young people with epilepsy can have an **active social life**. Having **good friends** who understand about their epilepsy will help them to do this.





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