

Staying safe

People often worry if it is safe for young people with epilepsy to do certain activities in case they have a seizure and hurt themselves. The good news is that young people with epilepsy can still do most activities, providing they take sensible safety precautions.

Below are examples of activities that young people with epilepsy may want to do. Answer the questions about each activity.



1. Playing football:

Lee and Jamil have different opinions about whether it is safe for people with epilepsy to play football or not:

Lee: "It's not safe for people with epilepsy to play football because people might not realise they are having a seizure or might just carry on playing so they don't lose the game!"



Jamil: "That's ridiculous! The referee would notice; it's their job to make sure all the players are safe."

a. Do you agree with Lee? ☐ Yes ☐ No ☐ A bit (please tick your answer)

Explain your answer:

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b. Do you agree with Jamil? ☐ Yes ☐ No ☐ A bit (please tick your answer)

Explain your answer:

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2. Going to a concert:

a. What might happen if someone had a seizure whilst at a concert?

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b. Decide if you think each of the following ideas are a 'good idea' or 'bad idea' for helping keep someone with epilepsy safe at a concert (tick your answer for each one):

Idea	Good idea?	Bad idea?
Keep their epilepsy a secret from their friends so that they don't worry.		
Forget to take their medication because they are so excited about the concert.		
Choose seats that are near the aisle.		
If they are sensitive to flashing lights, check what types of lights are going to be used at the concert so that they know if they are likely to be a problem.		

3. Driving:

a. What might happen if someone had a seizure whilst driving?

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b. Do you think people with epilepsy should be allowed to drive?

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Yes

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No

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A bit

(please tick your answer)

Explain your answer:

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