

Staying safe

People often worry if it is safe for children with epilepsy to do certain activities in case they have a seizure and hurt themselves. The good news is that children with epilepsy can carry on doing most activities as long as they are sensible and do things to stay safe.

Answer the questions about the following activities and how we could make them safer for someone who has epilepsy.



1. Cycling:

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

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b. Write down 2 things that someone with epilepsy could do to keep safe when riding their bike.

1

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2

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c. Even if you don't have epilepsy, do you do any of the things in section b when you ride your bike?

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2. Climbing in PE:

a. What might happen if someone had a seizure whilst climbing a rope in PE?

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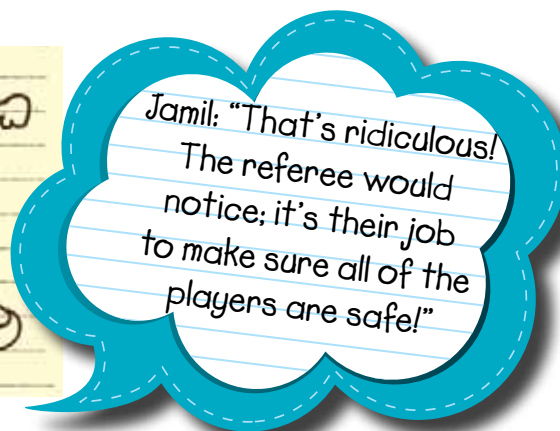
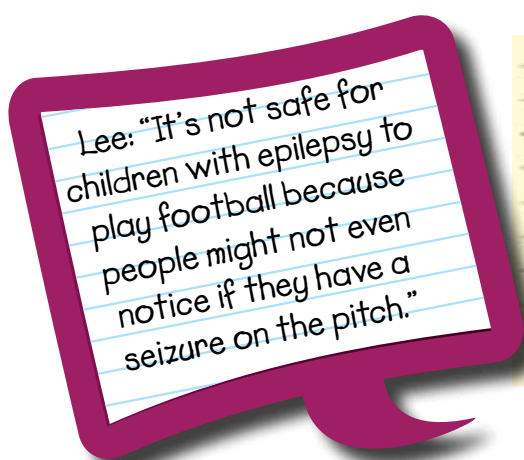


b. Decide if you think each of the following are either a 'good idea' or 'bad idea' for helping keep someone with epilepsy safe during a PE lesson (tick your answer for each one):

Idea	Good idea?	Bad idea?
Have safety mats under all the ropes.		
Everyone should be allowed to climb as high as possible.		
The class could work in pairs and alert the teacher if their partner needs help.		
The teacher does not need to know who has epilepsy in the class.		

3. Playing football:

Lee and Jamil have different ideas about if it is safe for children with epilepsy to play football or not:



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

Why?

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

Why?

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