What’s Happening to My Friend?

Understanding Epilepsy and Seizures
• Our brains control everything we do.
• If we think of our bodies as cars, our brains are the drivers behind the wheel!
The brain has lots of parts, and each part controls a different part of what we do: moving, reading, talking, sleeping... everything!
• The brain works by sending **electrical signals** to the rest of our bodies to tell it what to do, on paths called **nerves**.
• For example, when you kick a soccer ball, your brain sends electrical signals to your leg and your foot so you can kick it as hard as you can!
• But if something goes wrong with these electrical signals, sometimes a seizure can happen.

• Seizures usually happen **without any warning** to someone who might be feeling great.
• The person might even be in the middle of doing something fun like riding a bike!
Lots of different things can happen to someone who is having a seizure...

- This can be because **too many signals** are firing at once so your brain becomes overloaded
- OR a **signal is blocked** so it can’t travel on its regular pathway.
A lot of times the person begins to **convulse or shake** because the electrical signals can’t control his or her muscles.
Sometimes the person might just seem very out of it, and may not be able to respond to you. They might even pass out, or become unconscious.
If your friend is having a seizure, it is important to stay calm.

If you see someone having a SEIZURE, get an ADULT or Call 911 for help if there's a phone close by. If no adult is available, take the following steps:

» Remain calm.
» Place the person on the softest surface around - a rug or sofa if you are inside, or the grass if you are outside.
» Remove glasses, if the person is wearing any, and loosen any tight clothing.
» Put something soft under the person’s head, like a pillow or a jacket, and lay the person on his or her side. That way, if the person throws up, he or she won’t choke on the vomit.
» Do not try to restrain the person.
» Stay with the person until he or she wakes up.

*Note: This information comes from kidshealth.org. Every child is different so if these strategies do not meet the needs of the individual, please alter accordingly.
A person has **epilepsy** if he or she has a tendency to have seizures.

Epilepsy isn’t contagious and it doesn’t hurt.
• Friends with epilepsy are just like everyone else, they just need some extra help from medicines or doctors to make sure they don’t have seizures.

Family Services
• Just like how your friends who have glasses are healthy and normal, they just need a little extra help to see better.
• Your friend might feel **scared** after he or she has a seizure.

• They might feel **different** because they have epilepsy.
• But they are just like you!
• It is important to be a good friend so that they feel comfortable, accepted, and safe!