

Seizure Safe Schools

Teacher's Toolkit



■ Letter from the Epilepsy Foundation

Greetings Educators,

We are delighted to present the Epilepsy Foundation's Teacher's Toolkit - your resource for educating students about epilepsy, seizures, and seizure first aid.

Within this comprehensive kit, you'll discover a wealth of materials designed to empower you in delivering a successful seizure recognition and first aid training within your classroom. It encompasses not only an epilepsy overview but also a treasure trove of classroom resources, including engaging PowerPoint presentations. Furthermore, we're thrilled to provide you access to our online training portal at learn.epilepsy.com, a dynamic platform to deepen your understanding of epilepsy.

We firmly believe that this toolkit will serve as an enduring educational resource for your students, enriching their knowledge for years to come. Should you have any queries or require assistance in seamlessly integrating this training into your school's curriculum, please don't hesitate to reach out to your local Epilepsy Foundation office by calling 1800-332-1000 or visit us at **www.epilepsy.com/local**.

Together, we can make a positive difference in the lives of those impacted by epilepsy. Thank you for your commitment to raising awareness and fostering a safer, more informed community.

Warm regards,

Public Health and Education Team
Epilepsy Foundation

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About the Epilepsy Foundation

With a network of partners throughout the United States, the Epilepsy Foundation is leading the fight to overcome the challenges of living with epilepsy. The Foundation connects people to treatment, support and resources; leads advocacy efforts; funds innovative research and the training of specialists; and educates the public about epilepsy and seizure first aid. For more than five decades, the Epilepsy Foundation has shone a light on epilepsy to promote awareness and understanding, and to advocate for laws that matter to people with epilepsy, while also funding epilepsy research and supporting epilepsy investigators and specialists in their early careers. In partnership with the CDC, the Epilepsy Foundation has helped to improve access to care for people with epilepsy, expanded its digital reach and online resources in homes across the country, and trained more than 600,000 people in seizure recognition and first aid. The Epilepsy Foundation continues to focus on serving the epilepsy community through advocacy, education, direct services and research for new therapies.

To learn more visit epilepsy.com or call 1.800.332.1000.



■ Overview: What is Epilepsy?

Epilepsy is a **disorder of the brain** with different causes, such as head trauma, genetics, inflammation, infection, brain malformation, stroke, birth injury and more.

Epilepsy Can Affect Anyone

Epilepsy can affect anyone with a brain. According to the World Health Organization, epilepsy is the most common serious brain disorder worldwide with no age, racial, social class, national or geographic boundaries. The U.S. Centers for Disease Control & Prevention estimates that 3.4 million people in the United States are affected by epilepsy.

Anyone with a Brain Can Have a Seizure

Seizures come from the brain and are symptoms of epilepsy. Seizures are sudden abnormal bursts of electrical energy that disrupt other brain functions. Any brain can have a seizure. There are many different epilepsy syndromes that are characterized by various kinds of seizures. Some are convulsive, some are non-convulsive, and can be as brief as a staring

spell or a myoclonic jerk. Currently, there is no cure for epilepsy. Many people can find seizure control with medication(s), dietary therapies, surgical treatments, lifestyle changes and/or implanted devices.

In the educational setting, recognizing seizures promptly is of paramount importance. Doing so allows for immediate and appropriate first aid and care, minimizing potential risks and ensuring the well-being of students. Moreover, cultivating a supportive atmosphere in schools by educating educators and staff about seizure recognition and first aid contributes to a safer and more inclusive learning environment.

Epilepsy Changes Lives

The impact of seizures and epilepsy is significant in both children and adults.

Often, children and teens with epilepsy find themselves feeling isolated and misunderstood; they may lose friends, may not be invited to birthday parties or may often be bullied at school. Some people with epilepsy hide their disorder, which can lead to feelings of isolation, helplessness and even depression.

By empowering students with epilepsy through effective seizure control measures, schools enable them to thrive academically and socially. Additionally, this knowledge enhances the overall safety and inclusivity of the school community, ensuring that all students have the opportunity to learn and grow in a secure environment.



■ Epilepsy in Children

About
470,000
children in the
United States
under the age
of 14 have
epilepsy.

- ▶ It affects children at different ages and in different ways.
- ▶ Early recognition and treatment are keys to the best possible outcome.
- ▶ For some, it will be a temporary problem, easily controlled with medication, outgrown after a few years.
- ▶ For others, it may be a lifelong challenge affecting many areas of life.
- ▶ It may be associated with serious, difficult-to-treat syndromes, including Lennox-Gastaut Syndrome, genetically related conditions and developmental disorders.
- ▶ Social impact in childhood is often severe, producing isolation and loss of self esteem.

■ about Seizure Safe Schools Initiative

Background

The legislation makes certain that school personnel, including nurses, teachers, and volunteers, are not only prepared but can recognize and respond appropriately and efficiently to the student experiencing a seizure. Even more importantly, the legislation safeguards physician-directed care in the school setting allowing students to access necessary and oftentimes life-saving medication. Lastly, by bringing awareness to the entire educational community, students living with epilepsy or a seizure disorder can feel safe in school, reach their full academic potential, and build meaningful friendships without fear of being stigmatized.

The model bill has five key components:



requiring school personnel to complete a seizure recognition and first-aid response training;



mandating that the Seizure Action Plan is made part of the student's file and made available for school personnel and volunteers responsible for the student;



ensuring that any **FDA-approved medication prescribed** by the treating physician **is administered to the student** living with epilepsy;



educating and training students about epilepsy and first-aid response;



and a Good Samaritan clause.

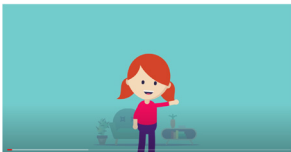
■ Classroom Resources

Below are links to resources that can help guide the conversation with your students about epilepsy and seizures. We hope this program inspires conversations among school students about epilepsy and promote safety within the classroom. **Please click through each icon to gain access to the resources.**

Resources geared towards students

These assets are meant to make information easy to understand for your students.

Videos



Seizures and You - Alana

<https://youtu.be/MBfJozL7qHM>



Seizure First Aid

https://youtu.be/1azFuq_yZpE



Seizure and You - Take Charge of the Facts

<https://youtu.be/MBfJozL7qHM>

Powerpoint presentations



Powerpoint presentation - Epilepsy: Educate My Class

You can encourage your student with epilepsy to give this presentation to their class.

www.epilepsy.com/sites/default/files/2023-08/Epilepsy-Educate_Your_Classroom_Workshop.pptx

Seizure First Aid Poster (8.5x11)



Our Seizure First Aid poster is available in several languages for your convenience.
epilepsy.com/firstaid

New to Seizures and Epilepsy Toolkit



If you have a student that is new to seizures and epilepsy, this toolkit provides information, resources, factsheets, and more.
epilepsy.com/newtoseizures

Resources for parents - Click the icon to link to resources

Below is information and forms that can be given to parents. These resources are geared to provide information about the student's epilepsy and how you can help during the seizure. It is important that you or school health personnel review these forms with your student's parents and guardians.

Seizure Action Plan (School, English, Fillable)

Seizure Action Plan (School, Spanish)

Questionnaire for Parents of a Student with Seizures (English)

Questionnaire for Parents of a Student with Seizures (Spanish)

Tips Seizure Observation Recording

Seizure Description Form - (English and Spanish)

More Resources

BAM Classroom Resources for Teachers

<https://www.cdc.gov/healthyschools/bam/diseases/epilepsy.html#print>

Epilepsy in Schools

<https://www.cdc.gov/epilepsy/groups/schools.htm>

Living with Epilepsy Toolkit

<https://www.cdc.gov/epilepsy/toolkit/index.htm>



■ Other Trainings for Teachers

Training for School Personnel is designed for people who work with children and youth in school settings. This program provides an overview of seizures and epilepsy, seizure first aid, seizure action plans, rescue therapies, seizure emergencies and how to support students in school settings. This course is appropriate for school nurses, teachers, aides, coaches, administrators and anyone who works in a school setting.

Two options: On-Demand or Live Trainings:

1. On-Demand Training Available (most popular)

- ▶ Available 24/7. Take at your convenience.
- ▶ Length - 60 minutes
- ▶ Certificate available upon completion of the program
- ▶ Continuing education credits available for certified health educators (CHES/MCHES) -
- ▶ IACET CEU's available

Sign up at learn.epilepsy.com

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2. In-person and/or Live Webinars are available from your local Epilepsy Foundation.

Find your local Epilepsy Foundation at epilepsy.com/local

Notes:



The mission of the Epilepsy Foundation
is to lead the fight to overcome
the challenges of living with epilepsy
and to accelerate therapies
to stop seizures, find cures, and save lives.

Learn more at epilepsy.com