What’s Happening to Me?

Understanding Epilepsy and Seizures

Family Services
• Our brains control **everything** we do.

• If we think of our bodies as **cars**, our brains are the **drivers** behind the wheel!

*Family Services*
• Our brains have lots of parts, and each part controls a different part of what we do: moving, reading, talking, sleeping... everything!
• Our brains work 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 even when you might be feeling great.
You might even be in the middle of doing something fun like riding a bike!
Lots of different things can happen to you when you have a seizure...

- This usually happens 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 you might begin to **convulse or shake** because the electrical signals can’t control your muscles.

• **Don’t be afraid!** Your parents, teachers and friends will be there to help you.
Sometimes you might all of a sudden feel very out of it, and **may not be able to respond** to people around you.

Your friend might be talking to you, but it might be hard for you to understand.

You might even pass out, or **not remember** what happened to you.
• If you have epilepsy, that just means you have a tendency to have seizures.
• Don’t worry!
• Epilepsy isn’t contagious and it doesn’t hurt.
• People like you who have epilepsy are just like everyone else, you just need some extra help from medicines or doctors to try to make sure you don’t have seizures.
• Just like how your friends who have glasses are healthy and normal, they just need a little extra help to see better.
• You might feel **scared** after you have a seizure.
• Or you might feel **different** because you have epilepsy.
But remember... you are just like everyone else!