



During these **COLD** Winter Months keep your students **warm** and occupied with a school alert puppet show!

# Epilepsy School Alert Program



A Free Epilepsy Education Program for Schools in Sedgwick County.

## 2 of 3 students do not know what to do during a seizure!

A study of teens in selected schools throughout the country, showed that stigma is caused by a huge lack of basic knowledge about epilepsy. Looking at the dynamics of a teen's everyday life, this added dimension can cause a teen to suffer unnecessarily when it comes to such basic things as making friends and interacting with others.

The study showed a **broad lack of awareness and misunderstanding associated with epilepsy**, including the perception that such a diagnosis would lead to ostracism, even bullying, at school. 68% of those surveyed were unfamiliar with the condition and **67% would not know what to do if someone had a seizure.**

## 3 of 4 U.S. Teachers Lack Epilepsy Knowledge / Training

U.S. Elementary and middle school teachers say they are less familiar with epilepsy than they are with six other chronic health conditions among their students. Although epilepsy is the most common neurological condition among children, fewer than 1/2 of teachers surveyed felt they had adequate training or sufficient knowledge to respond to seizures in the classroom. The findings are from a national survey of teachers conducted by the University of Kentucky. Almost three-fourths of teachers (70%) rated their knowledge of epilepsy on the lower end of the scale. Of asthma, HIV/AIDS, diabetes, autism, mental retardation, epilepsy and ADHD, teachers were least familiar with epilepsy.

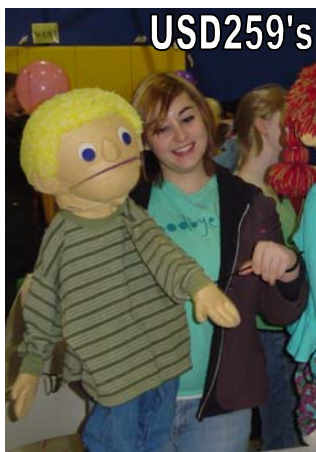
## School Alert Puppet Show

▶ Students learn seizure first aid, diversity, and acceptance of others. ◀

For: Students Pre-K thru Grade 3

Time: 20 — 30 minutes

**F**ree epilepsy presentation to schools in Sedgwick County. The show attempts to solve the stigma, misunderstanding and problems children with seizures face. A scripted Kids on The Block puppet show helps children learn about this complicated disorder. During the show, Brian's friend learns first aid after Brian has a seizure while walking home from school.



USD259's Heights HS Drama Students Help Present our Puppet Shows!

Invite us to your classroom or next health fair!

For more information OR to schedule a program call:  
**(316) 943-2453**





“It’s not so much the fear of knowing when my next seizure will occur, but the fear of what kids will think of me once my seizure has ended.” — Dani, age 7

### Teens living with epilepsy don’t get respect from their peers causing social stigma:


- ✦ Nearly 4 in 10 teens think kids with epilepsy are likely to get picked on or bullied more than other kids; only 1 in 4 think this is unlikely to happen.
- ✦ While many (46%) of the respondents would tell friends if they had epilepsy, nearly one-third (31%) are not sure if they would and 10% say they would not tell their friends.
- ✦ Although 3 in 10 (31%) teens say they would date a person with epilepsy, many teens (44%) are not sure if they would date someone with epilepsy and 11% say they would not date someone with epilepsy.

### 2 in 3 Teens don’t know how to help when a seizure happens:

- ✦ Over two-thirds of teens (68%) would not know what to do if someone had a seizure

### 1 in 2 Teens don’t know about or understand epilepsy:

- ✦ Nearly half of America’s teens (49%) have not even heard or read about epilepsy (only 20% know someone who has epilepsy).
- ✦ Nearly half of America’s teens (49%) think epilepsy may be contagious or don’t have enough knowledge to know that it isn’t a communicable disease.
- ✦ More than two-thirds of teens (68%) are either “not too familiar” or “not at all familiar” with epilepsy.
- ✦ Fewer than one in ten (8%) of teens surveyed are very familiar with epilepsy.
- ✦ Only a bare majority (52%) says they have ever heard of or read about epilepsy.



**Only 34% of teens are informed about epilepsy (based on their attitudes) and only 16% have high epilepsy awareness scores.**

**Nearly two-thirds (62%) have low awareness scores.**

## Seizure Quiz

*How much do you know about Epilepsy?*

1. People with epilepsy have the same symptoms.  
True or False
2. Epilepsy is a lifelong condition. True or False
3. How many people in the U.S. have epilepsy?  
a. 1 in 10    b. 1 in 100    c. 1 in a million
4. How many types of seizures are there?  
a. 2 types    b. 6 types    c. 100’s of type
5. A seizure starts in:  
a. the fingers    b. the brain    c. the back

## Are you SEIZURE SMART?

6. Kids with epilepsy can play which sports?  
a. almost all kinds    c. they cannot play sports  
b. only those where they wear padding
7. Kids with epilepsy can have a seizure if they:  
a. do not get enough sleep    b. forget to take their medication  
c. both of these
8. Is epilepsy contagious?  
a. yes    b. no    c. sometimes
9. You can swallow your tongue during a seizure.  
True or False?
10. How long does a seizure last?  
a. 1 minute    c. not more than 5 minutes  
b. it varies    d. not more than 15 minutes
11. You can help someone while they are having a seizure.  
True or False?

\*\*\* Answers are below \*\*\*



# (316) 943-2453

ANSWERS: 1) False 2) False 3) b. 4) a. 5) b. 6) a. 7) c. 8) b. 9) False 10) c. 11) True