

EPILEPSY DATA & ADVOCACY NETWORK

Seizure Smart

A student peer-awareness toolkit

Students reach other students better than anyone. This free kit helps you teach your classmates seizure first aid and bust the myths, in about 20 minutes. Use it for a class talk, a club meeting, or an awareness day.

Free to copy and use · edanmn.github.io · edanmnorg@gmail.com
Informational only; not medical advice. In an emergency, call 911.

How to run it

Pick a format

- **Class talk (15-20 min):** ask a teacher for a slot in health, advisory, or homeroom.
- **Club or advisory:** present at a club you're in, or start a Seizure Smart club.
- **Awareness day:** a lunchroom table, posters, and a short demo (purple is the epilepsy color).
- **Announcement + posters:** the lowest-effort option.

Five steps

1. **Get the okay** from a teacher, the school nurse, or an administrator. The nurse is a great ally.
2. **Learn it yourself first** using EDAN's Seizure First Aid page and the online simulator.
3. **Teach the basics** using the talk below.
4. **Bust the myths** with the handout on the next page.
5. **Share where to learn more** (the free Epilepsy Foundation training and edanmn.github.io).

A ready 2-minute talk (you can read this)

"About 1 in 100 people has epilepsy, which means it's likely someone you know. Epilepsy means a person can have seizures, sudden bursts of activity in the brain. Seizures aren't always dramatic shaking; sometimes they look like a few seconds of blank staring or confusion.

If you ever see someone have a convulsive seizure, remember three words: **Stay, Safe, Side**. **Stay** with them and time it. Keep them **Safe**, move hard objects away, and never hold them down or put anything in their mouth. Gently turn them on their **Side** so they can breathe, and stay until they're fully awake.

Call 911 if the seizure lasts more than 5 minutes, if another starts, if it happens in water, or if they're hurt. Most seizures stop on their own, and the person just needs calm, kind support, not a crowd, not phones out, not laughing.

The biggest thing you can do is stay calm and be kind. That makes our school safer for everyone."

Myths vs facts (print and hand out)

Myth: Put something in their mouth so they don't swallow their tongue.	Fact: Never. You can't swallow your tongue, and objects cause injury. Nothing in the mouth.
Myth: Hold them down to stop the shaking.	Fact: Never restrain. Just clear the area and cushion the head.
Myth: A seizure is always dramatic shaking.	Fact: Many are brief staring, confusion, or repeated movements, easy to miss.
Myth: Epilepsy is rare, contagious, or a sign of low intelligence.	Fact: About 1 in 100 people have it, it is not contagious, and it has nothing to do with intelligence.
Myth: You should always call an ambulance.	Fact: Call 911 for specific reasons (over 5 minutes, repeats, in water, injury). Many seizures stop on their own.
Myth: There's nothing I can do.	Fact: Staying calm, keeping them safe, timing it, and being kind is exactly what helps.

Remember the response: Stay, Safe, Side

- **Stay** with the person and time the seizure.
- Keep them **Safe**: move objects away; do not restrain; nothing in the mouth.
- Turn them on their **Side**; stay until they're fully aware.

Learn more and try the free seizure first-aid simulator at edanmn.github.io. Free training: Epilepsy Foundation, epilepsy.com/programs/training-education.

SEIZURE FIRST AID

Stay calm. You can keep a student safe.

STAY

Stay with the student and TIME the seizure.
Keep others back; move hard objects away.

SAFE

Do NOT hold them down. Do NOT put anything
in the mouth. Cushion the head; loosen the collar.

SIDE

Gently turn them on their SIDE to help breathing.
Stay until fully awake; reassure them.

CALL 911 IF:

- A convulsive seizure lasts longer than 5 MINUTES
- Seizures REPEAT without waking up in between
- BREATHING is hard or does not return to normal
- It happens IN WATER, or there is an INJURY
- It is the student's FIRST seizure, or you are unsure

DO NOT

- ✗ Put anything in the mouth
- ✗ Restrain or hold the person down
- ✗ Give food or water until fully alert

Follow the student's Seizure Action Plan if one is on file.

Seizure Action Plans are kept with: _____

School nurse / health office: _____ Phone: _____

Free training: Epilepsy Foundation of Minnesota • epilepsyfoundationmn.org

Provided free by the Epilepsy Data & Advocacy Network (EDAN). Informational, not medical advice.

Print this poster for your event, classroom, or hallway. Free to copy.