

TAKE CHARGE OF THE FACTS



Epilepsy affects over 3 million Americans.

What is epilepsy??

Epilepsy is a neurological condition. A seizure is a symptom of epilepsy. A diagnosis of epilepsy is generally given after a person experiences two or more unprovoked seizures.

Known causes of epilepsy include head injuries, stroke, brain tumors, poisoning, problems in brain development before birth, and serious infections such as encephalitis or meningitis. However, more than half the time, the cause of epilepsy is unknown.

The Epilepsy Foundation has a network of affiliates nationwide that provide services in their local communities. To locate an affiliate in your area, call us toll-free or visit our website's home page and type in your zip code under 'community connections.'

For more info contact:

Program Objectives

Approximately 45,000 young people under the age of 15 are diagnosed with epilepsy each year. Because approximately 1 in 100 people have epilepsy, it is likely that a teacher or classmate, who interacts with this many students on a daily basis, will meet at least one other child with seizures.

*Seizures and You: Take Charge of the Facts** is an epilepsy awareness program and curriculum designed to educate teens and pre-teens ages 11-18. It is part of a multi-year effort to educate teens and pursue the incorporation of epilepsy education units into school system health education and science curricula. This program is implemented by Epilepsy Foundation affiliates nationwide and educates more than 20,000 students in middle and high schools annually.

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Available Resources

- For more information, media, and personal stories, please visit: www.takecharge teens.org.
- *Seizures and You: Take Charge of the Facts* toolkit, including the facilitator's guide, PowerPoint presentation, fact sheets, quizzes for students, an award winning DVD about being a teen with epilepsy, and evaluation components.
- *Building on Take Charge*, a supplemental piece to the *Take Charge* toolkit that provides three additional lesson plans for teachers to use outside of a health education classroom, as well as an additional DVD.
- Promotional materials including posters, e-newsletters, and a website available through Discovery Education Health, which can be accessed by visiting: www.discoveryeducation.com/epilepsy.

