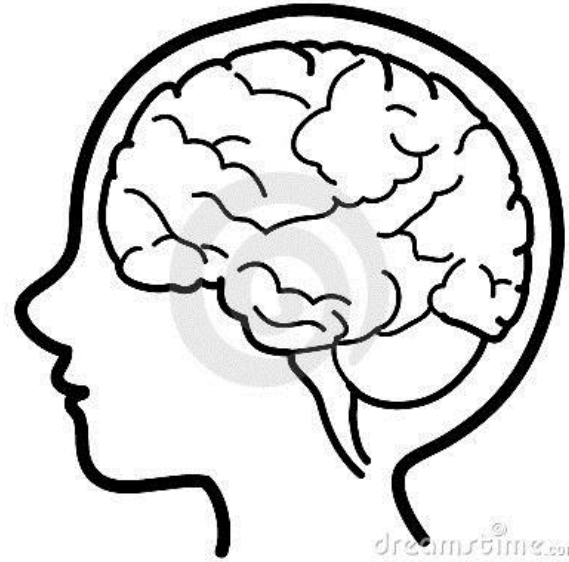


# What's Happening to Me?

## *Understanding Epilepsy and Seizures*



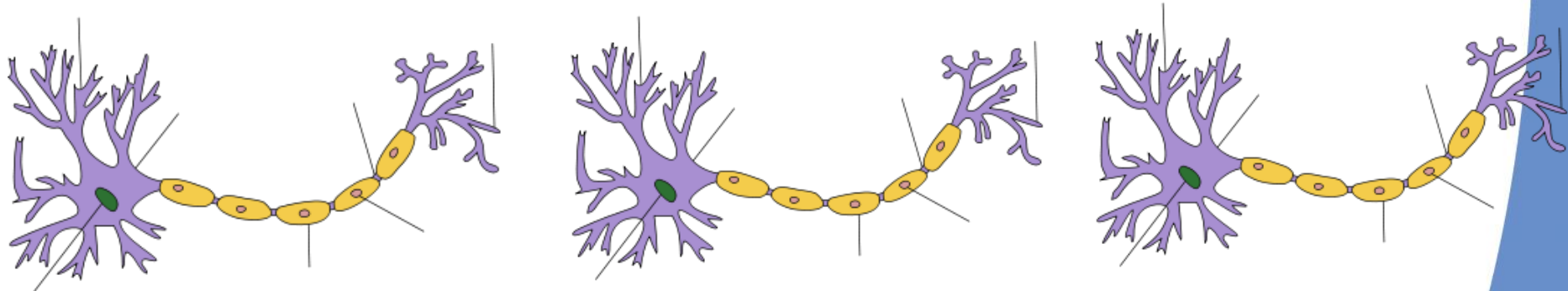
- Our brains control **everything** we do.
- If we think of our bodies as **cars**, our brains are the **drivers** behind the wheel!



- 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!



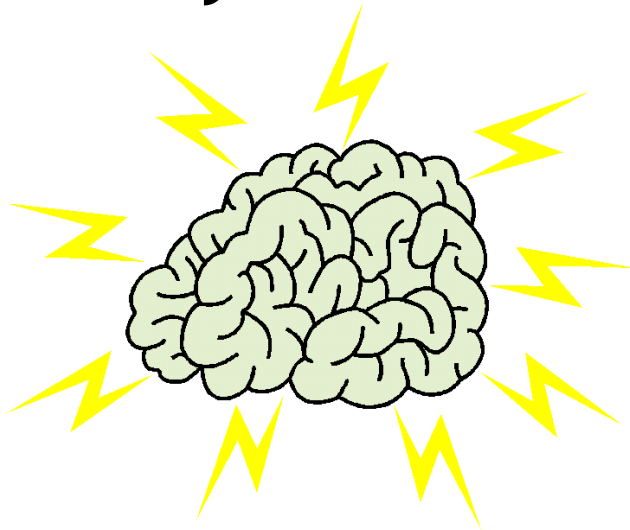
- But if something goes wrong with these electrical signals, sometimes **a seizure** can happen.
- Seizures usually happen **without any warning** even when you might be feeling great.




- 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.



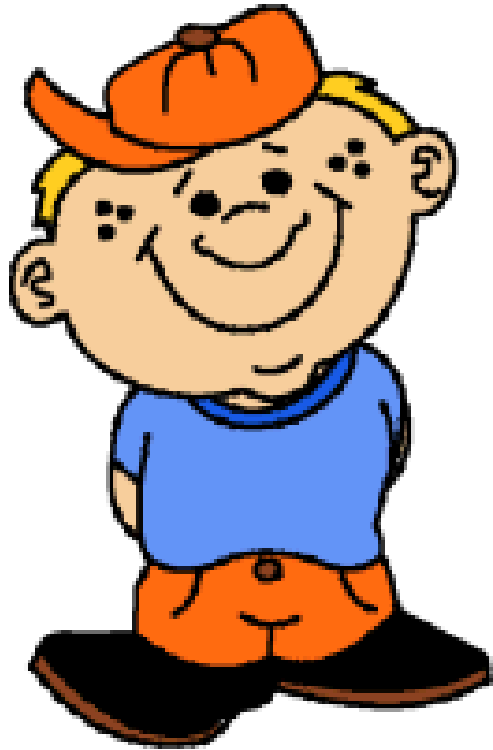


- A lot of times you might begin to **convulse or shake** because the electrical signals can't control your muscles.
- **Don't be afraid!** Your parents, teachers and friends will be there to help you.



- 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!

