

## Epilepsy and Seizures

### Resources for Teachers and Parents

- ❖ Did you know March is epilepsy awareness month in Canada? International Purple Day, in honour of epilepsy awareness, is held every March 26<sup>th</sup>, when everyone is encouraged to wear purple and host/attend events to support epilepsy awareness. These websites have some ideas for March events:
  - [Epilepsy Canada](#)
  - [Canadian Epilepsy Alliance](#)
- ❖ Interior Health Public Website – [Medical Conditions at School](#) Seizure and Epilepsy Resources links to the following:
  - [Teacher Tips for Seizures](#) – document
  - [Epilepsy Canada](#)
  - [BC Epilepsy Society](#) with information for [schools](#) and [videos](#)
- ❖ [Interior Health Epilepsy and Seizure Presentation for Schools](#)
- ❖ [The Center for Epilepsy and Seizure Education in BC](#)
  - See [Programs & Services](#), Education & Awareness Program, [Educational booklets](#) section which includes Epilepsy: A Guide for Teachers, and Let’s Learn About Epilepsy: An Activity Book for Children.
  - See [Programs & Services](#), Education & Awareness Program, [Children & Epilepsy](#) section with links to animated videos suitable for elementary-aged children.
- ❖ The BC Epilepsy Society has a [Partners in Teaching program](#), which provides free educational workshops on epilepsy awareness and seizure first aid and safety at schools. To request a workshop, please [click here](#). School workshops include information on ways that school staff can support the academic and social needs of students with epilepsy. [Click here](#) for a letter about the workshops.



School workshops can also include fun and age- appropriate lessons on epilepsy and seizures for classrooms of students of all ages. These workshops help to address stigma, teach students about epilepsy and seizures, and empower them to learn how to be a good friend to a fellow student living with epilepsy.

Videos on the BC Epilepsy Society website relevant to schools include:

- [Epilepsy and Seizure Information for Schools](#) (7-minute version)  
This 7-minute version explains facts about seizures and epilepsy, including recognizing seizures and first aid. It describes associated learning difficulties and teaching strategies to assist children with epilepsy. It was produced by the BC Epilepsy Society.
- [Epilepsy and Seizure Information for Schools](#) (22-minute version)  
This 22-minute explains facts about seizures and epilepsy, including recognizing seizures and first aid. It describes associated learning difficulties and teaching strategies to assist children with epilepsy. It was produced by the BC Epilepsy Society.
- ❖ [Epilepsy Canada website](#) offers a high-level overview of epilepsy information.
- ❖ [The Canadian Epilepsy Alliance](#) offers a variety of other helpful websites about epilepsy and seizures and offers the resource [Learning Through Storms](#) on how learning can be impacted by seizures.



*The Interior Health Healthy Schools Team endeavours to create free or low-cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at [healthyschools@interiorhealth.ca](mailto:healthyschools@interiorhealth.ca).*

*To explore other toolkits, visit [Healthy Schools Teaching Toolkits](#).*