

**READING AND SPEAKING**

Read the infographic and discuss the questions.

1. Look at the title. What do you think it means by 'anyone with a brain'? Could you get epilepsy?
2. Read the infographic quickly. What do these numbers refer to?

40 per cent	50 million	1 in 26
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3. What is a common cause of epilepsy in teens? Brainstorm five things that people your age do that could cause them to have a serious head injury.
4. 'Anyone with a brain can help others.' What do you think that means? How can you help?
5. Were you surprised to learn that not everyone falls and shakes during a seizure? Why do you think is the best-known type of seizure? Did any other information in the infographic surprise you?

**Video**

1. What does the boy do just before and during the seizure?
2. How do the young men react when one of them has a seizure?
3. How does the coach manage the situation? Order the steps he takes during and after the seizure.

**STEPS**

- a. \_\_\_ The coach comforts a young boy who looks scared.
- b. \_\_\_ He puts some towels under the boy's head.
- c. \_\_\_ He times the length of the seizure.
- d. \_\_\_ The coach tells everyone to move away and give the boy some space.
- e. \_\_\_ He asks the boys to help him turn the boy on his side.

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4. What does Michael say is scary about having a seizure? Name three things.
  5. According to the coach, *why* should they do these things? What should they never do?
    - a. Support the person's head
    - b. Turn him into his side and keep his head flat
    - c. Time the seizure

6. What does the coach tell them to do even if they feel powerless?

### Answer key

#### Reading and speaking

1. Yes, anyone can get it. Since you have a brain, you too can suffer from epilepsy!
2. Only 40 per cent of seizures cause falls. (Other types of seizure include a brief absence, staring, mumbling or a very quick jerk of the arm or leg. You might be conscious or just partly conscious of what's happening.)  
  
50 million people live with epilepsy worldwide.  
  
One in 26 people in the USA will have a seizure once in their lifetime.
3. Head injury. (Common causes of head injury in teens are not wearing a helmet while riding a bike/skateboarding, walking across the road while texting or without looking, pushing people over, etc.)
4. Ask people with epilepsy how you can help them (there are many types of epilepsy, so the answer won't be the same for all), learn first aid, be kind!!
5. Tonic-clonic seizures, which cause people to fall on the ground, are the best-known because they're the most *visible*. Absences (a slight look of confusion and forgetfulness) are more common, but less obvious.

#### Video

1. He looks confused and then suddenly tips over. His hands and body begin to shake.
2. They rush towards him and some look nervous.
3. a. 2 The coach comforts a young boy who looks scared.  
b. 5 He puts some towels under the boy's head.  
c. 4 He times the length of the seizure.  
d. 1 The coach tells everyone to move away and give the boy some space.  
e. 3 He asks the boys to help him turn the boy on his side.
4. It's scary for him, scary for other people and very scary when people don't know what to do.
5. a. Keep him protected by supporting the head (so that he's not banging it); b. Lay him down and move the head down (so that he doesn't choke); c. time the seizure till the end (so that you can tell the doctor). NEVER restrain or force them.
6. Stay with the person and protect them, even if you feel powerless!