

## Confidence

Having epilepsy doesn't mean that you are weird or freaky. You are still exactly the same person. You can still do all the things your friends do like swim, ride, learn and play sport. If you do have a seizure, you might need a rest afterwards. Then you can go back to what you were doing. You can also do all the things you want to do as an adult.

## Attitude Towards Epilepsy

Everybody is different. Some people are short, others are tall. Some people enjoy netball and some enjoy tennis or soccer. Some people get headaches and others sprain their ankle. Epilepsy is just another difference between people. All the things that you like to do, people with epilepsy can do too.

## Social Life

Being a friend means looking out for each other. Having epilepsy doesn't mean that you can't hang out with your friends. You can still do all the things that you love to do. Sometimes you may need to be a little more careful. That's why it's a good idea to tell your friends about your epilepsy, so they can look out for you. You should also ask an adult about the different ways that you can be more careful.

## Bullying

Bullies are often people who aren't very understanding. They can sometimes be aggressive or say mean things. If bullying is a problem for you, you should tell an adult.

## Your Feelings

When something new happens, it can take a bit of getting used to. It might take a while to get used to having seizures. It's normal to sometimes feel sad or confused. If you feel like this, it's a good idea to talk to your friends or an adult. It's also important to remember that epilepsy is something that you have, not who you are.

## Helpful Friends

It's a good idea to talk to your friends about your epilepsy so they can understand it better. It will help them know what to do if you have a seizure. You should also find out if your friends have a medical condition like asthma or food allergies. Then you will know what to do if they need your help.

## Other People

Sometimes it's hard to understand new things. When you first learn maths, it can be difficult. But when you learn how to do it, it's much easier. If someone doesn't know about epilepsy, you can help them by talking to them about it. Once they understand what seizures are, they will be able to help you.



*When you fall off your bike, you can pick yourself up and carry on riding. Having epilepsy is a bit like this.*

*After you have a seizure, you can pick yourself up and carry on what you were doing!*