

# Athletes vs Epilepsy

## YOUTH AMBASSADORS

### Awareness Activities

As an Athletes vs Epilepsy Youth Ambassador you have the power to help people with epilepsy on your team, in your school, community and nationwide. As an ambassador you are committing to raise awareness about epilepsy and are responsible for completing at least one of the Awareness Activities listed below. (Please note that these are suggested activities. You are permitted to modify your Awareness Activity however you see fit to yourself and your community.)

Your goal is to raise awareness about epilepsy and seizures and to help reduce the stigma and misunderstanding by engaging with your local youth sports teams, coaches, parents, leagues, teachers, counselors, and other school and community officials and tell them about epilepsy, why they should care and how they can help the epilepsy community. Provide them with information about seizure first – what seizures are, how to recognize them, how to react, and where to learn more.

- **Seizure First Aid Awareness**  
Approach parents, coaches, youth league organizers, your school principal, nurse and teachers to find out if they know what to do in the event of a seizure. Provide information about how to recognize a seizure and how to react. Don't forget about your friends and neighbors.
- **Share Your Story**  
Create a flyer telling your story and distribute to the audience listed above. Be sure to include seizure first aid awareness materials or links to the more information on the website. Provide them with additional flyers and request that they distribute to five additional people to help you spread the word. Be sure to follow up with those people!
- **Talk About Epilepsy**  
Ask your coach, teacher and or principal if you can share your story of why you are serving as an Athletes vs Epilepsy Youth Ambassador at the start of your next practice, class or school assembly. Provide First Aid for Seizures cards and or flyers for more information or how others can get involved.
- **Create Your Own Awareness plan**  
Be sure to document what you did; how you did it; and, share with us.

## Additional Resources

Visit the Foundation online store for tools and information: [www.epilepsy.com/store](http://www.epilepsy.com/store)

### **First Aid for Seizures: Book marks and wallet cards**

<https://proformaprostores.com/category/a7f345a5-0804-e611-80cb-0025907fdf4b>

### **Facts Sheets and Posters:**

<https://proformaprostores.com/category/aaf345a5-0804-e611-80cb-0025907fdf4b>

**Medikiz explain Playing Sports with Epilepsy:** A comic book that features how a Olympic Ice Hockey Medalist Chanda Gunn became a role model by overcoming her challenges with seizures to participate in her sport at the highest level of competition.

<https://proformaprostores.com/product/1dfa3ba4-4b3d-e611-80d4-0cc47a7eded9>

**Information about School Nurse Training Program:** Developed as a part of the [School Nurse Training Program](#), the Epilepsy Foundation developed [Seizure Training for School Personnel](#) in response to the need for a consistent educational tool to help promote a positive social and educational environment for students living with seizures and epilepsy.

<http://www.epilepsy.com/get-help/services-and-support/training-programs/seizure-training-school-personnel>

**Epilepsy Foundation My Seizure Diary** is your self-management tool to help you record, track, and manage your seizures and epilepsy. The Diary lets you record your medical history, seizures, medications, side effects, moods, or other personal experiences.

<http://www.epilepsy.com/get-help/my-epilepsy-diary>

