

Epilepsy Awareness: How to Handle Bullying

Bullying.

It's a serious problem for almost every child at one point or another. But for children who live with a medical condition like epilepsy, bullying can be especially harmful.

When it comes to bullying, and more importantly, how to help protect your child against bullying, knowledge is the best tool to have. By understanding what bullying is, how it impacts children with epilepsy, how to recognize it, and how to prevent it, **you can help protect your child from becoming a victim of bullying.**



What Is Bullying?

To an extent, we all know exactly what bullying is, but **in the digital age, bullying can take on new forms that not many parents can relate to.**

This disconnect is only worsened if your child is living with medical complications his or her parents don't share. The bully learns to belittle those he or she bullies by using aggression and power to control and hurt another person.

As too many parents understand, **the impact bullying can have on a child is profound.** In fact, studies show that those who are the victims of bullying [are more likely](#) to avoid school, perform poorly, abuse substances, and may be more prone to contemplating suicide. With suicide being the [third largest](#) cause of death for young adolescents, bully prevention is all too important.

Bullying and Children with Epilepsy

The risk of bullying is increased for children with epilepsy, and unfortunately so are the negative consequences associated with bullying victims who suffer from seizures. In fact, [one study concluded](#) that in children with epilepsy ages 5 to 16, a staggering 35% had a suicide plan.

So how can you help prevent bullying? Well, experts say the first step is [communication](#). By talking with your child in an open and understanding way, and addressing bullying at an early age, you are creating an outlet for your child to help both you and your child recognize if bullying is taking place and be able to address it in a healthy way.

Once you've begun to openly talk about bullying, what it looks like, and how to recognize it, you can then start working towards fixing any bullying issues that begin to arise. Here are some **helpful tips** to help you address bullying with your child:

- Keep in direct contact with your child's teachers and school faculty.
- Take advantage of anti-bullying programs offered at your child's school.
- Discuss the topic with your child's doctor, as he or she will be able to better recognize signs of bullying, depression, anxiety etc.
- Do not hesitate to contact a psychologist or therapist if your child is showing signs of bullying, depression, anxiety etc.
- Help your child build self-confidence about his or her epilepsy by being supportive as a family. Make sure your child's siblings know the facts about epilepsy, as well.

Share the facts about epilepsy with the parents of your child's friends and with your child's teachers. Be that parent. One properly informed teacher can use knowledge to transform a roomful of children to become more caring and more compassionate toward your child's condition. Knowledge, not bullying, is the real power.

Teachers love teachable moments and our blog, "[What Every Teacher Needs to Know about First Aid for Seizures](#)" contains tips on how to help

children understand epilepsy. Download and forward it to your child's teachers.

November is Epilepsy Awareness Month: Share the Truth!

Download and share our Free Seizure First Aid Infographic.

Put it in your loved one's backpack, purse or briefcase in case of emergency.



Sources:

<https://www.elementsbehavioralhealth.com/adolescent-issues/bullying-leads-to-depression-substance-abuse-in-teenagers/>

<http://kidshealth.org/en/parents/suicide.html>

<http://health.usnews.com/health-news/patient-advice/articles/2016-04-14/preventing-epilepsy-deaths>

<https://nobullying.com/communication-the-key-to-bullying-prevention/>

Topics: Epilepsy in Infants & Children, Epilepsy Awareness & Advocacy