



Navigate. Inspire. Cure. Educate.

## Awareness & Education Presentation for Children

Basic information about epilepsy framed by an inspirational sailing adventure.

When Phil Haydon was a teenager, he was hit accidentally on the head with a house brick and developed epilepsy. He was in and out of medical care and eventually fitted with a vitallium plate to cover the hole in his skull, and given medications to prevent seizures. Phil has been fortunate to have his epilepsy medically controlled since 1976. He is now an internationally recognized neuroscientist, and Chair of the Department of Neuroscience at Tufts University School of Medicine. He runs an active laboratory researching a multitude of neurological disorders, including epilepsy. Phil is sailing the oceans of the world to inspire, raise awareness, and educate.

### PRESENTATION

Phil seeks to inspire young people with epilepsy by sharing his personal journey and a positive message of focusing on what you can do despite epilepsy, rather than focusing on the limitations. Phil is able to raise awareness and educate about epilepsy from personal and scientific perspectives. By teaching children basic facts about epilepsy, Sail For Epilepsy will build a foundation of knowledge that will lead to more compassion and empathy. This presentation can be tailored for the age group and a nautical activity can be included. Ideal venues include schools, sailing clubs, and civic groups.

#### One More Step Challenge

A brief question and answer session will be followed by the One

More Step Challenge, a signature feature of the Sail For Epilepsy program. The audience will be encouraged to identify something that they can do to live a fuller life. Participation in the Challenge results in becoming a Virtual Shipmate. The first names of all Virtual Shipmates are added to our boat so they can join us as we sail the oceans of the world. Phil will feature select Virtual Shipmates in videos and connect live with Shipmates while offshore.

#### Materials

Attendees will receive a Sail For Epilepsy flag customized with the latitude and longitude of the port stop. Sail For Epilepsy will provide educational materials for the audience to take home and will work with the host organization to provide these materials in multiple languages as needed.

### HOST REQUIREMENTS

- secure suitable location
- provide tables / chairs / tents / volunteers as needed
- seek local sponsorship to offset host costs (host will keep all proceeds)
- sell tickets or manage any required advanced registration
- provide any necessary food or drink
- publicize to local audience