

Concussions

A CONCUSSION IS A BRAIN INJURY

A serious hit to the head can hurt your brain and temporarily change the way your brain thinks. When this happens, the brain injury is called a concussion. The brain is slammed against the inside of its protected skull.

How can a concussion happen? Discuss

What are the Signs and Symptoms of a Concussion?

The signs of a concussion are generally the same for any age. Symptoms can last days, weeks or in some cases longer. Signs of a concussion can be:

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Recognizing Concussions in Sports

Players who have suffered a concussion may minimize or deny symptoms in order to stay in the game. Having knowledge of that player's personality and an understanding of the signs and symptoms of concussions can prevent further injury or long term damage.

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Tips for Recovery

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To make things even more confusing, sometimes concussion symptoms don't show up right away after an injury. The signs and symptoms may appear hours or even days after the injury.

Discussion

What decision would you make if you were playing with someone and an injury occurred that you thought could result in a concussion? (Think of the various scenarios you could come across)

Activity

Drama: Get into small groups and each group can act out one of the various scenarios discussed. Make sure to use language purposefully when speaking by using such words such as, brain injury, concussion, helmet, safety, risk, etc.