

#Sibs4Sibs Video Project

Go into as much detail about your personal story as you would like, but please make sure to answer the questions below. Some of the questions are broad because everyone's experience is different. Please make this video really personal to you! It can be filmed on a phone, in your room, late at night, whatever you want! Just make sure that we can see you, hear you, and understand you.

Once received, we will edit all of the videos together for the #Sibs4Sibs video! Please [email me](#) if you have any questions!

1. Use your phone or camera to record yourself answering the questions below.
2. [Upload your answers here!](#) (upload as many files as you'd like!)

Questions/guidelines for you submission:

1. State your name, age, and where you live. Please say it in the following format:

Hi, my name is _____.

I live in _____, _____.

My (younger / older) sibling, _____ has epilepsy. (He/She) started having seizures when they were _____. (They still have them currently/ they don't).

2. Your sibling(s) with epilepsy's name, age and how long they have been living with epilepsy. What is an average day like for them (how many seizures)?

PLEASE introduce your sibling in the video if you can! This will vary because some siblings may have been seizure free for a few years or months and other siblings have 10 seizures per day.

3. Describe the challenges that your sibling has faced because of his or her epilepsy.

4. How has having a sibling with epilepsy affected/shaped your life? Questions to consider when answering:

Did you struggle to accept it at first?

What helped you overcome that?

Are you still struggling to accept epilepsy in your family?

Are there things you have not been able to do because you have a sibling with epilepsy?

Has having a sibling with epilepsy made you more sympathetic?

5. How do you deal with people who look down upon your sibling with epilepsy? Have you ever stood up for your sibling when/if they were being mistreated?

Something to consider when answering:

Are there any specific memories/ examples that stand out?

6. Have you done anything to spread epilepsy awareness? If so, how? If not, would you like to get more involved? In what capacity?

7. Hold up a sign or paper that says #Sibs4Sibs (8x11 paper)

Make sure that we can still see you in the frame! When you are done with the video, hold up another sign or paper that says. #Sibs4Sibs