



Provide education for teachers, peers and families

When providing concussion education opportunities, it is important to identify the knowledge needs of the individuals. Education provides an opportunity for others to understand what a concussion is, recognize when someone has a concussion and how to provide the right support. Education can happen in many ways. Here are some things you can try:

Administrators, teachers and school staff

- ☐ Invite a concussion expert from a local university, hospital or medical clinic to the school to deliver an education session. This could take place on a professional development (PD) day or at a monthly staff meeting.
- ☐ Provide education sessions. This could involve inviting a concussion expert to offer a modified education session or providing a link to a concussion education webinar.
- ☐ Explore existing online training tools made for school professionals (e.g. CATT: [Concussion Toolkit for School Professionals](#)).

Student peers

- ☐ Reach out to department heads (e.g. Health and Physical Education) to determine if there are any curriculum links where concussion information can be covered and/or shared.
- ☐ Have a student assembly at the beginning of the school year. Bring in a concussion expert to speak at the assembly.
- ☐ Place concussion information on the school website.
- ☐ Have students create projects with a focus on concussion.
- ☐ Use the school's social media outlets such as Twitter or Facebook to share concussion information.
- ☐ Create a concussion resource board or information corner in the school library or guidance centre.
- ☐ Create a student committee dedicated to raising concussion awareness throughout the school.

Families

- ☐ Host an information evening/Town Hall meeting.
- ☐ Invite a concussion expert to provide education.
- ☐ Highlight concussion information and facts using the school's family focused communication tools (e.g. Facebook).
- ☐ Place concussion information on the school website and let families know where to find it.



Try this

Try using this [concussion awareness checklist](#) to help plan and track the delivery of education and resources.

