Hello, my name is Jada and I have been diagnosed with epilepsy since I was 10. Now I am 16 and driving! When people have epilepsy, many say it's a scary disorder, or people with epilepsy have to stop doing what they love so they are safe. My friends asked me questions like this before. Since I am a child athlete and a person who loves to be out, my parents have a system. When my seizures weren't controlled, we had someone with me at all times who was seizure certified. Some examples of precautions: if in a pool - the person with me would quickly react to get me out of the water; time - I carried a stopwatch with me in my bag for quick access; always letting my parents or friends know where I am going if I have to be by myself temporarily, and much more. In the beginning, I thought I had to give up sports. I love playing soccer, volleyball, basketball, ice skating, track, and other sports. I was worried that if I had a seizure, I would ruin the flow of the game and scare others badly, but my parents kept me in sports and my coaches understood what to do in the event of me seizing. Now in high school, with plenty of friends, people who understand my disorder, teachers, students, and people outside of my school show their support by working with me one-on-one if I need it. I am entering my junior year of high school, I can drive now, still keep my beloved sports, and am one of the most active people in and out of school, with dozens of professionals I am in contact with. I want to do Forensic Science CSI, and I know epilepsy hasn't stopped me from reaching my goals in life. How I have always thought of epilepsy was a regular life with extra steps, and those steps give you a better story!