

Did You Know?

Quick Facts ABOUT Pediatric Brain Injuries

Concussions ARE brain injuries. A recent national survey found that over 80% of adults do not recognize this fact, which can affect youth getting timely treatment.

A child who has a concussion is 1.5 times more likely to have another and with the 2nd concussion they are three times more likely to have another. Children with disabilities are at even higher risk.

A youth can sustain a concussion even without a Loss of Consciousness (LOC). Instead they could suffer an altered consciousness like confusion, disorientation or other change in awareness. Less than 10% of concussions result in a LOC.

Concussions can happen to a youth in any setting, not just in sports. They occur when the head or body is impacted by a bump, blow or aggressive jolt. This can happen in motor vehicle accidents, falls and assaults.

Children frequently take as long or longer to recover from a brain injury compared to adults because the human brain is continuing to develop until around the age of 25 years old.

In some cases after brain injury there can be lasting chronic effects and symptoms in many life activities including school, sports and relationships.

Concussions can be a complex issue and affect youth in multiple areas including physical, emotional, psychological and intellectual.

Research is constantly evolving and best practices are being updated regularly. Get involved or complete trainings to refresh your knowledge for your work with youth!

Resources & References

- Statewide Independent Living Council, Brain Injury Resources - <https://www.alaskasilc.org/resources/brain-injury-resources/>
- Return to School – Alaska - <https://returntoschool.org/>
- SERRC Youth Brain Injury Program - <https://serrc.org/youth-brain-injury/>
- Get Schooled on Concussions - <https://www.getschooledonconcussions.com/>
- BrainLine, Children’s Information and Resources - <https://www.brainline.org/children-tbi>
- Alaska Brain Bus - <http://www.alaskabrainbus.com/>
- Alaska TBI Resource Locator - <https://tbihelpak.com/>
- State of Alaska, Traumatic Brain Injury Program - <https://health.alaska.gov/en/education/preventing-brain-injuries/>
- University Alaska Anchorage, Center for Human Development, Brain Injury Council of Alaska - <https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/brain-injury-partnership-program/index.cshhtml>
- Concussion & CTE Foundation, Educational Resources for Alaska - <https://concussionfoundation.org/helpline/alaska#:~:text=Educational%20Resources>

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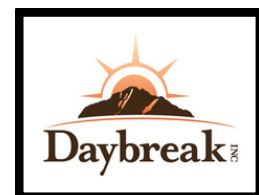
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Brain Injury Association of America. (2021, May 11). “New national survey finds most Americans unaware concussions are traumatic brain injuries.” <https://biausa.org/public-affairs/public-awareness/news/new-national-survey-finds-most-americans-unaware-concussions-are-traumatic-brain-injuries>



**Brain Injury Council
of Alaska (BICA)**

**Southcentral
Foundation**

