



I HAVE A CONCUSSION: How do I get back to school?

The [Living Guideline for Diagnosing and Managing Pediatric Concussion](#) provides up-to-date information to help healthcare providers support youth with concussion. Returning to school is part of your concussion recovery. It involves making a plan and not doing too much too soon – this can take time. Your plan should not make your symptoms worse or bring on new symptoms. Use the information below to help you work with your school and healthcare provider to create a return-to-school plan.

1 FIND a school point person



Ask your school who (e.g. a teacher, guidance counsellor, principal) can help you with your concussion. This will be your school point person and they can help you gradually return to all school activities safely.

2 ASK about a concussion protocol



Ask your school point person if there is a concussion protocol to follow at your school. Review the protocol together and share it with your parents/caregivers and healthcare provider. Protocols can be used as a guide to create a plan for return-to-school.

3 Work as a TEAM to make a return-to-school plan



You, your school point person and your healthcare provider can make a [return-to-school plan](#) that works for you. This will involve identifying [supports, accommodations or modifications](#) that will help you at school. Your healthcare provider will make suggestions based on your concussion symptoms.

4 TRY your return-to-school plan



Be flexible when trying your plan. Some days your plan might work better than others, and sometimes you might feel worse than you did the day before – this is okay. Tell your school point person what is and is not working based on how you feel. This will help you to readjust your return-to-school plan.