

MYOPIA EXPLORERS

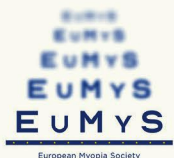


TOGETHER, LET'S EXPLORE A BRIGHTER FUTURE FOR OUR EYES

Co-created with



Reviewed by



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Hi...I'm Miss Myopia



LET'S EXPLORE TOGETHER
HOW OUR EYES SEE THE WORLD.



I'm here to guide you
and answer questions
along the way. Together,
we'll learn how eyes work
and what you can do
to take care of them.



SOMETIMES, THINGS CAN LOOK A LITTLE BLURRY.
UP CLOSE, EVERYTHING SEEMS FINE...



...BUT WHEN THINGS ARE FAR AWAY, THEY'RE NOT ALWAYS CLEAR.





IF THIS HAPPENS TO YOU, DON'T WORRY YOU'RE NOT THE ONLY ONE, THIS HAPPENS TO LOTS OF CHILDREN AROUND THE WORLD. IT JUST MEANS YOUR EYES NEED A LITTLE HELP.

THAT'S WHY IT'S IMPORTANT TO HAVE YOUR EYES CHECKED.



It's important to have your eyes checked early and regularly, even if you see clearly!

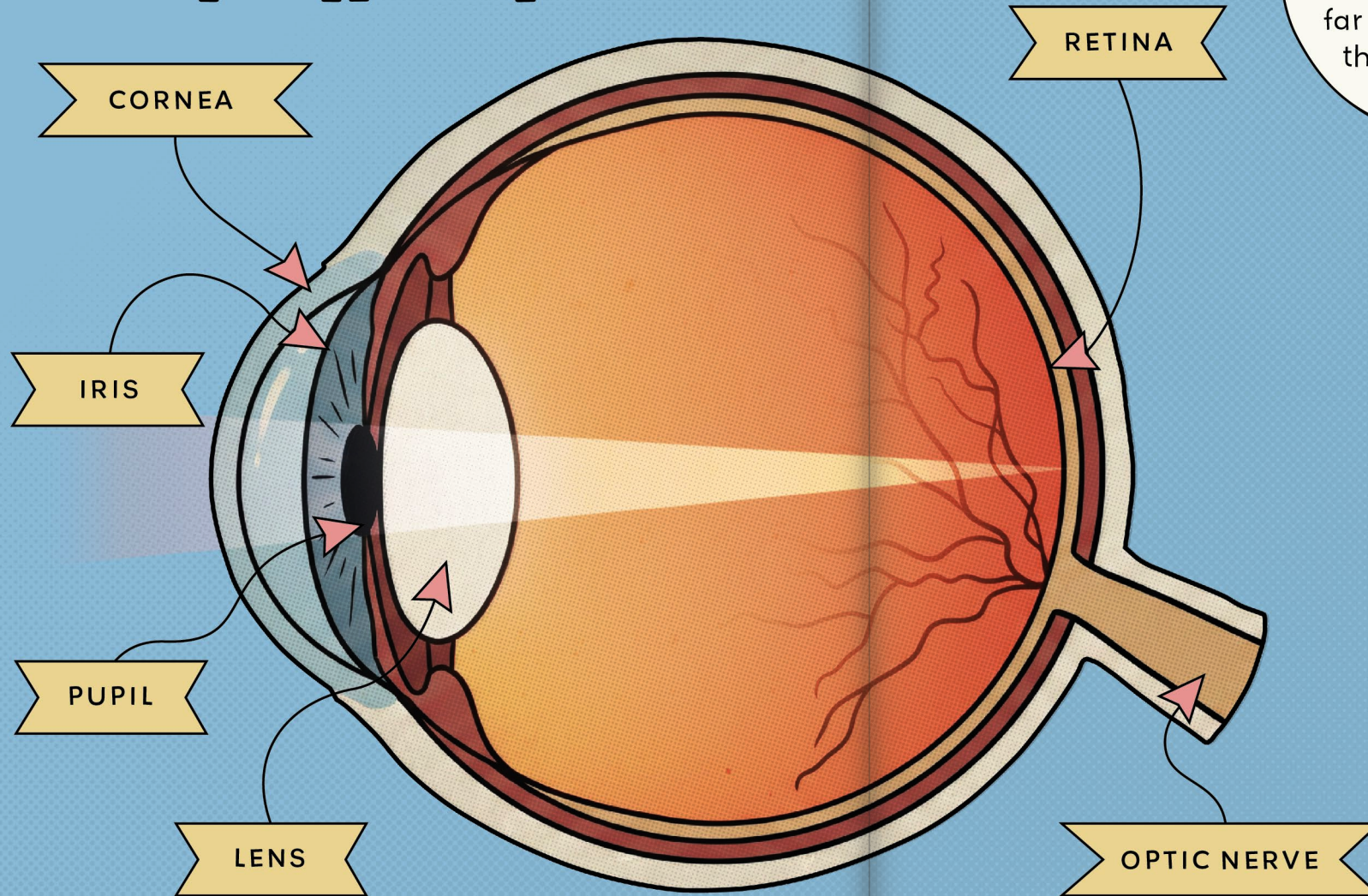
The sooner you know what your eyes need, the easier it is to keep them working well as you grow up.





AS YOU GROW TALLER, YOUR EYES GROW TOO! BUT IF THEY GROW TOO FAST AND TOO LONG, FAR AWAY THINGS WILL START TO LOOK BLURRY. THAT'S CALLED MYOPIA, OR SHORTSIGHTEDNESS.

Anatomy OF THE EYE

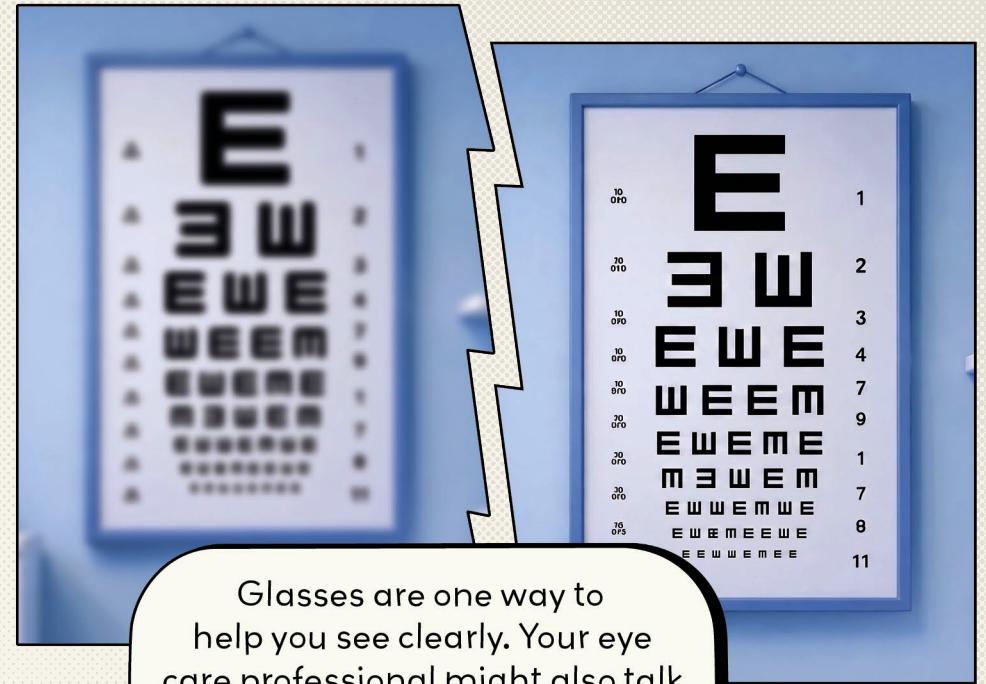


Inside your eye, light needs to land in just the right spot so you can see clearly. But if your eyes grow a bit too long, that spot can shift a little. When that happens, things far away can look blurry - even though close-up things still look sharp.

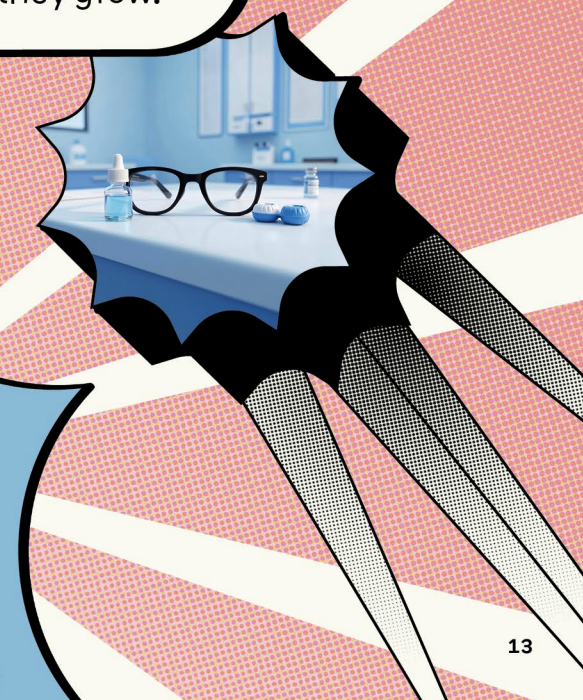




THE GOOD NEWS IS: YOUR EYE CARE PROFESSIONAL CAN TALK WITH YOU AND YOUR FAMILY ABOUT DIFFERENT WAYS TO HELP WITH MYOPIA OVER TIME.



Glasses are one way to help you see clearly. Your eye care professional might also talk to you about eye drops or special lenses that may help keep your eyes healthy as they grow.





SIMPLY BEING OUTSIDE IS A GREAT WAY TO TAKE CARE OF YOUR EYES. AND REMEMBER: IT'S ALWAYS GOOD TO BE KIND TO OTHERS.



Spending time outside every day, your eyes love that!

Natural light helps your eyes grow strong and healthy.





WHEN WE READ, OR LOOK AT SCREENS FOR A LONG TIME,
IT'S GOOD FOR OUR EYES TO TAKE A BREAK AND GO OUTSIDE.



When you look at things up close for a while, it's good to give your eyes a rest by looking far away for a moment.

Keep books and screens at a good distance from your eyes and enjoy reading with plenty of light. And it's always great to take breaks and go explore outside.





SUPERHEROES LIKE ME LOOK AFTER THE THINGS WE CARE ABOUT.



SO TO BE A SUPERHERO MEANS TAKING CARE OF YOUR EYES **EVERY DAY**...AND HELPING EACH OTHER ALONG THE WAY.



There are different ways to help take care of your eyes - like special lenses, or eye drops.



It might feel a little strange at first, and that's okay.

A parent or grown up can help, so you can get used to it.





BECAUSE WHEN WE START TAKING CARE OF OUR EYES EARLY... WE CAN HELP SUPPORT HEALTHY VISION AS WE GROW.



SEE
BETTER
DREAM
BIGGER

CONTINUE YOUR MYOPIA
EXPLORERS JOURNEY!

Scan the QR code to
watch the video.



This material has been developed for educational purposes only and is based on internationally recognized scientific evidence and guidance on childhood myopia and myopia management, including publications from the International Myopia Institute (IMI), the World Health Organization (WHO), and peer-reviewed ophthalmology literature. It is not intended to diagnose, treat, cure, or prevent disease and should not replace advice from a qualified healthcare professional.



Spend
time
outdoors



Take breaks
from close
work



Have early
& regular
eye exams



Explore
healthy eye
care



Follow
professional
advice