

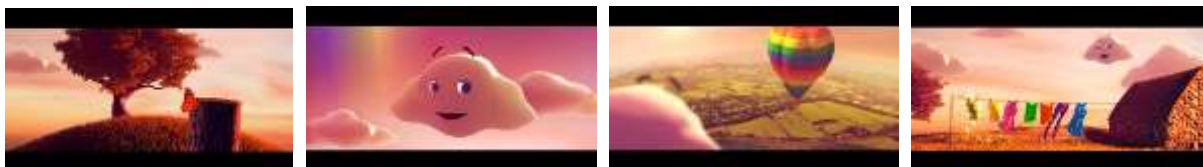


How Might Colour Blindness Affect Me?

Colour is everywhere but not everyone sees it the same way. Some colours like red, green, orange blue and purple can be harder for some people to tell apart. This is known as colour blindness. It's not a big problem and many children have it. Many more boys are colour blind than girls. If you are colour blind there will probably be other people in your family with it, maybe your grandfather, an uncle or a cousin. You'll probably have colour blind friends too but not even know it!

The world doesn't look quite the same to people who are colour blind. Kids who are colour blind inherit it from their mum and dad in the same way that they get the colour of their eyes and shape of their nose. Although it isn't a big problem teachers say that it's good for kids to know that they are colour blind so they don't get frustrated and confused at school.

Colour Blind Awareness has made a video to show teachers and parents what it is like to be a colour blind child. You can watch it on YouTube <https://www.youtube.com/watch?v=I5OYL3Kw8L8>



Some children can be colour blind but not know it. This can make them upset because they don't know why they can't always do some things as easily as their friends can. This can knock their confidence and make them feel sad. If teachers know which children are colour blind then they can make sure they change how they teach so that colour blind children are included too.

There are simple changes that can be made to make life easier for colour blind children at home and in school – like clearly labelling crayons and felt-tips and labelling colours in books and worksheets. Some computer games have colour blind settings so you can play your friends and not make mistakes about which team you are in because you can choose the settings you can see best.

Some cool aspects of colour blindness are that colour blind people can often see better in the dark and many colour blind people can spot friends and enemies if they are wearing camouflage!

So colour blindness shouldn't stop you achieving your dreams! Some jobs might be harder to do if they involve a lot of colour but there are many Apps which can help make your life easier.

You can find out more on our website where there is a special page for Colour Blind Kids www.colourblindawareness.org and other information for parents too.