

What do all of these people have in common?



Mike Blair

- Eddie Redmayne, famous *actor and winner of an Oscar for Best Actor in 2015*
- Mark Zuckerberg, the Founder of Facebook and one of the most successful businessmen in the world
- Bill Clinton former President of the United States of America
- Jamie Oliver, world famous chef who is also dyslexic

International rugby player who captained Scotland/former British Lions

They are all colour blind! 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 people have it. Many more boys are colour blind than girls. In fact one in 12 men and boys have some form of colour blindness (or colour vision deficiency). 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. You inherit colour blindness from your parents in the same way you get the colour of your eyes and shape of your nose. Although it isn't a big problem teachers say that it's good for pupils to know that they are colour blind so at school they don't get frustrated by not always being able to understand parts of lessons or homework or getting confused about team colours in sport.

Colour Blind Awareness has made a video to show teachers and parents what it is like to be a colour blind. You can watch it and other TV clips and information videos on the Colour Blind Awareness YouTube Channel <https://www.youtube.com/playlist?list=PLxZ599esLjhsuqHI3RhDeEliWmAq9WdFx>

Some children and even adults 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 isolated. If teachers know which pupils are colour blind then they can make sure they change how they teach so that colour blind pupils are included.

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!

As you can see from the amazing achievements of the famous colour blind people above, 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. There are even apps you can use to show your friends and family how the world looks to you. 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.