



## Our Mission

We believe in the importance of preventative care and eye health education. Our mission is to make access to vision care possible for the underserved population in the United States through advocacy, education, outreach, and connection.

## Resources Available

There is downloadable and printable information, as well as, education videos available to you through our social media channels and website at [ecnpurpose.org](http://ecnpurpose.org).

## Let's Keep in Touch!

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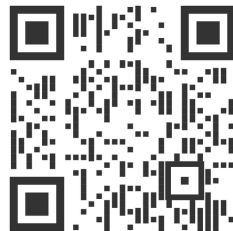
 [hello@ecnpurpose.org](mailto:hello@ecnpurpose.org)

 [ecnpurpose.org](http://ecnpurpose.org)



### Follow us on Social Media

   @ecnpurpose



## How Vision Affects Learning

Presented By

The logo for ecnpurpose, featuring the word "ecnpurpose" in a blue, lowercase font with a heart symbol above the "i".

501(c)(3) nonprofit organization



## Your Vision is Important

Up to **80%** of what you and your classmates learn in school is presented visually (what you see). When you cannot see a book or the classroom board clearly, your classwork may be difficult.

If your parents and your teacher are unaware of your vision problem, it will affect how you learn and perform in school.

## What Can You Do?



### Pay Attention to Your Vision

Notice how you are seeing things in your classroom and in your daily life. Are things out of focus or blurry?

Signs that you are not seeing properly could include:

- getting frequent headaches
- often tilting your head to one side
- squinting your eyes to see better
- excessive eye rubbing
- holding a book close to your eyes to read



### Speak Up if Your Vision Changes

If the board in front of your classroom is difficult to see, ask the teacher to be moved to a spot where you can see better. Or if your vision changes and things seem blurry or harder to see, tell your parents. It's important to speak up about your vision.



### Prevent Digital Eyestrain

Give your eyes a break by following the 20-20-20 rule -- for every 20 minutes, look 20 feet away for 20 seconds. Check out our website for fun video eye exercises you can follow along with.



### Take Care of Your Vision

Keeping your body healthy keeps your eyes healthy so always drink plenty of water, eat leafy greens, and get a good night sleep.



### Get an Eye Exam

It is important to get an eye exam because your vision changes throughout your growing years.