

BE A JUNIOR GLASSES CHAMPION!



PLEDGE TO BECOME A JUNIOR GLASSES CHAMPION

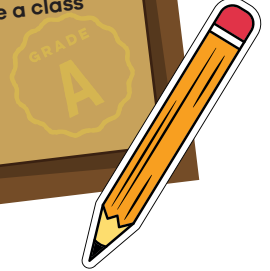
Are you ready to become a Junior Glasses Champion?

Make a pledge and check off the actions you would like to take to keep your and others' eyes safe, healthy, and seeing clearly.

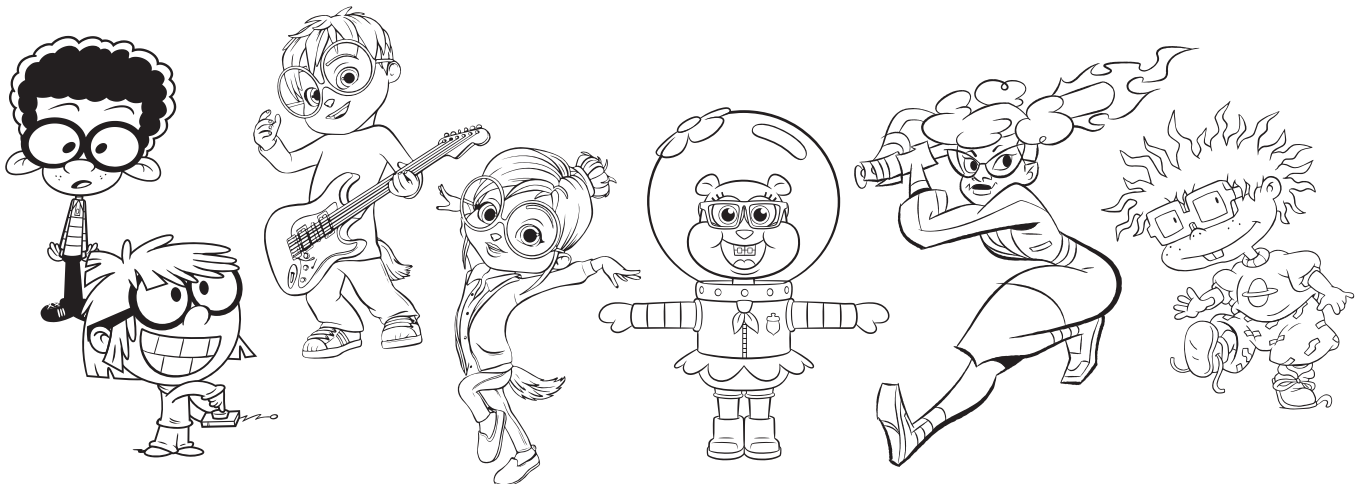


I will:

- Speak with a trusted adult, like a parent, caregiver, or teacher, if I can't see clearly.
- Take regular breaks from screen time every 20 minutes to give my eyes a rest.
- Eat healthy foods that are rich in vitamin A, like cereal, carrots, cheese, or oily fish.
- Remember to wear my glasses, if I use them.
- Take care of my eyes by wearing sunglasses or a hat when outside.
- Get my eyes checked regularly as instructed by health professionals.
- Wear proper eye and head protection when needed while playing sports, crafting or completing chores.
- Wear a helmet when roller skating, cycling, skateboarding, or scootering.
- Be careful and walk, not run, with sharp objects, like pencils, rulers or scissors.
- Never point sharp objects or launch toys at anyone.
- Speak up and tell a teacher if you see a class mate squinting in class.
- Compliment others on their glasses.



CELEBRATE BECOMING A JUNIOR GLASSES CHAMPION BY COLORING IN SOME OF YOUR FAVORITE CHARACTERS WITH GLASSES!



eyes.nickelodeon.tv

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