

## Peer Information Sheet: Blind and Low Vision

*All of us are unique. We all have strengths, and we all have areas where we are still learning. We are all born with different hair, eyes, personality, and fingerprints. We can always find something we have in common with someone else like an interest, hobby, or activity we enjoy.*

*Some students are blind or have low vision. Just like hair or eyes or fingerprints, this is a **part** of them, but not **who they are**. When you take the time to get to know them, you'll find there are lots of things you have in common.*

### About Blind and Low Vision

Students who are blind or have low vision have vision loss which affects their ability to see. They might not see as well as other students, or they might not be able to see at all. Different students will have different levels of vision loss - some might be able to see in some places, while others might not be able to see at all.

Some students who are blind and low vision might not be able to see your facial expressions or what is happening. Facial expressions help us to understand how someone is feeling. Seeing what is happening helps us to know how to join in and be a part of things.

### Play

Students who are blind and low vision like to be included in games and activities – just like all students. They might not be able to find you or other friends in the playground. You can help them by looking for them at the start of recess or lunchtime. You can also help by talking to them. You can tell them if you are feeling happy, or sad, or excited. You can tell them what is happening. You can ask them what will help them for a game.

### Finding their way around

Some students might know their way around the playground and their classroom. They might not see small things left on the floor. It's a good idea to pick up things if you drop them, and to keep the classroom and locker areas neat and tidy.

### Vision aids

Some students who are blind and low vision might get tired easily when they are reading. They might need to hold books and paper closer to their face. They may have mobility or vision aids, like magnifiers, sunglasses, laptops, or walking canes.

### Helpers

Some students who are blind and low vision might have a helper in the classroom. You can still talk and work with them when their helper is there. After all – a helper is not quite as much fun as having a friend the same age to talk to during class!

### Just like you

Students who are blind and low vision have lots of ways in which they're just like you. They can feel happy, sad, excited, or worried – just like you. They are learning, growing and exploring – just like you. And they like having friends, going to parties, and being included – just like you!

