



YOUTH

HEALTH BULLETIN



JANUARY 2017

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THIS MONTH'S TOPIC:

LEARN ABOUT YOUR EYES



Eyes are a very important part of the body. It is the eyes that let you read that good book, or see the beautiful flowers or even watch the TV show that you like so much. Wally Cat wants to help you learn more about your eyes.

Eyes have a very important job. They take in all of the information about the world around you and send it to your brain. There are many different parts of the eyes — some you can see when you look in the mirror and others you cannot.

Your eyes sit in your eye sockets. Each eye is about the size of a ping-pong ball. The eyelid protects the front part of the eye and helps keep the eye clean by blinking. Do you want to know something really neat about blinking? Blinking is something that you can make yourself do (called a voluntary action) but our bodies also do it when we don't even think about it (called an involuntary action).

Continued on the back



Eyes are very important for seeing the world around us. And if you have to wear glasses that is OK!

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The white part of the eye is called the **sclera**. It actually covers most of the eyeball. If you look extra close you will see little red lines on it. These little red lines are blood vessels.

The **cornea** is the part that sits in front of the part of the eye that has color. The cornea is like a clear glass window — it gives you an area to see the world through.

The **iris** is the colored part of your eye. When we say that someone has green eyes, we are actually saying that they have green irises. What color are your irises? In the center of the iris is the **pupil** — the black circle. The iris controls how much light is let in through the pupil. When there is less light, the pupil gets big, when there is more light the pupil gets small.

There is a space between the cornea and the iris which is called the **anterior chamber**. This is filled with a liquid that helps keep the eye healthy.

The rest of the eye you cannot see without special tools that doctors use. Once light has entered the eye it comes to a lens which then focuses the light to the back of the eyeball. This lens is called the **retina**. The retina is the very, very back of the eye. In the lens are millions of tiny cells that respond to light. The retina takes in the light and helps change it into signals so the brain can understand what the eyes see.



There are times when someone's eyes may not work perfectly. When that happens a person may have glasses. Glasses help the eyes to focus better and see clearly.

Eyes are very important for seeing the world around us. And if you have to wear glasses that is OK!

Wally Cat wants you to take care of your eyes. Remember to wear protective eyewear when playing sports and protective goggles when needed. Don't forget that sunglasses are an important part of keeping your eyes protected when the sun is shining.

SOURCE:

Nemours KidsHealth <http://kidshealth.org/en/parents/vision.html>



Can you unscramble these words?

CAENRO: _____

PPLIU: _____

IISR: _____

ITERAN: _____

ANSWERS: CORNEA, PUPIL, IRIS, RETINA

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