

GUIDE  
DOGS



## Module 1

# Who would I be if I couldn't see?



## Learning outcomes:

- Identify different types of eye condition
- Describe the sight loss associated with different eye conditions
- Analyse assumptions and judgements of people with vision impairment and consider the origin of stereotypes
- Discuss what your life would be like with a specific vision impairment
- Consider how everyday tasks are performed without sight
- Evaluate the impact that sight loss would have on a young person's everyday life and future plans

## What is it like to be blind or partially sighted?

### UK Curriculum links

**English, PSHE, Citizenship, Personal & Mutual Understanding, Health and Wellbeing**

To hear first-hand stories of what it's like to lose your sight and live with a vision impairment, you could invite a Guide Dogs speaker to come into your school. Contact [speakers@guidedogs.org.uk](mailto:speakers@guidedogs.org.uk) for more information and to book a speaker.

## Activity

### Define the term 'blind'

**Discuss the term 'blindness' – this could be done as a teacher led activity or in pairs.**

Key questions – what is our understanding of the term 'blind', how does this differ from 'vision impairment', can a person who is blind see anything? What does 'registered blind' mean?

The legal definition of blindness or severe sight impairment is when a 'person is so blind that they cannot do any work for which eyesight is essential'. A vision impairment is a problem with your vision which can't be corrected through the use of glasses/laser techniques.

Does anyone in the class have any experience of sight issues?

There are lots of different types of issues that people can have with their sight, not everyone has perfect vision, some may have short sight, long sight or stigmatism, everyone's sight changes and can degenerate over time which is why older people tend to be more likely to need glasses as they age.

More acute sight loss might be genetic, because of a disease or the result of an accident. Each condition has different effects on vision, and it's important to note that not all people who are 'blind' are unable to see anything at all. Many guide dog owners have residual vision, or may be able to see light/dark/shadows or could have vision in one eye. Everyone is different.

## Activity

### Whiteboard interactive

**Bring up the simspecs activity**

This interactive allows pupils to see the effect that different eye conditions have on vision, by showing the effects on a photograph.

Click on each eye condition to show its effects. You can change the picture by clicking on the arrows and the severity of the eye condition by using the slider on the bottom of the picture.

You also have the option to upload your own photo here and apply the eye condition filters to it.

Ask members of the class to come up and use the board, selecting a photo, an eye condition, and altering the severity.

## Activity Option 1

### Independent learning task/paired/group task

**Allocate an eye condition to each group to research.**

- What causes the condition?
- How does it affect vision?
- Does it get worse over time?

Using the 'upload your own photo option' pupils take photos of their everyday lives e.g. eating food, their friends/family, going on public transport, walking along the street, going to school.

Once the image is up and an eye condition is selected, pupils use the print screen option to copy and paste it into a powerpoint presentation to show what life would be like with this eye condition and feedback to the rest of the class.

## Activity Option 2

### Written task

**'Describe a day in the life of a person with (allocate disorder).'**

The presentation should also consider what they would find difficult to do if they had that condition, how it would affect them getting around, would they need help in their everyday lives.

## Activity

### Discussion

**Would you rather be born blind or lose your sight? This discussion requires pupils to use their critical thinking skills.**

- What would life be like if you had never been able to see?
- How would you perceive the world? Being blind would be normal.
- How would you know what everyday items were/what they looked like?

Losing sight would mean that you could understand the world in visual terms, but loss of vision can be depressing and upsetting, how would that affect a person? How would they perceive the world during and after their sight loss?

What would it be like to lose your independence?