

INSTRUCTIONS FOR STUDENT AMBASSADORS

(FAQ's)

Why should you do this?

Make a difference in the lives of little children, associate yourself with a “by Gen-Z, for Gen-Z” movement, gain volunteering hours, build your college resume!

What must you know first as a student ambassador?

As a student ambassador joining [MyEyesMyLife](#) (MEML) you need to know the background and the “why” of this mission. Myopia or nearsightedness affects kids more because of the amount of time spent in front of electronic devices. Go to the [MyEyesMyLife](#) website, visit all the tabs, focus on the “*See the Data*” tab for all the scientific concepts explained in simple words. Please contact founder, Ayaan S. at MyEyesMyLife1@gmail.com and set up a Zoom meeting if you don't understand the important scientific concepts.

Also spend time on the “*Tips for Teachers*” and “*Pointers for Parents*” tab for corrective measures that we all can use. Spreading awareness of myopia among preschool and elementary school teachers is very important since they observe young children more closely and for more hours than parents! This is why teachers are the central point of MEML's mission.

What do you need to do as a student ambassador (usually high schoolers)?

As a student ambassador, your goal is to give a 10-minute myopia awareness presentation to the teachers in your preschool and elementary school.

All the resources you need are in the Student Ambassadors Resources section (scroll to the bottom of “*Our Efforts*” tab) of the [MyEyesMyLife](#) website. It is very important for the teachers to understand that myopia first affects children 3-10 years of age, and that kids of these ages often can't understand or communicate that they don't have normal eyesight. Teachers need to keep a keen “eye” out for signs and symptoms of myopia which could be as simple as kids moving to the front of class to see better, squinting their eyes often, and notify parents immediately, and insist that the parents set up an optometrist/ophthalmologist visit.

How to set up a preschool/elementary school visit?

- 1) Contact your former preschool or elementary teachers and set up a 15-minute appointment, possibly during staff meetings where you can find more teachers sitting together. Maybe schedule in the afternoon so that you don't have to miss classes? Find a way. Some schools will welcome you with open arms, others will be slow to see the importance of your mission. Persist!

- 2) Go to the *Student Ambassador Resources* area in the “*Our Efforts*” tab of the MEML website and download the “Slide deck for presentation”
 - a. Add your name, current school, the name of the school you are visiting, and what year you were a student at that school on slide # 2 of the slides you downloaded. Practice these slides well and be comfortable with the material.
 - i. See the demo video showing you a mock presentation- found in the *Resources* areas if you need to.
 - b. Download the “*Flyer for Teachers*” in the *same Ambassador Resources* part of the “*Our Efforts*” tab of MEML and print as many color copies of this to leave behind for teachers as a memory aid after you are finished meeting them.
- 3) You are done! Thank the teachers and your host sincerely. Write an email of thanks to your host teacher and get a reply. Forward that email to MyEyesMyLife1@gmail.com and we will add to our website’s list of successful ambassadors!

Volunteer hours and other stuff

- 1) If you need volunteer hours, please indicate in the above email, and we will give you:
 - a. 2 volunteer hours per school visit
 - b. If the same ambassador visits both their preschool and elementary school to give the myopia awareness speech to their teachers, they a total of 5 volunteer hours for 2 visits (so 1 bonus hour)
 - c. If you refer a friend to become a student ambassador and that friend goes to their N-5 school for a myopia campaign, you can get 2 extra volunteer hours
 - d. If you become an ambassador trainer helping someone else (another student ambassador) with their presentation and flyer and that student gives a successful myopia presentation, you get 2 volunteer hours
- 2) So, join the movement, help a little kid get diagnosed sooner due to your awareness campaign, become a Public Health advocate, get on our website’s wall (list) of successful ambassadors, and even earn volunteer hours. A win-win!
- 3) Any questions or comments, or suggestions of how we can improve upon our mission, write an email to MyEyesMyLife1@gmail.com

Remember our eyes are our window to this beautiful world we live in. So, let us protect our own eyes and those of younger members of our generation. Our entire lives depend on our eyes

#MyEyesMyLife