

# WHY DO CHILDREN'S EYES NEED EXTRA PROTECTION?

Because of their lifestyle, children are more exposed than adults to light. Their eyes are not yet fully developed, so they are less protected from the harmful effects of UV and Blue-Violet light.



01

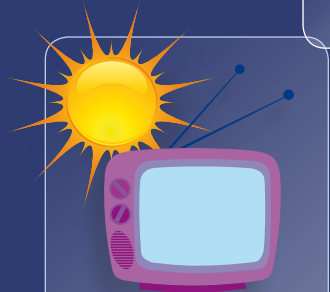
**Children tend to spend a lot of time outdoors:** on average, their annual UV exposure is 3 times higher than for adults.

02

**Children's pupils are larger,** meaning they let in more UV and Blue-Violet light.

03

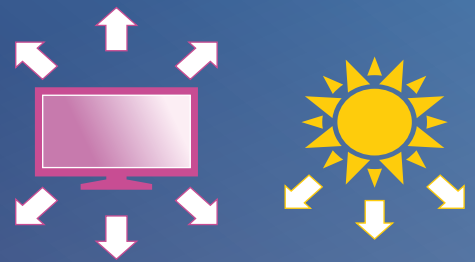
**Their crystalline lens is more transparent,** meaning it is less efficient at filtering out UV.



**UV**

**Up to 80%** of all UV exposure occurs before the age of 18.

**70% of children** do not wear sunglasses.



**Blue light**

**Screens, tablets and smartphones** which use LEDs emit harmful Blue-Violet light. **The sun** is a major source of Blue-Violet light too.

**46% of 5 to 8-year-olds** use a computer at least once a week.

**Children** spend an average time of **3h hours per day** watching TV, playing on a tablet or a smartphone

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