

when I was ten years old, I used to sit all day watching TV and TV shows and playing on the tablet constantly, and when I felt that I could not see well, I did not pay attention to that and continued playing with the mobile and smart devices for long hours. For years, I can't see well when I go to school and I can't focus with the teacher, so my grades dropped a lot, and one day my eyes hurt a lot, and when he went to the doctor, he found that my condition was bad and he advised me to wear .medical glasses .So my family and I went to the eyeglasses store and bought glasses, but I did not wear them because I thought that I did not look beautiful, and I was ashamed to take them to school, and after several months, my condition became very bad and I went to the doctor again, and when the doctor saw me, he got angry because I did not listen to his words and did not wear glasses. I can no longer see without the medical glasses, the glasses never leave my face, so I am very sorry because I did not listen to what my .mother and the doctor said, and it caused me .harm and lowered my grades in school