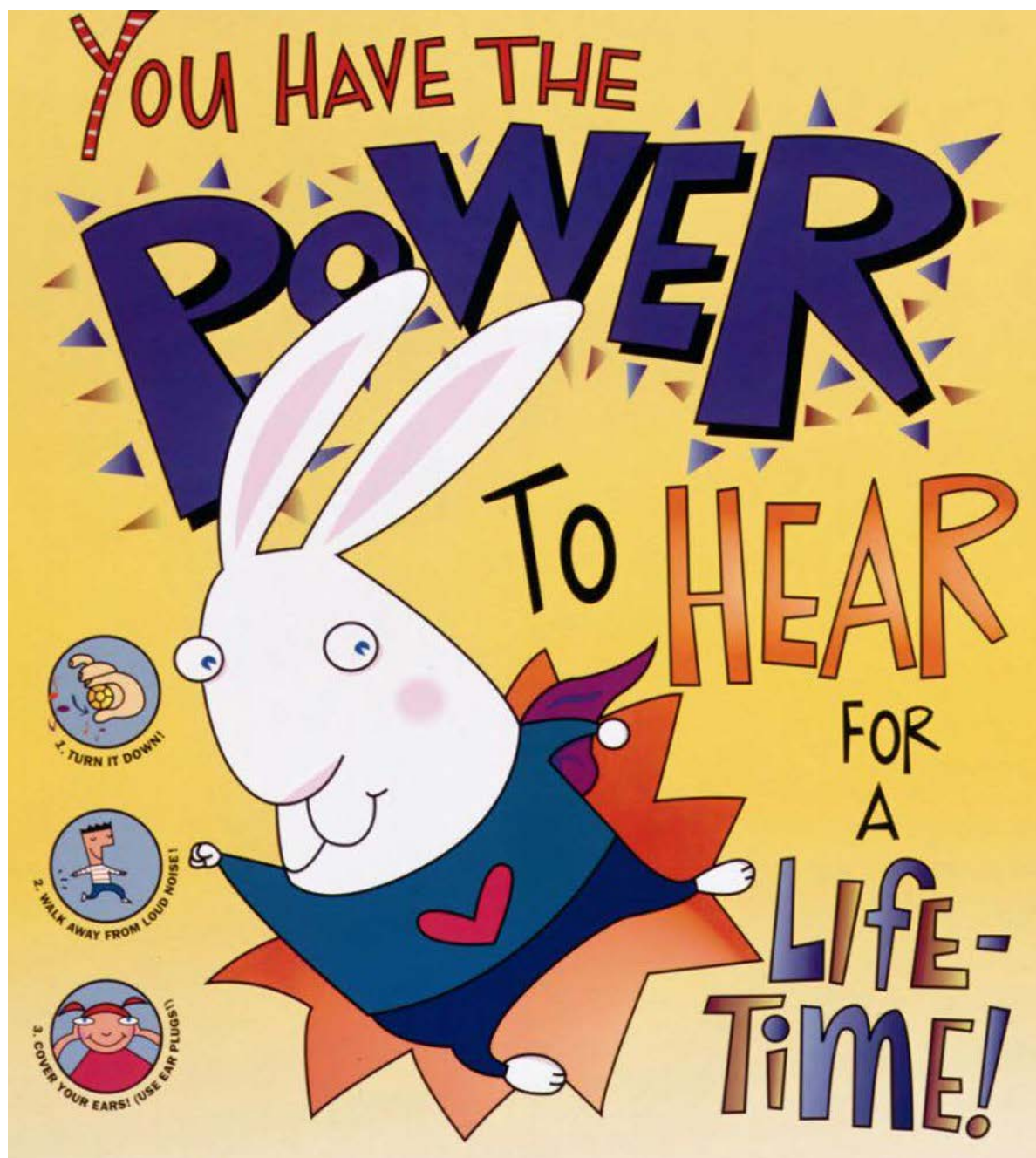


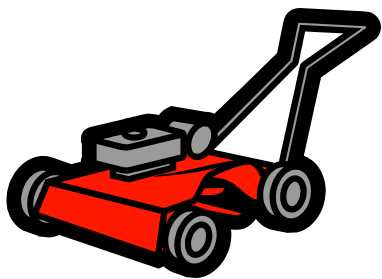
# Hear For a Lifetime

## Activity Book



# 1

## Where is noise found?





# 3

Everyone makes noise sometime.  
Draw a picture of *you* making noise:



# 4

## *Noise is around if...*

- ☺ You have to talk louder to be heard.
- ☺ You hear buzzing or ringing (called “tinnitus”) after being around loud sounds; or if the sounds make your ears hurt.
- ☺ Sounds give you a headache.
- ☺ Sounds make it hard to hear.
- ☺ Sounds make you mad or sad.

# 5

After too much noise, you may lose some of your hearing.

And when you lose part of your hearing because of noise, it's gone FOREVER, making it hard to talk, listen and learn with your friends.



# 6

## Share this letter with your parents.

Dear Parent,

We are concerned about environmental noise and your child's hearing health. There are over 28 million Americans working, playing and living around noise that is dangerously loud - the effects of which could last a lifetime.

Many things that we find necessary, convenient or even enjoyable add to today's' growing noise problems. These include dishwashers, hair dryers, power tools, motorcycles, MP3 players and toys.

Noise-induced hearing loss (NIHL) is **permanent**. It is also hard to recognize since it is painless and usually slow to develop. A child or adult suffering from NIHL often has trouble understanding normal speech, making communication and learning difficult.

Tinnitus, a chronic ringing or other distressing noise in the ears or head, can also result from continuous or even one episode of excessive noise exposure (like a gunshot blast). More than half of the 50 million tinnitus sufferers in the United States attribute their disorder to noise.

Both NIHL and tinnitus are worsened by continued exposure to loud noise. It is, therefore, important for people who begin to observe a mild loss of hearing or tinnitus to implement a hearing conservation program for themselves. Personal hearing protection devices, such as earplugs or muffs, are available from safety equipment suppliers or at [ATA.org/Store](http://ATA.org/Store). ATA even has specialty hearing protection to fit your child's little ears! If used correctly, they can help safeguard the ears against further damage. And if used initially, they can help circumvent the problems associated with excessive noise exposure.

We encourage you to make hearing protection and reducing noise a family affair. Ask your child what noise bothers him or her, and tell them what noises bother you. Discuss this packet together, and together you can learn ways to conserve the gift of your good hearing. More information can be found on our website at [ATA.org/for-patients/at-risk](http://ATA.org/for-patients/at-risk).

Think quiet!

The American Tinnitus Association

# 7

Can you guess: TRUE or FALSE?

TRUE

FALSE

Noise I like can't hurt me.

Tinnitus can be caused by loud noise.

Cap guns and firecrackers are noisy.

Noise never makes people mad.

I can do something about noise.

Loud music is good for me.

Good hearing is a gift.

Answers: 1. False 2. True 3. True 4. False 5. True 6. False 7. True

# 8

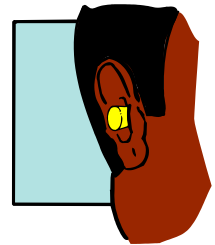
## What Can You Do?

### Plenty!

1. Turn down loud TVs, radios, stereos and MP3 players (Think turn it to the left!)



2. Wear earplugs or earmuffs to block out very loud noise (such as noise from airplanes and leaf blowers)



3. Avoid noisy areas and noisy toys (such as cap guns and loud headphones)

4. Keep your voice in control.



5. Close doors quietly.

6. Look for noise labels on noisy products at the store.

# 9

## Check your Hearing:

A hearing test is good for you!

It's easy, fun and doesn't hurt!

A hearing test will show you how good your hearing is.



# 10

Remember ...

Good hearing is a gift.

# PROTECT IT!



This information is provided by the  
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