



# SAFE LISTENING FOR KIDS

Kids are spending more, not less, time on their personal devices.

## But what is this doing to their hearing?

Many kids don't know they're permanently damaging their hearing when they listen to music or movies loudly for long periods of time.

Together, we can educate kids about safe listening and raise awareness for the real risks of noise induced hearing loss.

## OUR EARS HAVE A WEEKLY LISTENING ALLOWANCE

Did you know our ears have a weekly listening allowance?

If we want to keep our hearing for life, it's important to keep within the weekly sound allowance.

Use this table to find out how well you're staying within your safe listening allowance.

### Want more information?

See the full Make Listening Safe Brochure at the end of this pack.

## SAFE LISTENING ALLOWANCE FOR KIDS

Decibels	KIDS	Weekly Limit*
110 dB - Max Volume on Smartphone	115 dB	Protection required
	107 dB	1.5 mins
	98 dB	12 mins
	95 dB	24 mins
	92 dB	48 mins
76 dB - Living Room Music	89 dB	1 hr 30 mins
	86 dB	3 hrs 15 mins
	80 dB	12 hrs 30 mins
	77 dB	24 hrs
	75 dB	40 hrs
65 dB - Typical Speech	65 dB	40+ hrs



\*Source: World Health Organisation

## HOW DOES THE SOUND ALLOWANCE WORK?

Think of your weekly sound allowance like a 20-litre bucket of water.

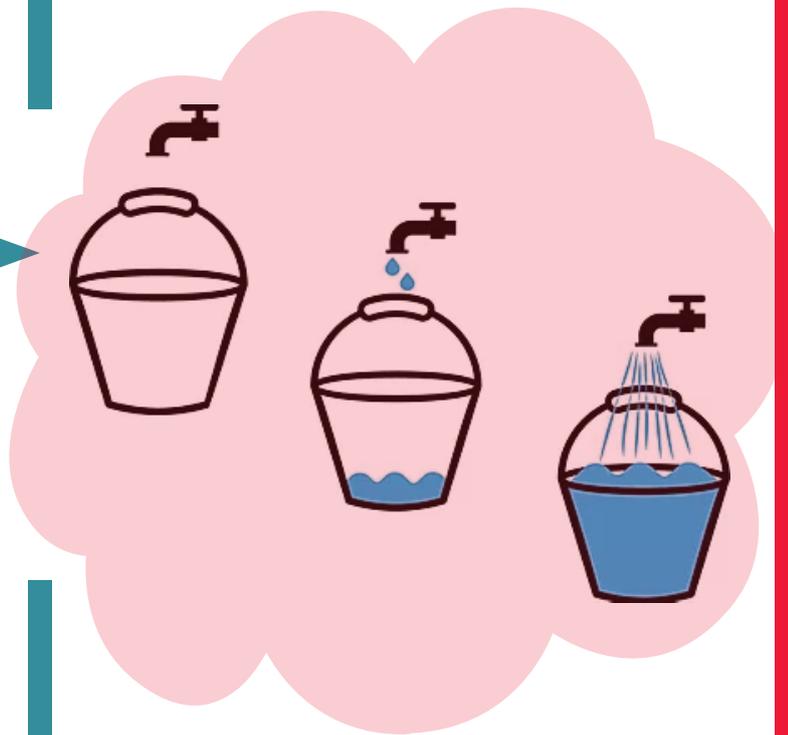
You can fill it up slowly over the week with just a couple of litres each day.

Or you can fill it up with 20 litres all in one go.

Filling the bucket up all in one go is like listening to music on max volume. This means you'll use up all your weekly sound allowance very quickly.

### Want more information?

See the full Make Listening Safe brochure at the end of this pack.



## WHAT HAPPENS WHEN WE LISTEN TO TOO MUCH NOISE?

It can help to think of the hair cells in your ears being like a fresh patch of grass and loud music being like a group of people trampling on the grass.

Before anyone walks on the grass, the blades **stand upright** and tall. But, as people continue to walk on the grass the blades become flattened.

If people stop walking on the grass, after a few days, **some blades of grass might pop back up and stand straight again.**

But, if people continue to trample over the same patch of grass, the grass begins to die, and the **damage becomes permanent.**



**It's the same with loud music.** If you listen for too long and too loud your ear's hair cells become damaged. If you constantly continue to listen to loud music, the damage to your hearing will become permanent.

## TAKE A HEARING TEST ONLINE

The more we know about our hearing health the better we can look after our hearing in the future.

That's why it's a good idea to regularly test your hearing and monitor any changes.

**Take a hearing test:**  
[www.testmyhearing.co.nz](http://www.testmyhearing.co.nz)

## TAKE THE TEST AND WIN

Let us know how you went and you'll go in the draw to win a pair of Puro Sound headphones.

Email our competition co-ordinator:  
[Kimmy.West@nfd.org.nz](mailto:Kimmy.West@nfd.org.nz)



Capped at 85 decibels, Puro Sound headphones keep you within your safe listening allowance, so you won't damage your ears!

## SCREEN FREE ACTIVITIES FOR KIDS

We've put together a list of neat ideas to keep kids active and away from screens.

- Ride a bike, skateboard, or scooter.
- Make a list of things to find in your neighbourhood and go on a walk to find them.
- Write a poem, a limerick or a haiku.



- Make slime!
- Have a boardgames afternoon.
- Write a letter to your future self in 10 years.
- Write a short story.



- Create a diary and decorate it
- Rearrange your bedroom! Have you always wanted to move your bed to the other side of the room? Try it out. It'll help you feel more fresh.
- Bake a dessert with your parents or caregivers.



- Find a song that matches how you're feeling today.
- Have a bubble bath!
- Get dressed up and visit friends. Getting properly dressed can have a positive affect on your mood!
- Is it cold? Try making a fancy hot drink like from a café! Make some sort of creative concoction.
- Try making a mobile!
- Try drawing one of your family members!

- #SelfCare session! Think about what really makes you feel good. Playing outside? Reading a book? Drawing? Painting? Work on lifting your mood in the best way for you!



**Do you have some activity ideas you'd like to share with the community?**

Send them our way and we'll include them here.

Email: [Kimmy.West@nfd.org.nz](mailto:Kimmy.West@nfd.org.nz)

## STAY ON TOP OF SCREEN TIME

To make it easier for your family to stay on top of screen time, here are a list of five free apps you could use to help limit screen time. (See link below).

During screen time, as a rule, make sure kids are keeping the volume below the halfway mark on their devices.



Find out more:  
[www.famisafe.wondershare.com/screen-time/free-apps-to-limit-screen-time-on-android-and-iphone.html](http://www.famisafe.wondershare.com/screen-time/free-apps-to-limit-screen-time-on-android-and-iphone.html)

## LEARN NEW COMMUNICATION SKILLS

Why not make use of your time and learn new hearing loss aware communication skills as a family.

NFDHH are provide a range of online classes throughout community page, including:

- New Zealand Sign Language taster classes
- Lessons on Fingerspelling
- Learning about Lip Reading

Access these classes through the NFDHH Community page:

[www.facebook.com/groups/NFDHH](http://www.facebook.com/groups/NFDHH)

## DOES YOUR CHILD HAVE A HEARING LOSS?

We've created a Communication Tips Poster for kids, which you can print out and hang in your house as a reminder for everyone at home of how to be more hearing loss aware with their communication.



## NEED TO TALK?

This is a stressful and uncertain time for all of us, but it can be especially hard for kids.

Different situations can make for tough times but talking to someone about these feelings can really help.

Youthline is a service specifically created to support kids through difficult times.

They offer their services via phone or via text.

For more information, go to their website:  
[www.youthline.co.nz](http://www.youthline.co.nz)



# YOUR EARS ARE FRAGILE



You could be losing your hearing.  
Once it's gone, it's gone.



NATIONAL FOUNDATION FOR  
Deaf & Hard of Hearing

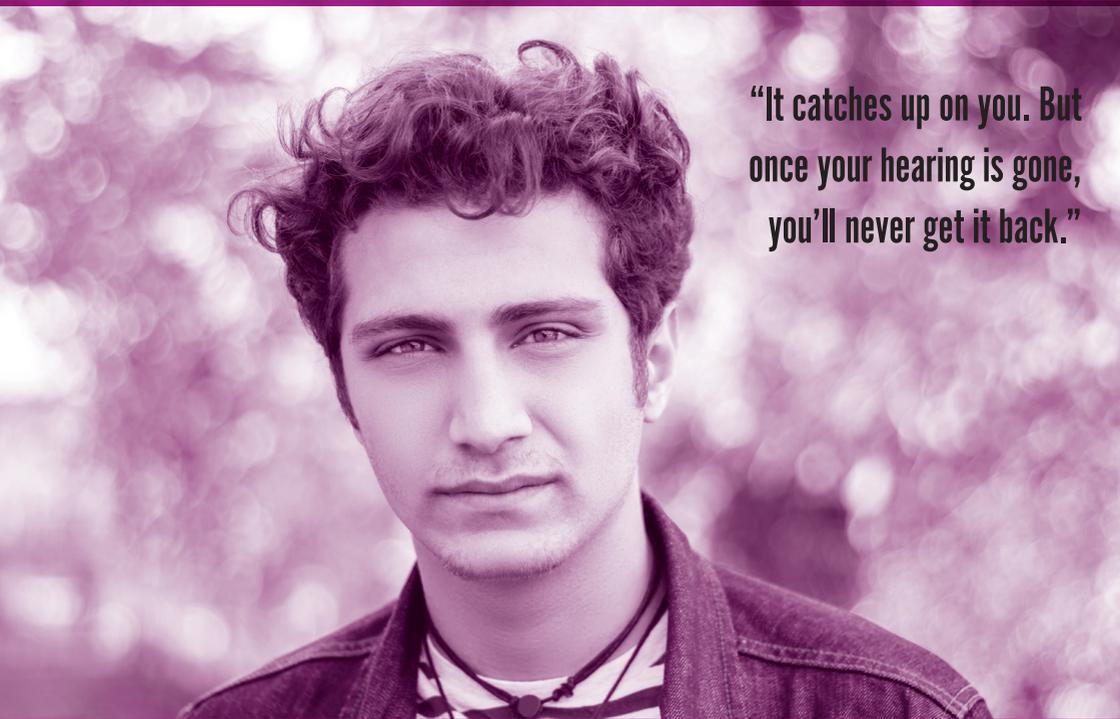
# YOUR EARS ARE MORE FRAGILE THAN YOU THINK.

Often you won't realise you've damaged your hearing until it's gone.

Noise induced hearing loss can occur at any age depending on how loud, how long and how often you are exposed.

All ears are different, and some ears are more fragile than others. It's impossible to know how rapidly or to what degree your hearing might be affected by noise.

It's never too early to look after your ears. Read on to learn about noise induced hearing loss and to discover some simple steps you can take to help make listening safe.



**“It catches up on you. But once your hearing is gone, you’ll never get it back.”**

# WHAT HAPPENS TO MY EARS WHEN I LISTEN TO LOUD MUSIC?

It can help to think of the hair cells in your ears being like a fresh patch of grass and loud music being like a group of people trampling on the grass.

Before anyone walks on the grass, the blades **stand up right** and **tall**. But, as people continue to walk on the grass the blades become flattened.



If people stop walking on the grass, after a few days, **some blades of grass might pop back up and stand straight again.**



But, if people continue to trample over the same patch of grass, the grass begins to die, and the **damage becomes permanent.**



How loudly are you listening? When you listen to music at max volume on your headphones, (110dB approx.), you can only do so safely for a maximum of 6 minutes per week before your ears start to become damaged.

If you want to listen to music for life, it's a good idea to keep the volume under the halfway mark on your device, (around 75 dB or lower).

# WHAT ARE THE FIRST SIGNS OF HEARING LOSS?

Some of the first signs that you have damaged your hearing after listening to loud sounds are:

- Ringing in the ears
- Sore or sensitive ears
- Everything sounding muted or dull

**Love listening to music? No problem!  
But, let's make listening safe.**

If you want to keep enjoying music, then it's important to be aware of how loud and for how long you can safely listen.

**Did you know that your ears have a weekly sound allowance?**

Think of your weekly sound allowance like a 20-litre bucket of water.



You can fill it up **slowly** over the week with just a couple of litres each day.



Or you can fill it up with 20 litres **all in one go**.

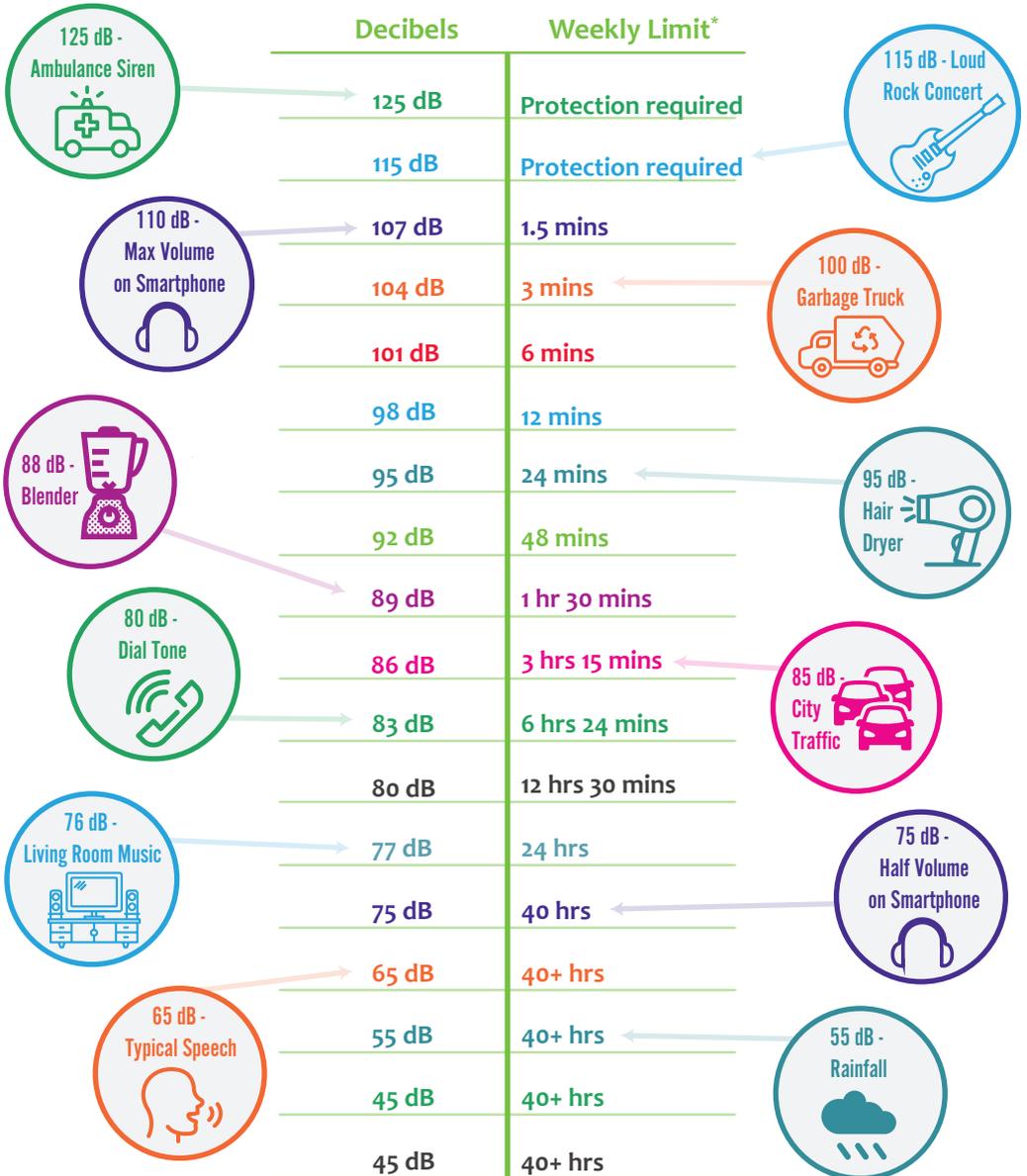


Filling the bucket up all in one go is like listening to music on max volume. This means you'll use up all your weekly sound allowance very quickly.

# SAFE LISTENING WEEKLY ALLOWANCES

Are you wondering how much noise is too much?

Stay in the safe zone by following the World Health Organisation's guide.



\*Source: World Health Organisation

# WHAT CAN I DO TO KEEP MY EARS SAFE?

It's pretty easy to look after your hearing once you know how to make listening safe. Here are 10 tips that can help you keep your hearing for life.

1. Keep volumes as low as possible while listening to music – below the halfway mark

2. Ask a friend if they can hear your headphone music. If they can, turn the volume down

3. Never use music to drown out other noises

4. Use headphones instead of ear buds

5. Don't stand near speakers

6. Wear earplugs. They help to reduce noise levels, which makes for safer listening

7. Give your ears a break from music for at least five minutes every hour

8. If it's uncomfortably loud or painful, leave

9. Pay attention to the warning signs of hearing loss, such as ringing in the ears

10. If you think it's too loud – it probably is

# GET A HEARING HEALTH CHECK UP

If you're worried about your hearing, don't wait. **Get it checked out.**

As part of the Youth Hearing Loss Awareness Programme, NFDHH are providing free hearing screenings at your school. Return your consent form today to participate. It's a chance for you to find out about your hearing health and learn more about how to protect your hearing.

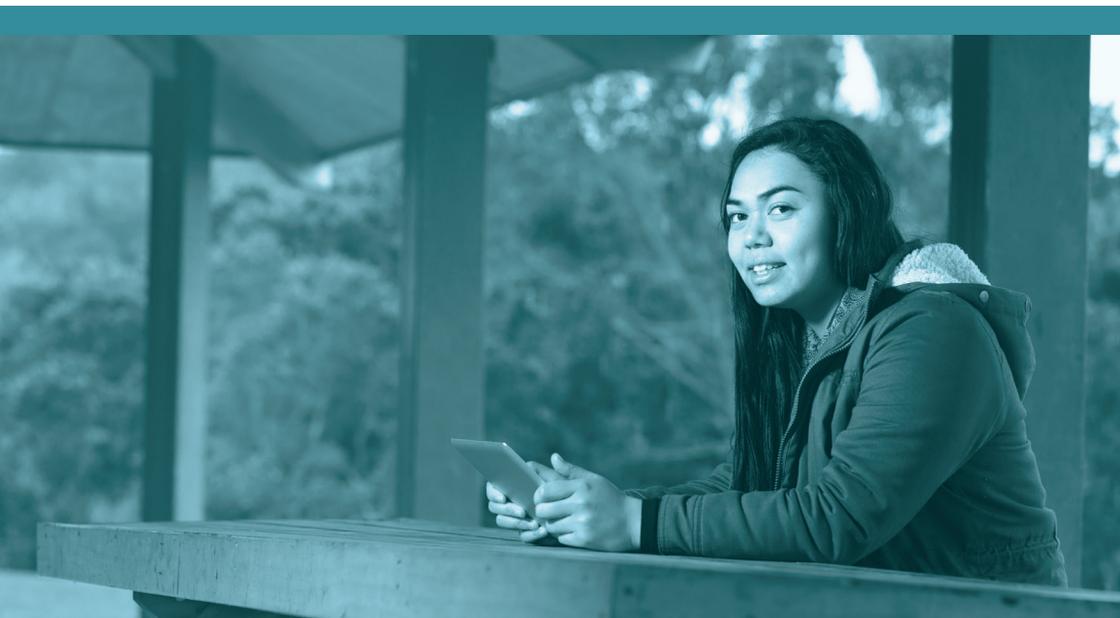
## We're here to help.

If you'd like more advice on how to protect your hearing or if you have a hearing loss and are seeking support, please get in touch.

**Contact our helpline via phone: 09 307 2922 or 0800 867 446**

**Or email: [enquiries@nfd.org.nz](mailto:enquiries@nfd.org.nz)**

**Visit our website: [nfd.org.nz](http://nfd.org.nz)**



**20%**

Globally, 1 in 5 teenagers have a hearing loss

Since the 1990s, the rate of youth hearing loss has increased globally by

**30%**

Up to **34%**

of NZ secondary students recently screened may have hearing loss

**100%**

WHO predicts the rate of hearing loss will double over the next three decades

*\*Source: World Health Organisation, Listen Up, New Zealand Pilot Study, oct 2019*



**NATIONAL FOUNDATION FOR  
Deaf & Hard of Hearing**

Level 2, 11 York St, Parnell Auckland 1052

**T:** 09 307 2922 or 0800 867 446

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