



# Sound warriors

A hearing loss prevention project for young people

## Activity Sheet 2 : How to protect your hearing

For more information about the project  
visit our website

[www.Soundwarriors.org](http://www.Soundwarriors.org)

## Topic: How to protect your hearing

### Preparation

Watch these excellent YouTube videos. They only take a few minutes but will give you loads of ideas about how loud sounds damage your hearing and what you can do to protect your ears.

<https://youtu.be/PU9s9N1ueuw>  
<https://youtu.be/Wy4QJVyyIUU>

### Materials Needed:

Paper, pencils, crayons

Attached list of 20 noises

Attached diagram of ear

Attached danger signs.

Attached protect your hearing

### Learning Objectives:

Understand what happens when we hear loud noises.

Know how to recognise that a sound is too loud and what you should do to keep your hearing safe.

Develop ways of talking to your family and friends about what you have discovered.

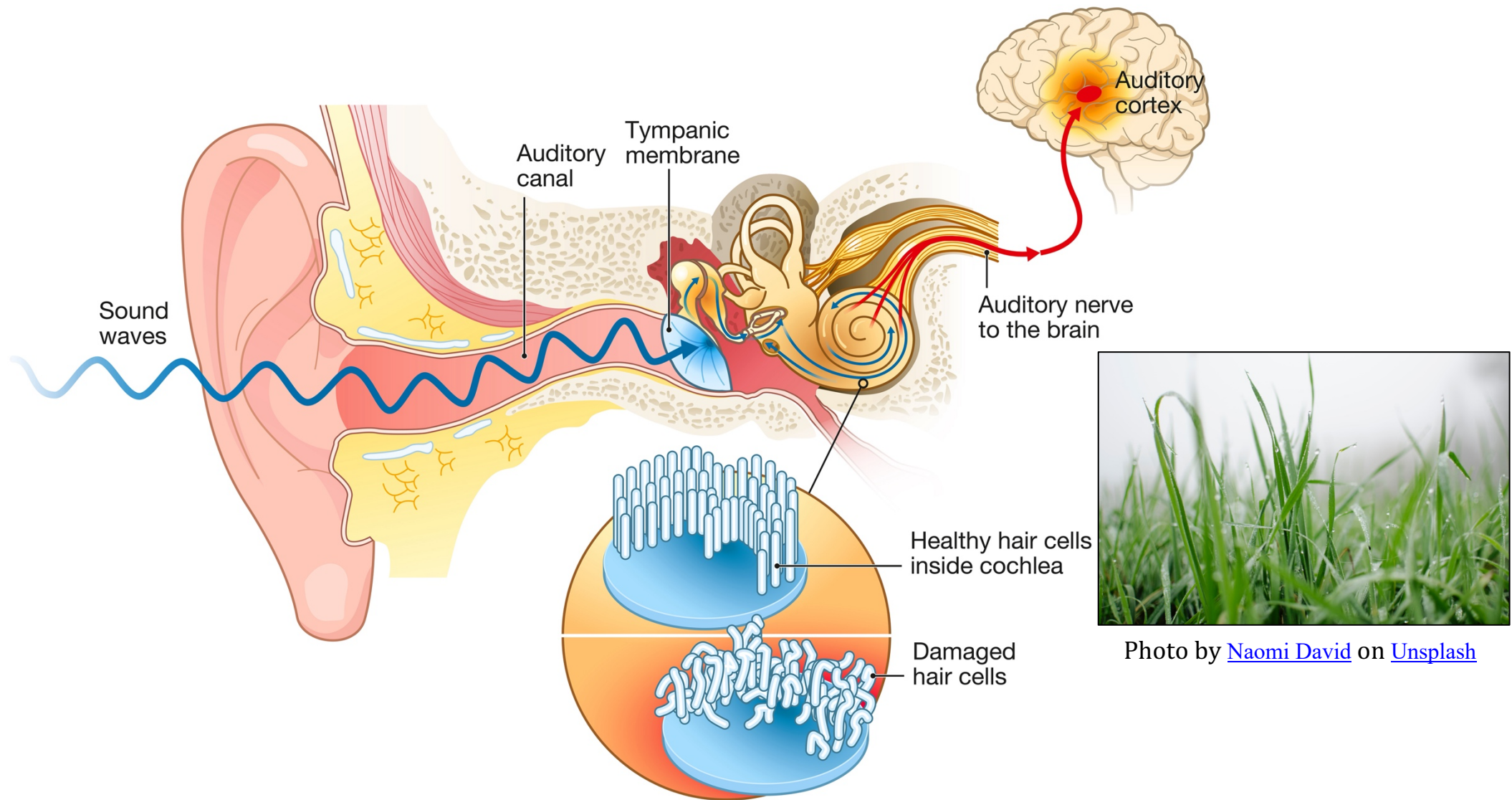
### Activity:

- Firstly, explain how the hairs in the inner ears become damaged.
- Split into groups of 2 or more.
- Each group to rank the noises listed 1-20, 1 being quietest and 20 being loudest how would they feel after 10 minutes in that environment? What could they do to protect their hearing from the loudest noises?
- Bring groups together and discuss their answers.
- Ask what are the signs that something is too loud.
- Ask what could they do to protect their hearing.

### Extension:

1. Create a storyboard for our next video to explain to your friends how they can recognise if things are too loud and what they can do to protect their hearing. Include drawings of scenes, and dialogue for the characters. Act out your storyboard to the rest of the group
2. Play this game with people who are older than you. Prepare to be amazed at how different your hearing is to theirs.

<https://www.youtube.com/watch?v=WEoWIQOAQJ0>



The "hairs" in the inner ear are tiny nerve cells. Just like this grass, once they have been damaged, they can't spring back. Your hearing will never be the same as before. Damage occurs by listening to one very loud sound or continuous exposure to moderately loud sounds.

Rank these noises – assume you are 1 meter or less away from the source of the sound



Sound	Rank (20 = loudest 1 = quietest)
Dog barking	
Steam Train whistle	
Busy road	
Disco	
Gym	
lawnmower	
Vacuum cleaner	
Sea side	
Countryside	
Bird Song	
Jet plane	
Gentle breeze	
School canteen	
Listening to personal music	
Baby's musical toy	
TV	
Gaming device	
School playground	
drum	
trumpet	

## Signs that something is too loud



- o You are in a noisy place, and you can't talk with your friend without raising your voice.
- o You can 'feel' the music you are listening to.
- o Your ears hurt.
- o Someone can hear the music coming through the Earphones.
- o You are near power tools, chainsaws or other noisy machinery and you are not wearing earmuffs.
- o When you have left the noisy environment, you have ringing in the ears, your hearing feels dull, or speech sounds muffled.

## How to protect your hearing

- o Don't listen on your personal device too loud for too long. Follow 60/60 rule:  
Turn volume down to 60% and take a break every 60 minutes (60/60 rule).
- o Use chill-out zones in clubs and take regular breaks from the loudest areas.
- o Stand back from speakers or other sources of sound.
- o Carry earplugs with you. They won't block out the music, but they will make it easier to listen.
- o Invest in some noise cancelling headphones.
- o Keep hydrated.

# Storyboard



Would you like to star in our next video?  
Write a storyboard to explain to your friends  
how they can recognise if things are too loud and  
how they can protect their hearing.



This is the  
storyboard for  
Sound  
Warriors  
promo video.  
We created it  
using a free  
version of  
Canva.com

<https://youtu.be/uROZChjTnyE>

You can use any software, or draw your ideas by hand. We will feature the best Story boards on our website. Our professional filmmakers will convert the very best idea to a Youtube video, with you and your friends as the main stars !

You can even include royalty free music from <https://uppbbeat.io> and free sound effects from <https://sound-effects.bbcwind.co.uk>

Please send your creation to [Hi@Soundwarriors.org](mailto:Hi@Soundwarriors.org).