

Listen Up! Turn It Down

Presentation Script for Children Ages 8 - 11
2020 Edition

*Use of powerpoint slides is optional.

*Presentation calls for the handing out of ear plugs to each child.

*For other free items you can print and distribute as noted at the end of the script, see the Listen Up, Turn It Down Planning Guide on www.quota.org.

*Approximate presentation time – 10 minutes

SLIDE 1

Did you know that noise can cause you to lose your hearing? Huh? What? Yes. Noise is very dangerous to your hearing. If noise is TOO LOUD, it can damage your hearing. If noise is around you for TOO LONG, it can damage your hearing. And if noise is TOO CLOSE to your ears, it can definitely fry your hearing. So, Listen Up, Turn It Down. Noise can hurt your hearing.

SLIDE 2

Let's learn a little about our ears, and then we'll learn how noise hurts them. What you see on the outside, your ear, is only the beginning of how we hear sounds. Raise your hand if you have ever had a doctor look inside your ear? Doctors do that because you have some important apparatus in there that allows you to hear.

SLIDE 3

You are able to hear because sound travels from your outer ear, the part you can see, down through your ear canal—the part that gets itchy or waxy sometimes—and then it bumps into your ear drum. When sound hits your ear drum, it vibrates. It shakes. These vibrations travel down to the inner ear. That's the part that's inside your head, and the inner ear tells your brain that you just heard something. Your brain figures out what you heard. Now, maybe you've had an "inner ear infection". Raise your hand if you have. That hurts, right? It's also dangerous to the hearing apparatus in there. An infection can damage your hearing—and so can noise.

SLIDE 4

So, listen up: we need to PROTECT our hearing. One way we can do that is to be careful around loud noises, and wear ear plugs. Now, you might be worried that your friends will make fun of you for wearing ear plugs, so let's think about some ways to answer them and Deal with the Meanies. Remember: it's really important to protect our hearing.

SLIDE 5

You could say, “I need to protect my hearing. Wanna know why?” And then tell them what you learned today. Or you could say, “Well, it’s ear plugs now, or hearing aids later!” Or you could say something random, like, “I want to be an underwater piano tuner, dude. Hearing loss will kill my dream!” Or you could go with a smarty pants answer and say, “Look, I wear a bicycle helmet to protect my head. I need to wear my earplugs to protect my hearing!” Just don’t let other kids keep you from protecting your hearing! It’s important.

SLIDE 6

Another thing we can do is TURN DOWN THE VOLUME. Sometimes we set the TV too loud—and we watch it too long. That will damage our hearing. Or we have our iPods turned up too loud. And those ear buds are TOO CLOSE to our ears to have the music that loud. All of this can damage our hearing. And the doctor cannot fix it.

SLIDE 7

So, let’s review. Noise that is TOO LOUD, or TOO CLOSE to us, or that lasts TOO LONG—all of this can ruin our hearing. Then we’ll be one of those people who says, “Huh? Whatdya say?” all the time. If we’re lucky, we’ll be able to hear with hearing aids. Sometimes we damage them with noise so much that even hearing aids won’t help! It would be really sad not to be able to hear our friends or our family, just because we were around noise that was TOO LOUD, TOO CLOSE or lasted TOO LONG. So, let’s take care of ourselves and keep our hearing healthy. Promise?

I’ve brought some things for you that your teacher will share with you later. [See the Listen Up, Turn It Down Planning Guide on www.quota.org for links to free resources for clubs.] Be good, and protect your hearing!

