

## **Safe Listening Lesson Introduction**

Today we are going to learn about how we hear and how to keep our hearing safe. Hearing helps us enjoy music, listen to friends, and learn new things. Let's learn more about sound, how sound is measured, and why protecting our ears matters.

Sounds are all around us: birds singing, people talking, and music playing. Sound is created by vibrations that travel through the air as waves. Some sounds are soft (like a whisper), some sounds are loud (like a fire truck siren). Sound is measured in decibels: the higher the number, the louder the sound. Can you think of a loud sound with a high decibel number?

When sounds are too loud, they can damage the inside parts of your ear. The parts inside of your ear are very delicate, and once they're damaged, they don't grow back. That's why it's important to protect your ears by turning down the volume, wearing ear protection when you're in noisy places, and taking listening breaks by moving away from noise when you're in a loud space to rest your ears.

By learning about safe listening, you're helping your ears stay healthy!