

SAFEGUARDING THE SENSES

Model

Read about Eric, a teen who understands the lifelong importance of hearing. See how Eric advocates for his friend's health.

VINCE: I'm so excited about the concert tonight.

ERIC: Me too. I have to remember to call my dad and remind him to pick up some earplugs for me on the way home from work. How about you—are you set for plugs?

VINCE: What do I need them for?

ERIC: To protect your ears during the concert. Your hearing can be damaged from music that's too loud. Lots of concerts are over the safe limit.

VINCE: Well, if you don't mind, ask your dad if he'll get me some, too.



Practice

Practice your advocacy skills by reading the following scenario and answering the questions at the end.

Yolanda and Shauna are planning to take cross-country skiing lessons. Yolanda is used to spending time outdoors in the winter and knows what she needs to do to protect her eyes and ears. Shauna, on the other hand, doesn't have a lot of experience with winter sports. Yolanda wants Shauna to have a good time on their first day out, and she also wants her to protect herself from the cold, windy weather. What can she do?

1. What facts about eye and ear care can Yolanda use to support her argument for protective gear?
2. Write two statements Yolanda could make to convince Shauna to protect her eyes and ears.

Apply/Assess

In groups of three or four students, write a skit in which one character tries to persuade others to protect their eyes or ears. Then role-play your skit in front of the class. You can use one of the following scenarios or make up one of your own.

1. Two girls are applying makeup. One girl wants to borrow eyeliner from the other one.
2. A friend is playing music so loudly on a personal tape or CD player that the headphones are "leaking" loud music.



Advocacy

The skill of advocacy asks you to

- take a clear stand on an issue.
- persuade others to make healthy choices.
- be convincing.

Self-Check

- Did our skit explain how people should care for their eyes or ears?
- Did the character in our skit convince others to protect their eyes or ears?

