

## Chapter 13 Lesson 3: Healthy Eyes and Ears

### Introduction:

Do you like loud music? Many teens who do are damaging their hearing permanently without even knowing it. In this lesson, you learned about the structure of the ear and about how to care for your ears and your hearing. You can learn more about protecting your hearing at this Web site.

### Links to Explore:

#### Teens' activities can lead to premature hearing loss

[http://www.lowertheboom.org/links/h17\\_teen\\_hearing\\_loss.html](http://www.lowertheboom.org/links/h17_teen_hearing_loss.html)

### Directions:

- Click on the link and read the article about hearing loss.
  - After you've read the article, answer the following questions:
1. When you're listening to music in your car, how can you tell if the music is too loud?
  2. What is the normal decibel level for conversation?
  3. Give an example of a single loud noise that can cause as much damage by itself as chronic exposure to high decibel noises.
  4. How can you protect your hearing while mowing the lawn?
  5. List three warning signs of possible hearing loss.

### Answers:

1. When you can't carry on a conversation at normal levels with a passenger in the front seat
2. About 60 decibels
3. Any of the following:
  - Gunshot
  - Firecracker
  - Explosion
4. Wear earplugs.
5. Any three of the following:
  - Routinely keeping the television at a volume that others find too loud
  - Being accused of not paying attention
  - Misunderstanding 50 for 15 or 60 for 16
  - Hearing better with one ear than the other on the phone
  - Difficulty understanding someone speaking to you from another room
  - Difficulty understanding speech when there is background noise
  - History of ear infections, earaches or running ears

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**The American Academy of Audiology**

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

**National Institute on Deafness and Other Communication Disorders**

[www.nidcd.nih.gov](http://www.nidcd.nih.gov)