

## **Social Consequences of Hearing Protection**

By the National Institute for Hearing Loss

**Teen:** Have you ever left a concert and heard a ringing in your ear?

**Teen:** This is a sign that you've overworked your ears, leaving them prone to hearing damage that can't be reversed.

**Teen:** You can prevent this by wearing hearing damage protection the next time you are at a concert.

**Teen:** Using hearing damage protection might not sound cool, but losing your hearing isn't cool either.

**Teen:** Before your next concert, look for hearing protection labeled musicians' ear plugs, to bring with you.

**Teen:** These are specifically designed to let you hear the music the way the band wanted you to hear it, at a safer level.

**Teen:** If your friends ask why you are wearing them, start a conversation about why it's cool to protect your hearing.

**Teen:** Prevent hearing loss and remove the stigma around hearing protection.