

# TEEN HEARING: DANGER AHEAD

Most teens are engaged in dangerous listening habits.

**NEARLY HALF**  
of teens showing  
potential signs of  
hearing loss

46%

(ringing, roaring, buzzing or pain)

**1 in 6** teens have symptoms  
often or all the time

(about 5 students in the average classroom)

Breakdown of teens with at least one  
symptom, often or all the time

12%  
age  
13-14

19%  
age  
15-17

17%  
age  
18-19

## Risky Habits

Teens know there are risks and are still  
leaving their hearing unprotected

88%

Nearly 9 in 10 teens  
engage in at least one  
risky hearing behavior



81%

Listen to loud  
music with  
earphones



21%

use mowers  
& other loud  
tools



16%

use noisy  
powered toys

## What Teens Can Do



### Turn down the volume

Hear ringing, roaring or  
buzzing after wearing  
headphones or earbuds?  
You could be damaging  
your ears



### Concerts & Clubs

Sit in the middle of the  
room and wear earplugs,  
musicians are wearing  
them, too



### Headphones over earbuds

The chance of  
over-exposure to loud  
sound can be reduced



### Wear ear protection

The effects of loud noise  
exposure is cumulative  
and can damage your  
ears over time



### Custom ear protection

Musician's and  
high-decibel ear  
plugs are custom fit  
for your ears only



### HELP a friend

If you can hear their  
music sitting next to  
them, ask them to  
TURN IT DOWN



### Get a baseline

Visit a hearing care  
professional to get a  
hearing health  
evaluation