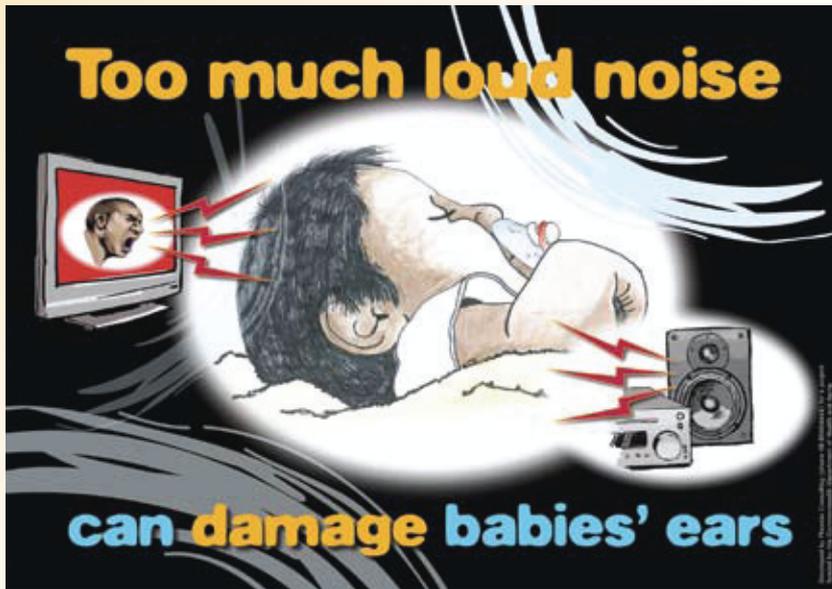


Too Much Loud Noise Stories

DAMIEN HOWARD, ALISON WUNUNGMURRA AND LYN FASOLI

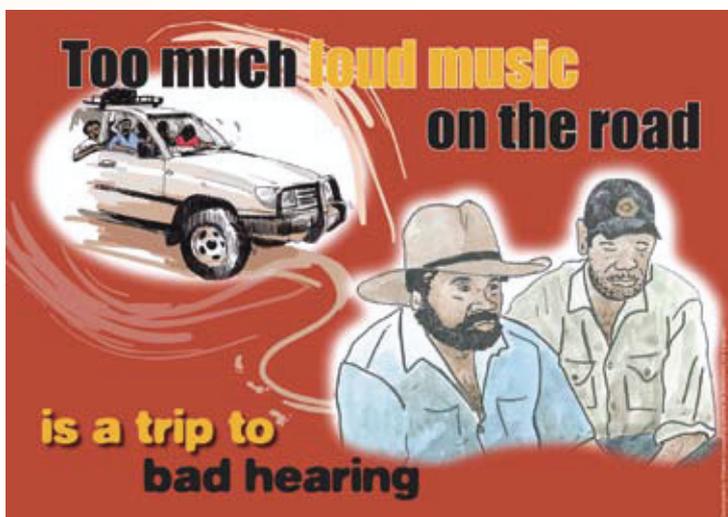
In the last issue of the *Journal* there was an article about the exposure of Indigenous people to excessive noise causing hearing loss. This article contains some poster and story resources to explain the story and help prevent hearing loss from too much exposure to loud noise.

Lots of Indigenous people have trouble listening because they have bad ears (hearing loss). Mostly, adults have bad ears because they had lots of ear infections when they were young kids. These infections damaged their ears. But now, too many Indigenous people are getting bad ears because of too much loud noise. These posters and stories tell about how listening to loud noise for too long will damage people's ears.



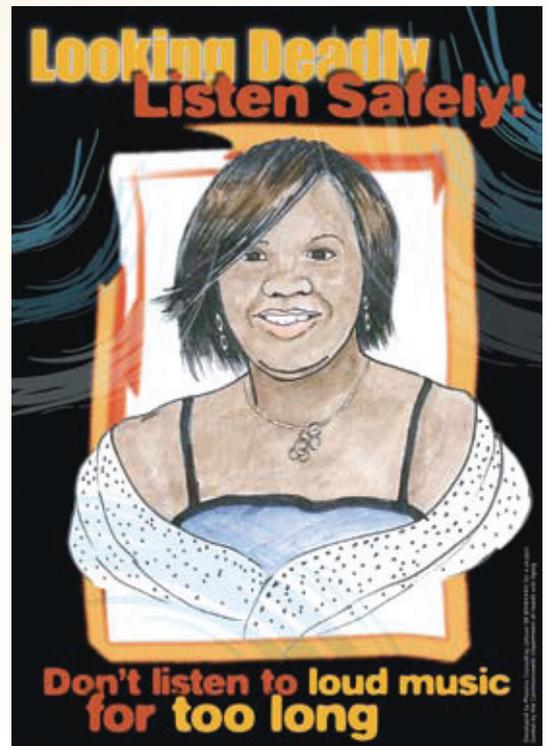
Baby Joe's Story

The whole family is happy when baby Joe comes home from the hospital. They hold him, cuddle him, kiss him. His big sisters take him to their bedroom to listen to music but it's really loud. At first Kevin cries. After a few times he stops crying. His sisters do not know that loud noise is hurting his ears. Maybe later when Joe is at school he will have trouble hearing the teacher. He will feel shame when he can't hear properly. Kids might tease him and he may fight with them, all because he could not hear properly. When his ears are damaged by too much loud noise, he can't listen properly for the rest of his life. His hearing won't come back.



Richard and Terry's Story

Richard and Terry and their family live in an outstation. They always drive a long way to the community to do their shopping every pay day. They have a really good car stereo and they like to play it really loud when they drive to the community. After driving like that for years their hearing is not so good. Loud noise in that car and at home damaged their hearing and it didn't come back to normal levels. When the family are all talking to each other it is hard for them to listen. They feel left out of that yarning because they have bad ears. They feel no good because they have problems listening to their grandkids talking to them.



Dorothy's Story

Dorothy likes to go out to the disco and dress up really deadly. When she is at the disco she always stands close to where the loud noise is. At home she always sits close to the TV even when the TV is loud. She does not know that loud noise can hurt her ears. When she found out about that loud noise story, she started listening safely. Now, at the disco, she always sits at the back where it is more quiet. And at home she sits away from the music and TV when it is really loud, or she goes away somewhere to a quiet place. She does not want bad ears (hearing loss) later. She does not want to have the same hearing problems like her aunty. Her aunty has been going to the disco for a long time. At first Dorothy went with her aunty to the disco. Her aunty always took her close to the speakers. Now her aunty has trouble listening. She always asks Dorothy what everybody is saying around her.

Deadly Music!



**But Loud music
for too long
damages ears**

Developed by Phoenix Consulting (Phone 08 94444444) for a project funded by the Commonwealth Department of Health and Ageing

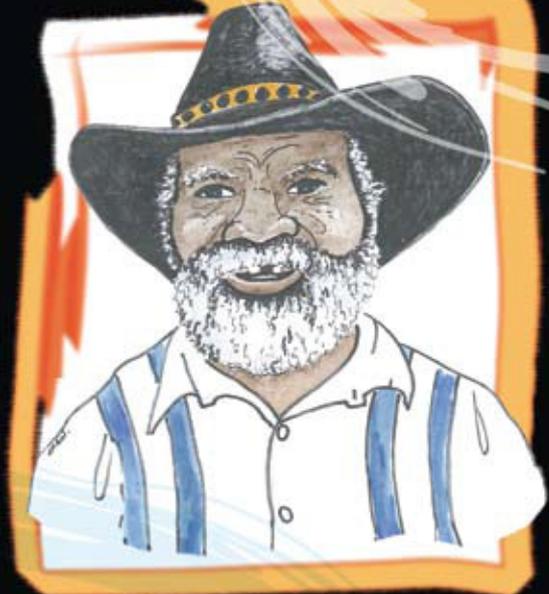
Kevin's Story

Kevin loves listening to loud music on his phone. He likes listening to the music on his phone every chance he gets. When there is a lot of noise at home he turns up the volume really high. At night when he goes to sleep he always listens to the loud music. He does not understand that listening to really loud music for a long time hurts his ears. Little by little, it damages his ears. In a few years' time, he will have a big listening problem caused by hearing loss. When he is working, maybe he won't know what his bosses say to him. He will just smile and go away. Then his bosses will get angry with him because he doesn't do what they asked, when the fact is that he never heard what was said to him.

These posters and stories are available as free downloads from the *Journal* website www.aihwj.com.au or email Damien Howard at damien@phoenixconsulting.com.au

The posters and stories were developed as part of a Hearing Loss Prevention project funded by the Commonwealth Department of Health and Ageing.

Hey young fella!



**Look after family!
...too much loud noise
will hurt family's ears**

Developed by Phoenix Consulting (Phone 08 94444444) for a project funded by the Commonwealth Department of Health and Ageing

Help family hear Country



**Too long loud music
kills hearing**

Developed by Phoenix Consulting (Phone 08 94444444) for a project funded by the Commonwealth Department of Health and Ageing

Look After Your Family's Ears

- Turn the volume down.
- Go way from loud noise.
- Don't play loud music for too long.
- Tell kids not listen to loud music through headphones for a long time.
- Tell kids not to sit too close to the TV for too long, when it is up loud.
- If someone's ears get hurt by too much loud noise, their hearing won't come back.
- Tell other people about these 'too much loud noise stories'.