



## Safe Listening Shopping Tips: Holiday Gifts and Hearing Protection



Are smart devices, state-of-the-art headphones, and other tech-related items on your child's holiday wish list? **Help them protect their hearing!** More than 1 billion young people worldwide are at risk of developing hearing loss due to unsafe listening practices, according to the World Health Organization.

**Be a smart shopper**, and check for the following:



**Volume-Control Features.** Smart devices and accessories that offer parental controls such as volume limiters can help with safe listening. These aren't foolproof though, so remember to check in to ensure that they're working as promised.



**Noise-Cancelling Capabilities.** Earbuds or headphones with noise-cancelling features can lessen the need to turn up the volume, since outside noise is reduced or eliminated.



**Kid-Size Fit.** A snug fit is important, as loose-fitting earbuds or headphones can cause sound leakage—and may be yet another reason for kids to crank the volume.

**Give responsibly this holiday season**—and help kids enjoy the gift of good hearing!

**Learn more:**

[www.asha.org/public](http://www.asha.org/public) and <http://communicationandtech.org>.



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