

KIDS' DAYS 2017



BUILD IT! THE TAKE HOME GUIDE



The New York Hotel Trades Council
HEALTH CENTER, INC.
The Hotel Association of New York City, Inc.

Thanks for coming to this year's
Health & Wellness Event 😊
August 23-25. 9am – 5pm



Did you sign up for our NEW
upcoming program?

**Healthy Little Chefs -
for children ages 7-12**



**BROOKLYN
HEALTH CENTER**
68-80 Schermerhorn St
Brooklyn, NY 11201
(718) 858-7200

**HARLEM
HEALTH CENTER**
133 Morningside Ave.
New York, NY 10027
(212) 923-2525

**MIDTOWN
HEALTH CENTER**
773-775 9th Ave (Off 52nd St.)
New York, NY 10019
(212) 586-1550

**QUEENS
HEALTH CENTER**
37-11 Queens Blvd
Long Island City, NY 11101
(718) 361-5100

**14 PENN PLAZA
Dental Only**
34th & 8th Ave
New York, NY 10019
(212) 563-0095

Kids need at least 60 minutes of physical activity each day.

Make family time *active* time!

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

Sip smarter

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.



Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.



Prevention and Remedies for Common Eye Problems & Injuries



The best rule of thumb for when to see an eye specialist if you injure your eyes is "when in doubt, check it out!"

If you have a **red eye, or pain in an eye** that doesn't go away within a short period of time, or at any time have had changes in your vision, then it's time to have your eyes checked.

If you play sports, be sure to wear protective goggles, which can be purchased with prescription lenses. If you get any **small foreign objects in your eye**, such as sand or sawdust, don't rub it. Flush your eye for several minutes with lukewarm water. If it still feels as though there is something in your eye, then be sure to see an eye specialist.

If you've been hit in the eye and it looks strange or appears to be bleeding, or if you have changes in or lose your vision, go to a hospital emergency department right away to be checked out.



One of the most common eye injuries for teens is a scratched cornea, which is often related to wearing contact lenses or playing sports. With a scratched cornea, it may feel like something is in your eye when there's really nothing there. Your eye may get red and irritated, produce lots of tears, and be overly sensitive to light.

If you think you have any kind of eye injury and you wear contact lenses, stop wearing your contacts until you see an eye specialist. Wearing contact lenses if you have an eye injury could damage

Prevention and Remedies for Common Eye Problems & Injuries

your eyes more or cause an infection to develop. A scratched cornea usually heals quickly and may require a week or two of medicated eye drops and not wearing your contacts. You may hate wearing your old glasses, but it's just for a little while — and it beats permanently damaging your eyes!

Just as you wear a seatbelt to protect yourself when you're in a car, it's wise to protect your eyes before something happens to them. **Wearing sunglasses** is high on the list of ways to care for your vision. UV light causes long-term damage to the inner structures of the eye, so wear a pair of sunglasses with ultraviolet (UV) protection whenever you're in the sun. This can help prevent conditions linked to UV exposure, such as cataracts, an eye condition in which the lens of the eye becomes clouded, impairing vision.



Love your eyes and wear
sunglasses!

What Every Parent Should Know about Bullying

What is bullying?¹

- **Bullying is when children or adolescents harm others on purpose.**

It includes things like hitting, pushing, name-calling, making fun of others, gossiping, excluding others, spreading rumors and cyberbullying.

- **When bullying happens, the person who is bullied has a hard time defending him/herself.** This is because there is an imbalance of power. The child that bullies may be stronger, more popular or hold power over the person who is bullied.

- **The harmful actions are repeated or they are very severe.** This makes bullied children feel very upset or causes them to stop doing things they used to enjoy.

Cyberbullying is done through text messages, email, Internet posts OR using apps like Instagram or SnapChat.

Bystanders Matter⁵

Bystanders are the people that see bullying when it happens. Bystanders may encourage bullying to continue if they participate, laugh or ignore bullying. Children should be taught about the role of bystanders in bullying. They should discuss and practice helpful responses.

This graphic shows examples of helpful bystander actions ->

Bullying harms children and teens. It can make them feel bad about themselves and can hurt their relationships with others. Bullying can also interfere with learning.

Why do some children bully others?²

Children may bully others for lots of reasons. These reasons include:

- Wanting to be in control or feel powerful
- Wanting attention from others
- Poor adult supervision
- Adult acceptance of bullying
- Prejudice

What can parents do when bullying occurs?

Bullying is not something kids need to endure. Putting up with bullying does not make a child stronger. It makes them more at-risk for emotional stress.³ Students that bully are also at-risk. They are more likely to

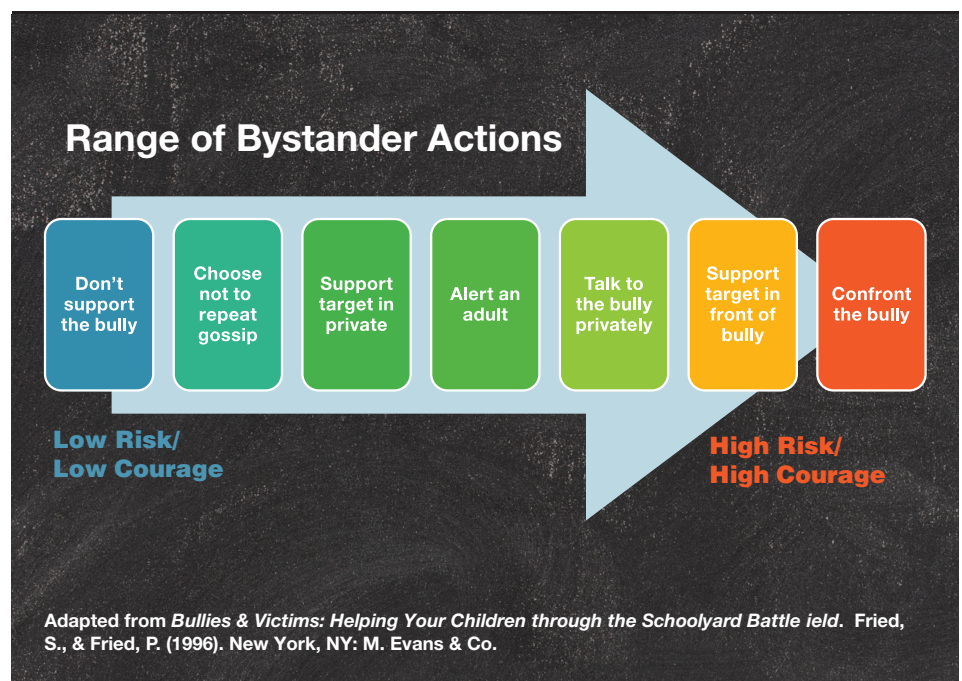
If you suspect a child is being bullied, DO NOT:

- Blame the child
- Use the word tattletale
- Tell the child to ignore it
- Tell the child to retaliate
- Expect the child to work it out alone
- Allow mediation, if the child is reluctant
- Demand apologies

get in trouble, participate in risky activities and have problems as adults.⁴

Fortunately, there are many things that parents can do to address bullying.

(See reverse side.)



Tips for parents whose children are bullied:⁶

Talk with your child.

Explain what bullying is and that it is wrong. Let your child know that you will be there to help him or her – and always follow through.

Work with teachers, counselors and principals. Some school districts have an anti-bullying policy. Review your school's policy and talk to your child's teacher, guidance counselor or principal if you have questions about it.

Identify an adult at school who your child trusts.

This adult can help your child feel safe at school by listening to him or her. If the adult is willing, he or she may play an active role in checking in with your child and following up with specific concerns.

Document and report continued bullying.

Keep detailed records about the bullying so you are able to tell the school exactly what happened. If bullying continues, write a letter to the school to report the bullying and ask for a response.

Help your child develop new friendships.

Try to connect your child to other children who are positive influences or have things in common with your child.

Help your child learn how to react to bullying, such as:

- Speak up when bullying happens.
- Try not to cry or lash out in front of the bully.
- Walk away.
- Tell a trusted adult.

Helpful hints from kids who have been bullied:⁷

- Tell an adult at home
- Tell a friend
- Make a joke about it instead of reacting with emotion
- Tell an adult at school
- Remind yourself that it was not your fault

Work with other parents.

It takes a group effort to stop bullying. Work with other parents to respond to bullying if it is happening in your neighborhood after school hours.

Seek help if your child talks about suicide or seems unusually upset.

Immediately seek the help of a doctor or a mental health professional. If you cannot reach one of these people, call the National Suicide Prevention Lifeline (800) 273-8255.

If your child experiences cyberbullying, he or she should:⁸

- **Not respond.**
- **Block the sender.**
- **Save or print harmful messages.**
- **Report cyberbullying to a trusted adult.**
- **Contact websites or Internet service companies to ask that the harmful messages be removed.**

Authorities may be able to help in some cases of cyberbullying. If the cyberbullying is interfering with learning, report it to the school. If you think a crime was committed (e.g., serious threats of harm), contact the police.

While it is helpful for parents to set limits for using cell phones and computers, taking these items away from children all together is not recommended. This may actually cause children to hide their online lives from their parents.

Tips for parents whose children bully others:⁹

Discuss bullying and set clear rules at home.

Let children know that bullying is wrong and that it will not be accepted.

Provide consequences for bullying.

This may include time out, loss of TV, cell phone or computer time, grounding, etc.

Work with school staff.

Learn about the school's bullying policies and meet with school staff. Get reports on how your child is doing.

Model the behavior you expect from your child.

Show respect to others. Solve problems without aggression. Set a good example for your child.

Resources

StopBullying.gov

www.stopbullying.gov

This website provides information about how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying.

Cyberbullying Research Center

www.cyberbullying.us

The Cyberbullying Research Center is dedicated to providing up-to-date information about cyberbullying among adolescents.

GLSEN

www.glsen.org

GLSEN provides resources and support to address bullying generally, and bullying of LGBTQ students, in particular.

Pennsylvania Bullying Prevention Toolkit

www.SafeSchools.info/BP_ParentGuide.pdf

For additional information and resources, please see the *Pennsylvania Bullying Prevention Toolkit: Resources for Parents and Professionals*.

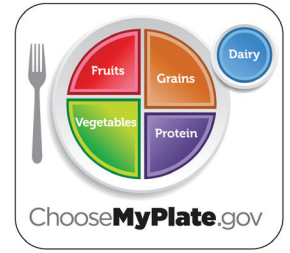
This Parent Guide was produced by the Center for Safe Schools, guided by input from parents and organizations that serve youth.

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

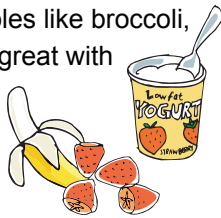
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

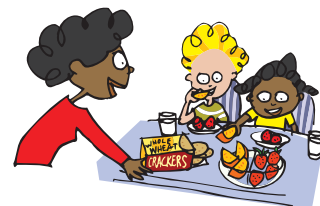


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Go to www.ChooseMyPlate.gov for more information.

vegetales y frutas para niños



10 consejos para que los alimentos sanos sean más divertidos para los niños

Para animar a los niños a comer vegetales y frutas, hágalas divertidas. Provea ingredientes sanos y permita que los niños ayuden en su preparación según sus edades y destrezas. Los niños tal vez deseen probar comidas que en el pasado han rechazado si ayudaron a prepararlas.

1 creaciones de batidos

Mezcle yogur o leche descremados o bajos en grasa con trozos de fruta y hielo triturado. Use frutas frescas, congeladas, enlatadas o maduras. Pruebe plátanos, arándanos, melocotones y piña. ¡Si congela las frutas de antemano, no es necesario añadir hielo!



2 aderezos deliciosos

A los niños les gusta sumergir alimentos en aderezos. Prepare un aderezo rápido para los vegetales a base de yogur y condimentos como hierbas o ajo. Sírvalo con vegetales crudos como brócoli, zanahorias o coliflor. Los trozos de fruta combinan muy bien con un aderezo de yogur y canela o vainilla.



3 “orugas” comestibles

Prepare brochetas con trozos de melón, manzana, naranja y pera. Para la versión con vegetales, use productos como pepinos, calabacín, pimientos o tomates.

4 pizzas personalizadas

Convierta su cocina en una pizzería. Use panecillos ingleses de trigo integral, roscas de pan o pan pita como base. Agregue salsa de tomate, queso bajo en grasa y vegetales o frutas en trozos. Permita que los niños elijan sus favoritos. Luego, ponga las pizzas en el horno para calentarlas.

5 “mariposas” de mantequilla de cacahuate (maní) con fruta

Comience con palillos de zanahoria o apio para el cuerpo. Use mantequilla de maní para adherir alas, hechas de rebanadas finas de manzana y decórelas con uvas o frutas secas.

6 frutas congeladas

Los bocadillos congelados seguramente serán muy populares durante los meses cálidos del verano. Sencillamente coloque frutas frescas, como trozos de melón, en el congelador (enjuáguelos primero). Haga “paletas” congelando bananas sin cáscara con palillos.

7 “insectos sobre un tronco”

Use palillos de apio, pepino o zanahoria como troncos y úntelos con mantequilla de cacahuate (maní). Ponga frutas secas como pasas, arándanos o cerezas sobre el tronco, dependiendo de qué insecto desee.

8 Mezcla de nueces y frutas secas hecha en casa

Prepárela usted mismo. Use las nueces y frutas secas que prefiera, como cacahuate (maní) sin sal, castañas, nueces o semillas de girasol y mézclelas con trozos de manzana, piña, cerezas, albaricoques o pasas secas. Agregue cereal de granos integrales también.

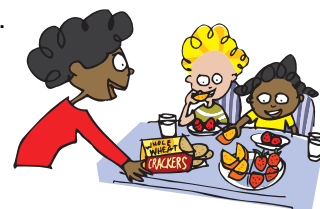


9 “cara de papa”

Decore media papa horneada. Coloque rebanadas de tomates cereza, guisantes y queso bajo en grasa sobre la papa para crear una cara cómica.

10 deje que los niños estén a cargo

Pídales a sus hijos que nombren las nuevas creaciones de vegetales o frutas. Permítales arreglar las vegetales o frutas crudas para crear formas o diseños divertidos.



10 个提示

营养教育编

选择我的膳食

一顿丰富饮餐的10个建议



为健康生活作出正确的食物选择，就如这10个建议一样简单。使用这份清单中的建议来帮助你平衡卡路里，选择应该多经常吃的食品，和减少应尽量少吃的食品。

1 平衡卡路里

控制体重的第一步，是知道你一天需要多少卡路里。你可以在 www.ChooseMyPlate.gov 网站，找出你需要的卡路里水平。保持体力活动也能帮助你平衡卡路里。

2 享用食物，但减少食量

进食时慢慢细味品尝。吃得太快或进食时精神不集中会导致食用太多卡路里。在餐前、用餐期间和餐后注意你是否饥饿或饱肚，提醒自己何时该进食，何时已经吃饱。



3 避免吃的太多

使用规格小的碟子、碗和杯子。进食前先分好食物份量。出外进餐时，选择小的份量或与别人分享，或把部分食物带回家里。

4 应该多经常吃的食品

多吃蔬菜、水果、全谷、脱脂奶或1%低脂奶和其他奶类食品。这些食品含有你所需要的营养成分，包括钾、钙、维生素D和纤维。让这些食品成为你的正餐和零食的基础。



5 让盘中食品一半为水果和蔬菜

选择红色、橙色和深绿色的蔬菜，如西红柿、甘薯、花椰菜和其他蔬菜。把水果加入正餐中，成为主菜或伴菜，或作为甜品。

6 转用脱脂或低脂(1%)奶

它们含有与全脂奶相同的钙质和其他所需养分的量，但卡路里和饱和脂肪却较少。



7 把一半的谷类改为全谷

以全谷产品替代细粮制品，多吃全谷；例如，以全谷面包替代白面包，或以糙米替代白米。

8 应尽量少吃的食物

尽量少吃高固体脂肪、附加糖份和盐份的食品，包括蛋糕、饼干、冰淇淋、糖果、加糖饮料、披萨，以及含脂肪的肉类如排骨、香肠、培根和热狗。把这些食品当作偶尔食用的奖励品，而非每天吃的食品。

9 比较食物中的盐分

利用营养说明标签来选择盐分比较低的食品，如汤、面包和冷冻的食品，并选择标签上写着「低盐」、「少盐」或「未添加盐分」的罐头食品。



10 饮用白开水，而不是含糖饮料

饮用白开水或不含糖分的饮料以降低卡路里。汽水、能量饮料、运动饮料都是美式膳食中附加糖分和卡路里的主要来源。

DO YOU KNOW WHAT TRIGGERS YOUR ASTHMA?

POLLENOID



POLLENOID CAN TRIGGER MY ASTHMA WITH TREES, GRASS, AND WEEDS AT CERTAIN TIMES OF YEAR.

MOLDAR



MOLDAR CAN TRIGGER MY ASTHMA INDOORS IN DAMP PLACES AND OUTDOORS AT CERTAIN TIMES OF YEAR.

HAIRY



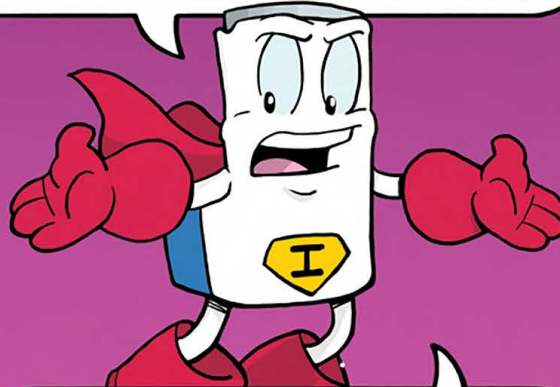
HAIRY CAN TRIGGER MY ASTHMA WITH THE FUR, DANDER, AND DROOL OF PETS.

SMOKEY JOE



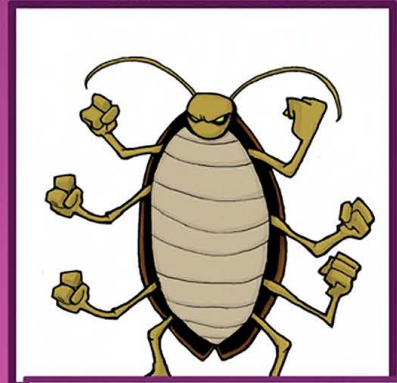
SMOKEY JOE CAN TRIGGER MY ASTHMA ATTACKS WITH SMOKE FROM CIGARETTES, CIGARS, AND PIPES.

ASTHMA TRIGGERS CAN BE A LITTLE DIFFERENT FOR EVERYONE!



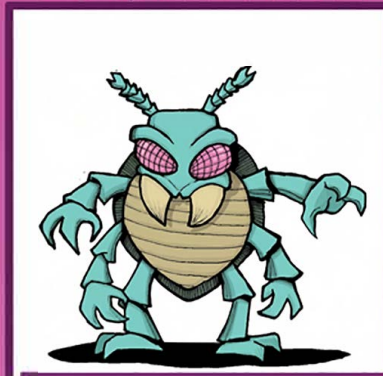
MARK YOUR TRIGGERS ON THIS PAGE TO REMEMBER WHICH ONES YOU NEED TO WATCH OUT FOR!

the Roach



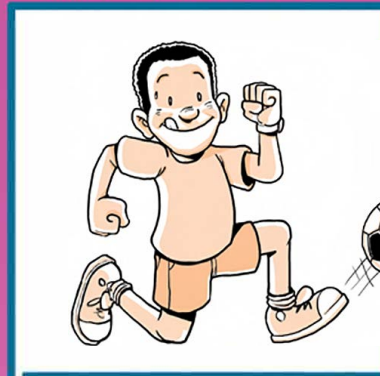
THE ROACH CAN TRIGGER MY ASTHMA IN BUILDINGS IN BIG CITIES.

THE DUST MITE



THE DUST MITE CAN TRIGGER MY ASTHMA IN PILLOWS, MATTRESSES, SHEETS, AND CARPETING.

EXERCISE



EXERCISE CAN TRIGGER MY ASTHMA. MY DOCTOR MIGHT WANT ME TO USE MY RESCUE INHALER BEFORE PHYSICAL ACTIVITIES LIKE RUNNING OR BEFORE GYM CLASS.

COLDS



HAVING A COLD CAN TRIGGER MY ASTHMA. MY DOCTOR MIGHT WANT ME TO USE MY YELLOW ZONE CONTROLLER WHEN I GET SICK.

GO (green), SLOW (yellow), and WHOA (red) Foods



Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop.

GO Foods—Eat almost anytime.

SLOW Foods—Eat sometimes, or less often.

WHOA Foods—Eat only once in a while or on special occasions.

| Food Group | GO (Almost Anytime Foods) | SLOW (Sometimes Foods) | WHOA (Once in a While Foods) |
|--|---|---|--|
| | Nutrient-Rich ← | | → Calorie-Rich |
| Vegetables | Almost all fresh, frozen, and canned vegetables without added fat and sauces | All vegetables with added fat and sauces; oven-baked French fries; avocado | Fried potatoes, like French fries or hash browns; other deep-fried vegetables |
| Fruits | All fresh, frozen, canned in juice | 100 percent fruit juice; fruits canned in light syrup; dried fruits | Fruits canned in heavy syrup |
| Breads and Cereals | Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals | White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes | Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals |
| Milk and Milk Products | Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese | 2 percent low-fat milk; processed cheese spread | Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt |
| Meats, Poultry, Fish, Eggs, Beans, and Nuts | Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes | Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat | Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat |
| Sweets and Snacks* | | Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels | Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn |
| Fats & Condiments | Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream | Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream** | Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips |
| Beverages | Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade | 2 percent low-fat milk; 100 percent fruit juice; sports drinks | Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice |

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements. **Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout) **Source:** Adapted from *CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc.*



Teachable Moments About Healthy Hearing

A teachable moment offers a great opportunity to help your tween learn what to do to protect his or her hearing from **noise-induced hearing loss (NIHL)**. You can use any spontaneous or unplanned event as a learning opportunity. In these moments, your child is suddenly open to learning new ideas. Teachable moments are particularly effective because they give real-world meaning to the lesson you want to share. For example, it's much easier for a child to understand that noise can damage his or her hearing after an ambulance, with its siren screaming, has passed by.

What are some teachable moments about healthy hearing?

A teachable moment can occur almost anywhere—in your home, at school events, and during work and leisure time activities. Any time you are exposed to potentially damaging noise levels and you take action to protect your tween's hearing is a teachable moment. When you are mowing the lawn or doing carpentry, wear hearing protectors. When you are motor boating, or at a sports event, wear earplugs. Children often learn healthy behaviors by following the example of others. Let your tween see you protecting your hearing and he will be more likely to protect his own.

Other examples of teachable moments are:

- **When listening is enjoyable.** At almost any time of day and almost any place, you can share the pleasure of healthy hearing with your tween. If your child comments on a bird singing or a favorite band playing, this is a teachable moment. Talk with your tween about sounds in her environment and why healthy hearing is important.
- **When listening may *not* be enjoyable.** A good time to discuss why hearing needs to be protected—and how—is when the noise around you is too loud. A few examples of noisy situations are:
 - Waiting for a subway or walking by a road with heavy traffic or construction.
 - Doing yard work or housework involving noisy appliances.
 - Attending a sports event or concert, or watching a parade.

In these and other noisy situations, help your child remember **three ways to protect his or her hearing:**

1. Turn down the sound.
2. Avoid the noise (walk away).
3. Block the noise (wear hearing protectors, such as earplugs).

TEEN HEARING: DANGER AHEAD

Most teens are engaged in dangerous listening habits

Risky Habits Teens know there are risks



of teens say parents or teachers would tell them to lower the volume, wear protective gear or just stop if they had an idea just how loud their music was.

Teens are still leaving their hearing unprotected



Listen to loud music with earphones



use mowers & other loud tools

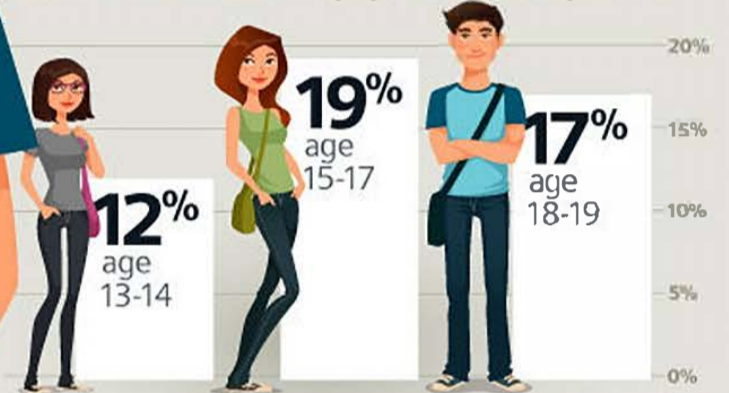


use noisy powered toys

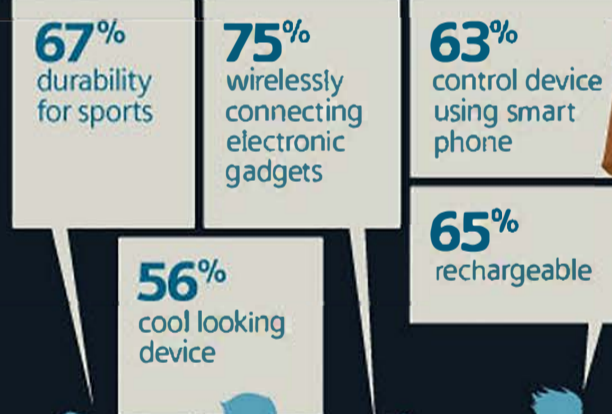
Many teens show signs of hearing loss



Percentage of teens with at least one symptom, often or all the time (ringing, roaring, buzzing or pain)



Hearing aid features teens say they would look for



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 hunter's ear plugs



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