

HEY! HOW'S YOUR HEARING?

Maybe you don't realise you have hearing loss!



DID YOU KNOW?

MOST HEARING LOSS IS PREVENTABLE

MORE YOUNG PEOPLE JUST LIKE YOU ARE EXPERIENCING HEARING LOSS DUE TO:



using earphones/buds to listen to portable music devices.

activities including motorbike riding, using firearms and machinery without hearing protection.



Around 1 in 5 adolescents experience hearing loss.

Understanding the types of sounds you are listening to, how loud they are and how long you are listening to them will help you to reduce your risk of acquiring hearing loss.



Ongoing ear infections and conditions such as Glue Ear can cause hearing loss.

If you experience hearing loss, you may find it difficult to tell people and this can cause isolation, frustration and anxiety.

SPEAK TO A TRUSTED ADULT AT HOME OR SCHOOL

Looking after your hearing health is very important!

If you would like more information or support, speak to a trusted adult at home or school.



Diocese of Toowoomba
Catholic Schools

ADDRESS PO Box 813, Toowoomba Qld 4350 PHONE 07 4637 1400 FAX 07 4637 1499
EMAIL enquiries@twb.catholic.edu.au WEB www.twb.catholic.edu.au ABN 88 934 244 646