

WHO says cut music to an hour a day

2nd March, 2015



The World Health Organisation (WHO) is worried that 1.1 billion teenagers and people in their twenties and early thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-income countries risk hearing loss because of the "unsafe use" of personal music players, including smartphones.

Loud music in nightclubs, bars and at sporting events also increases the risk. The WHO recommends a safe limit of listening to music for just one hour a day. The WHO director for injury prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness of an issue that is not talked about enough." He said hearing loss is easily preventable.

Dr Krug said keeping the volume down and limiting the use of personal audio devices to less than one hour a day would save a lot of people's hearing. However, he also said that, "even an hour can be too much if the volume is too loud". Ralph Holme, a biomedical researcher, explained how loud noise can damage ears. He said: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear. The cells detect different pitches of sound through vibration...but they are very fragile and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can no longer detect sound."

Sources: BBC / Independent.co.uk / mirror.co.uk

Writing

If people want to damage their hearing with loud music, they can. Discuss.

Chat

Talk about these words from the article.

WHO / teenagers / hearing / loud music / high-income countries / injury / awareness / volume / audio devices / damage / vibration / fragile / inner ear / damaged / sound

True / False

- Over 1.1 billion teenagers risk hearing loss because of loud music. T / F
- Half the young people in poorer countries risk hearing loss. T / F
- Loud music at sporting events increases the risk of hearing loss. T / F
- The WHO said too many people are talking about hearing loss. T / F
- A doctor said an hour of music a day is OK even at high volumes. T / F
- Loud noise kills tiny hair cells inside our ears. T / F
- The hair cells in our ears can break very easily. T / F
- Once a hair cell dies, it can never grow back. T / F

Synonym Match

- | | |
|--------------|------------------|
| 1. worried | a. knowledge |
| 2. damaging | b. heightens |
| 3. increases | c. ceiling |
| 4. limit | d. identify |
| 5. awareness | e. described |
| 6. limiting | f. concerned |
| 7. explained | g. easily broken |
| 8. little | h. restricting |
| 9. fragile | i. ruining |
| 10. detect | j. tiny |

Discussion – Student A

- What kind of music should you never listen to at a high volume?
- How many hours a day do you need to listen to music?
- What loud sounds do you hate?
- What problems does noise pollution cause?
- What do you think of people who listen to loud music in public?
- Do you think scientists will be able to regrow the hair cells in the future?
- Will you change your listening habits after reading this?
- What questions would you like to ask the WHO director?

Phrase Match

- | | |
|-----------------------------------|---------------------|
| 1. people in their twenties and | a. awareness |
| 2. nearly half | b. events |
| 3. middle- and high- | c. fragile |
| 4. sporting | d. the young people |
| 5. raise | e. is too loud |
| 6. keeping the volume | f. sound |
| 7. too much if the volume | g. early thirties |
| 8. thousands of little hair cells | h. down |
| 9. they are very | i. in the inner ear |
| 10. detect | j. income countries |

Discussion – Student B

- How is your hearing?
- What are your favourite sounds?
- What do you think about what you read?
- Do you worry about loud music?
- Do you think young people will listen to the WHO advice?
- How important is your hearing to you?
- How important is it for music to be loud?
- How good is listening to music through headphones?

Spelling

- people in their tswtenei
- high-nimoce countries
- inlnugcdi smartphones
- juniry prevention
- raise nsaeaewsr
- hearing loss is easily peatreelnbv
- keeping the movelu down
- personal audio deisvec
- loud noise can maaedg ears
- different ihscpet
- if they ebvirta too much
- the ear can no longer eedtt sound

Answers – Synonym Match

| | | | | |
|------|------|------|------|-------|
| 1. f | 2. i | 3. b | 4. c | 5. a |
| 6. h | 7. e | 8. j | 9. g | 10. d |

Role Play

Role A – Rock

You think rock is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or classical.

Role B – Hip-Hop

You think hip-hop is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): rock, jazz or classical.

Role C – Jazz

You think jazz is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, rock or classical.

Role D – Classical

You think classical is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or rock.

Speaking – Music

Rank these with your partner. Put the best music at the top. Change partners often and share your rankings.

- | | |
|-------------|--------|
| • rock | • jazz |
| • hip hop | • folk |
| • classical | • soul |
| • pop | • punk |

Answers – True False

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| a | F | b | F | c | T | d | F | e | F | f | T | g | T | h | T |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Answers to Phrase Match and Spelling are in the text.