1 in 5 teens suffers from some degree of hearing loss. The damage is often noise-related and could have been prevented.

Listening to just a single song at full volume with headphones or ear buds could damage your hearing forever.

ONE SONG could be too long.

Protect your ears against noise-induced hearing loss by remembering DRUM:

Dial back your volume to 60% or less
Reduce your exposure to loud sounds
Use hearing protection whenever possible
Make an appointment with an audiologist to get your hearing tested

Keep the music PLAYING.
Turn the volume DOWN.