



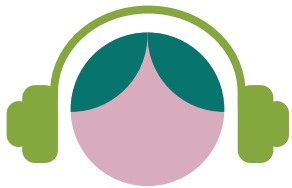
# Protect your hearing in ways that work for you – every day, in your own way.

This plan is your personal guide or toolkit to enjoying sound safely, grounded in real experiences and designed to build habits that feel good and stick. Start wherever you are and take it at your own pace.



# Step 1: Start

## Notice what already helps



You likely have safe listening habits already—even if you don't realise it. Sound isn't just noise; it affects how you feel emotionally and physically. Hearing changes often happen slowly and can feel invisible or uncomfortable to notice.

Start by tuning in:

- What sounds help you feel calm, focused, or connected?
- Do you use captions, headphones, or take quiet breaks?
- Do you pick calming music or turn down volume when stressed?

**This step builds your awareness and confidence by showing what's already working for you.**

**Real Tips.  
Real People.**



**I also try to create a calm atmosphere in my workspace by playing ambient music or nature sounds.**

**I keep captions on for all videos — it helps me stay informed without needing sound.**

**Noise cancelling headphones help me control what I hear.**

# Step 2: Ask

## Why does it work?



Understanding why something helps you makes it easier to keep doing it. Your listening needs can change based on mood, environment, and energy.

Ask yourself:

- Does this help me feel calm or focused?
- Does it reduce stress or sensory overload?
- Does it give me control over what I hear?

**Reflecting helps you make choices that feel right—and stick—with you.**

**Real Tips.  
Real People.**



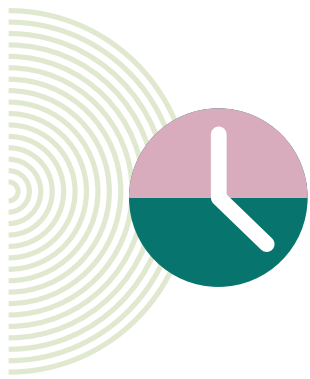
**Calming music helps me relax, while loud or sudden noises stress me out.**

**I try to be mindful of the volume of my own sounds, like my voice or music.**

**I look at the positive aspects of the things I listen to... comedies revive my day.**

# Step 3: Focus

## Make it a habit



Small, steady habits add up. Connect safe listening to things you already do to make it easier:

Try:

- Taking short breaks from headphones every hour.
- Turning on captions during meetings or streaming.
- Checking your volume at a regular time.

**Make safe listening the easy, natural choice—little by little.**

**Real Tips.  
Real People.**



**After long Zoom calls or noisy environments, I take breaks in silence to rest my ears.**

**I try to be mindful of the volume of my own sounds, like my voice or music.**

**I rely heavily on captions and visual alerts — I see it as part of my daily routine.**

**I set safe volume limits on my phone and device settings.**

# Step 4: Evolve

## Adapt and grow your plan



Life and listening habits change—that's normal. You don't have to be perfect, just stay curious and flexible.

Keep exploring:

- What sounds lift you up? Which drain your energy?
- Could a new app, playlist, or setting help?
- What social or emotional barriers get in your way?

**Small adjustments help you create lasting, joyful habits.**

**Real Tips.  
Real People.**



**Mostly boils down to how I actually feel at the moment — I just adjust to suit my mood.**

**Sometimes I will remove my hearing aids... sometimes I need to leave the building... sometimes I will ask people to turn down the volume.**

**I adjust based on how I feel — some days I avoid sound altogether and just need quiet.**

# Know what gets in the way.

Safe listening can be hard when noise is part of your environment or lifestyle. But even tiny changes or shifts in mindset can make safer choices easier and more enjoyable. You're not alone—you're already on your way.

## S.A.F.E. Summary

Step	Action	What It Means
<b>S</b>	<b>Start</b>	Notice what already helps
<b>A</b>	<b>Ask</b>	Reflect on why it works
<b>F</b>	<b>Focus</b>	Make it a habit
<b>E</b>	<b>Evolve</b>	Adapt and grow your plan

### Every small step matters

Safe listening isn't about fear or restriction—it's about taking control of your sound environment to feel calmer, clearer, and more in charge of your wellbeing.

One small shift at a time is enough. You're already on your way.

### Smart Tip

If you need to shout to be heard, sound is likely over 85 decibels. That's your cue to:

- Take a short break
- Use earplugs
- Lower the volume

# You've got this!

## Be S.A.F.E.

### Want to Learn More?

Explore our Safe Listening Fact Sheets for practical tips and info:

1. **Ears** – How hearing works and why it matters.
2. **Noise** – What sound can cause harm and why.
3. **Safe Listening** – Everyday safe listening tips

Visit: [www.deafnessforum.org.au](http://www.deafnessforum.org.au)

## About This Plan

This action plan reflects real people's experiences, designed to be flexible and inclusive. It's not medical advice—if you have concerns about your hearing or ear health, speak to a qualified professional like an audiologist or GP.

Information is current as of the publication date. Research and technology evolve, so stay curious and consult trusted sources.

We sincerely thank the community members whose valuable input helped shape this plan.

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