(Fill in each of the lines below with one or more full sentence.)  ***Brian Debrosse***

**The danger of Listening to headphones loud and how to prevent hearing loss.**

* **Introduction**
* **Attention Getter- We all like to have our own personal concert with our headphones blasting. But many of us are unaware of the harm they can cause.**
* **Thesis Statement/Main Overall Point- With so many portable audio devices availabler these days an increasing number of us have begun using earphones on a daily basis.**
* **Credibility Statement- I realize that with all new cool expensive headphones comming out. People are unaware of the potential dangers these headphones could cause to them. It would be good if I could inform people.**
* **Relevance Statement (optional)**
* **Review Main Points (optional)**
* **Body** (number of main points is usually determined by length of speech.)
* **Main Point 1- Listening to loud music through your headphones increases your chance of damaging your hearing. These is refereed as Noise-Induced Hearing Loss (NIHL)**
* **Supporting Material- Listening to sounds louder then 85 decibels is considered dangerous for your hearing.**
* **Supporting Material- People makes a mistake by blasting their headphones. In order to get better sound or to block outside noises. Not realizing that their ears adapt to that level of sound and soon would lead up to increasing the audio sound even more.**
* **Main Point 2- Not only is loud headphones bad for your hearing it also makes you unaware of your surrondings.**
* **Supporting Material- Scientist are calling this new caee as inattentional blindness.**
* **Supporting Material- Since 2004 an increase in traffic accidents invloving pedistrians have increased. Most of them were wearing headphones and did not hear or see the car comming.**
* **Main Point 3- Sounds over 85 decibels are bad for your ears.**
* **Supporting Material- An average dance club plays sounds around 110 decibels. An average lawn mower is 120 decibels.**
* **Supporting Material- You can reduce your chance of hearing loss just by turning down the volume just a little bit.**
* **Conclusion**
* **Review Main Points (optional)**
* **Clincher**

\*Don’t forget to also include transitional phrases. Citations should appear in text where appropriate. Outlines should be at least 1 full page.

**References**

[**http://www.sciencedaily.com/videos/2007/0610-mp3\_players\_how\_loud\_is\_too\_loud.htm**](http://www.sciencedaily.com/videos/2007/0610-mp3_players_how_loud_is_too_loud.htm)

[**http://www.alphagalileo.org/ViewItem.aspx?ItemId=123538&CultureCode=en**](http://www.alphagalileo.org/ViewItem.aspx?ItemId=123538&CultureCode=en)

[**http://www.centerpointaudio.com/Earbud-Safety.aspx**](http://www.centerpointaudio.com/Earbud-Safety.aspx)