



**HEARING LOSS CAN SIGNIFICANTLY  
IMPACT SOMEONE'S LIFE 24/7.**

**We're inviting you to walk in the shoes of  
someone with hearing loss for just  
30 minutes.**





The Take 30 challenge, is all about raising awareness for the experiences of Kiwis who are Deaf or hard of hearing.

The activities were designed to provide you and your team with a brief insight into the experience of being Deaf or hard of hearing.

880,000 New Zealanders are Deaf or have a hearing loss. Even if you don't have any first-hand experience of hearing loss, you may know someone at work, in your family or in your circle of friends who does.

Take 30 is a fun way to learn new communication skills, and to become aware of some of the barriers people who are Deaf or hard of hearing may face in everyday situations – and how to overcome them.

## **YOUR TAKE 30 PACK INCLUDES:**

- The Take 30 Booklet
- Ear plugs for participants to wear
- The Read My Lips Worksheets
- An NZSL Fingerspelling Poster
- A Take 30 poster to display
- A fundraising sheet

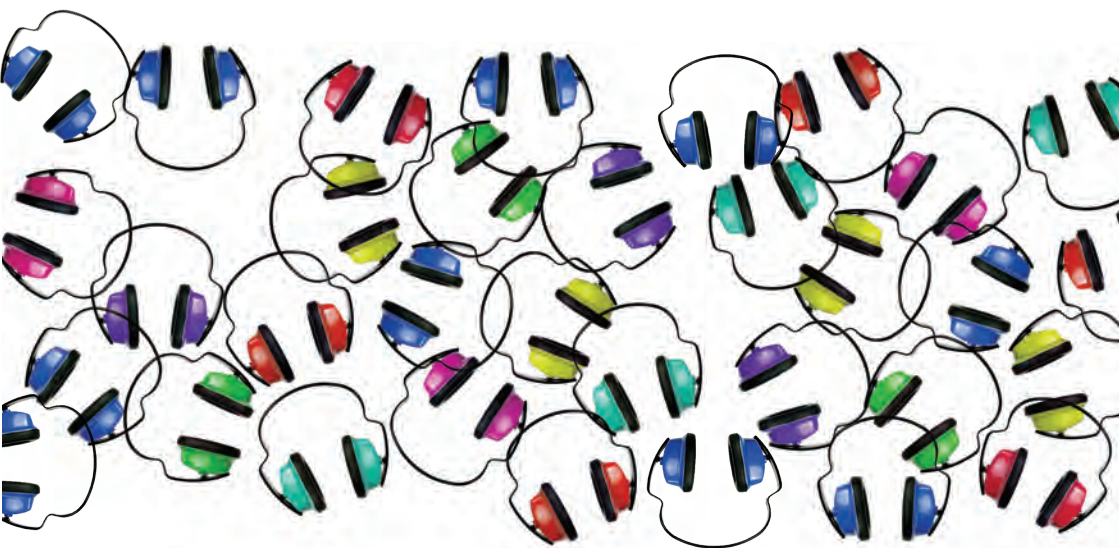
**Raising \$50, will help fund one Year 9 Student's hearing check as part of our Youth Screening Programme in Secondary Schools.**

**[www.nfd.org.nz](http://www.nfd.org.nz)**

*Sources: National Deaf Children's Society, and Twinkl*



## INSTRUCTION BOOKLET FOR TEAM LEADER



## Activity Book

Deaf and hearing loss aware challenges for you & your team.



NATIONAL FOUNDATION FOR  
**Deaf & Hard of Hearing**

# ABOUT THE TAKE 30 ACTIVITIES

Each activity has been designed to give you and your team a chance to learn a little more about the experiences of being Deaf or hard of hearing.

There are challenges you'll do in pairs, with the whole group and individually.

If you're a large group of people, set up in a quiet space with plenty of room.

Everything you need to perform the challenges is provided in your Take 30 pack.

It should take you 30 minutes to complete the activities.

## GET YOUR TEAM TOGETHER AND... LET'S GET STARTED!







## READ MY LIPS

Work in pairs. One person will be **Person A**, the other will be **Person B**.

- ① **Person A** will **mouth the words** on the **A** section of the Read My Lips worksheet – without using their voice.
- ② **Person B** **writes down the words** the other is mouthing.
- ③ Then **swap roles**, and **Person B** mouths the words on the **B** section of the Read My Lips worksheet.
- ④ How many did you each get right? Discuss what people found easy, or difficult, and why?

### FOOD FOR THOUGHT

- Are some words easier to lipread than others?
- Did the length of the word make a difference?
- Did having the words in a sentence make it easier to understand?
- Did the person 'speaking' do anything that helped or hindered understanding?

**DID YOU KNOW?** Only about 30% of lip patterns are recognisable.

# CAN YOU HEAR ME?

## Activity

# 2

Work in pairs. One person will be **Person A**, the other will be **Person B**.

- 1 **Person A** stands approximately 5 metres away from **Person B** and stands side-on – turning their head so **Person B** can only see one side of their face. (See diagram on next page).
- 2 **Person B** puts their ear plugs in (see earplug packaging for correct application) while **Person A** talks about their most memorable holiday, a movie they like, and their favourite food.
- 3 **Person B** will try to understand what **Person A** is saying. It is important to speak normally (don't raise your voice).
- 4 Then swap roles while remaining 5 metres apart with **Person A** wearing earplugs while **Person B** talks.
- 5 Repeat this exercise but this time stand talking face to face 1 metre apart.

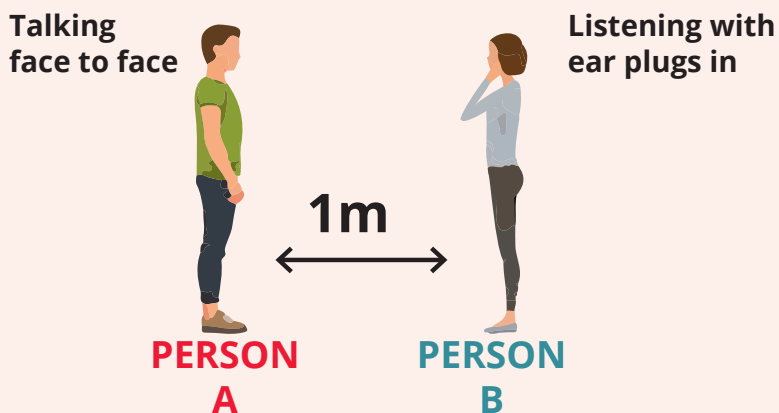
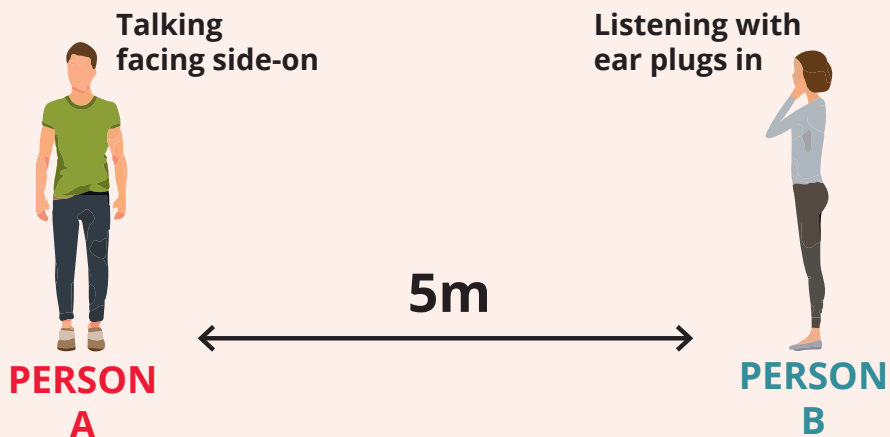
Reflect on both your experiences standing 5 metres apart and 1 metre apart.

Did you both manage to follow what the other said or did some information get lost?



# CAN YOU HEAR ME?

## HOW TO POSITION EACH PAIR



# INTRODUCE YOURSELF IN NZ SIGN LANGUAGE

## Activity

# 3

NZSL is one of three official languages in New Zealand. Here's your chance to have a go at signing your name.

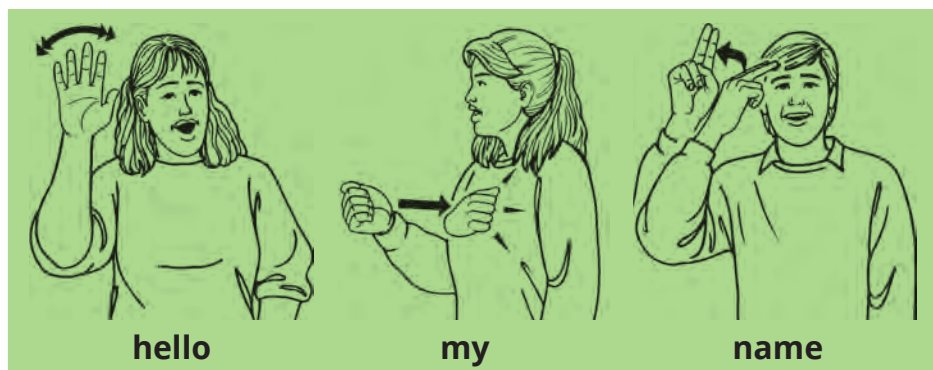
Fingerspelling is a part of NZSL. Learning to fingerspell is easy and can be mastered in around 10 minutes.

**Work together with the whole group for this exercise.**

**1** *Study the NZSL Fingerspelling poster* provided in your Take 30 pack and learn to spell your name.

**2** Take turns introducing yourself to the group.

*Here's how to introduce yourself in NZSL:*



—————➔ **Then spell out your name**

*Need some help?*

Go to [www.nfd.org.nz/take-30-for-hearing-loss](http://www.nfd.org.nz/take-30-for-hearing-loss) to watch a video on fingerspelling in NZSL and how to introduce yourself.

# LEARN MORE ABOUT YOUR HEARING HEALTH

Activity

4

Do this activity at your computer alone in a quiet space.  
You'll need a pair of headphones.

## TAKE AN ONLINE HEARING CHECK

It's quick. It's easy. And...it's free

Just go to: **[testmyhearing.co.nz](https://testmyhearing.co.nz)**

Triton Hearing will donate \$1 towards our Youth Screening Programme for every online hearing check completed.





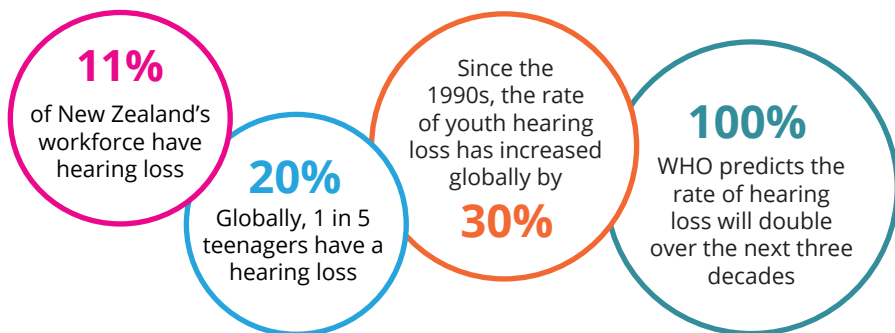


## ABOUT HEARING LOSS

Hearing loss affects around one in six New Zealanders and this number is increasing. Youth hearing loss is on the rise globally, with one in five teenagers estimated to be living with this invisible disability.

Increasing levels of disabling hearing loss are a widespread concern. According to the World Health Organisation, 466 million people worldwide are living with disabling hearing loss and this number is predicted to double by 2050.

All levels of hearing loss have an impact on communication. So it's helpful for everyone to be aware of communication strategies that can help to bridge the gap.



# IMPACT OF HEARING LOSS ON COMMUNICATION

Levels of hearing loss are described as Mild, Moderate, Severe and Profound and can impact a person's hearing in the following ways:

## **Mild**

Difficulty with hearing whispers & may struggle to follow a conversation if there are any background noises

## **Moderate**

Ability to hear loud sounds but would need to concentrate during conversations & would probably miss some details

## **Severe**

Likely to hear loud industrial sounds, but unlikely to hear other people's voices

## **Profound**

May hear very loud noises such as a plane taking off, but not conversations or telephones ringing

## **EVERYONE IS DIFFERENT**

It is important to remember that no person's experience of hearing loss will be the same as another. That is why it is important to ask, rather than assume, what someone can or can't hear.

While hearing aids can help, they don't work for everyone. Respect that it's a personal choice to wear hearing aids or to use assistive devices.

# HEARING LOSS AWARE COMMUNICATION TIPS



Be mindful of background noise, which makes it harder to hear.



If rephrasing doesn't work, write down keywords.



Turn your face towards the person you're speaking to, so they can read your lips.



If someone doesn't understand what you've said, try saying it in a different way.



Take care not to cover your mouth when speaking.



Step into the light, so that they can see your face more clearly.



Remember to be respectful, talk to the person not their disability.

**KEEP THE CONVERSATION GOING**  
**Find out more: [nfd.org.nz](http://nfd.org.nz)**



# THANK YOU FOR TAKING 30

If you'd like more information on hearing loss aware communication or if you are Deaf or have a hearing loss and are seeking support, please get in touch.  
We're here to help.



**NATIONAL FOUNDATION FOR**  
**Deaf & Hard of Hearing**

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*Take 30 sources: National Deaf Children's Society & Twinkl*