Teacher Answer Key

Case Study

1. Carlos experienced lingering ringing in his ears (tinnitus) after gaming sessions.

2. He lowered his headphone volume, took breaks, got noise-canceling headphones, obtained glasses for distance viewing, and used the 20-20-20 rule.

Multiple Choice

1. B

2. C

3. C

Matching

1-D, 2-C, 3-A, 4-E, 5-B

Fill-in-the-Blank

1) tinnitus, 2) prescription, 3) eye strain

Short Answer (Sample Responses)

Q1: Teens may not feel immediate pain or damage and assume they can tolerate loud music without consequences.

Q2: Proper brightness settings reduce glare, while keeping the screen at a comfortable distance prevents squinting and headaches.

Q3: Teens should wear goggles or earplugs during loud sports events, concerts, lab work, or any activity risking eye/ear injury.