



AMERICAN  
SPEECH-LANGUAGE-  
HEARING  
ASSOCIATION

Parents' Choice

REVIEWING CHILDREN'S MEDIA

Since 1978

For Kids



# The Buds' Pledge

## I Pledge To:

Always protect my hearing from loud noise

Remember not to listen to my music too loud or for too long

Share the message about safe listening with my friends and family

\_\_\_\_\_  
That's Me!

\_\_\_\_\_  
Date