

# TEENS AND SENSORY PROCESSING: AUDITORY CHECKLIST

## Signs of auditory hypo-responsivity or auditory sensory seeking:

- Constantly listens to loud music
- Seeks out noisy environments
- Hums, whistles and/or sings to self excessively
- Often makes noise and/or speaks loudly
- Does not respond when spoken to or when a question is asked
- Often asks people to repeat things
- Misses important information or details in conversations at school or at home
- Struggles to participate in conversations
- Has a hard time following when others speak quickly
- Seems “zoned out” or lost during lectures, classes

## Signs of auditory hyper-responsivity:

- Avoids loud environments (e.g. concerts, movie theaters, sporting events)
- Struggles in large open spaces or during recreational events in auditoriums and gyms
- Has extreme reactions or startles easily with sudden or loud noises (e.g. fire alarm, car horn)
- Covers ears during loud sounds
- Leaves the room when others are watching tv, listening to music or using noisy household tools (e.g. vacuum, hair dryer)