

HOW TO SOUNDPROOF YOUR TEENAGER'S ROOM

1 Move speakers away from walls.

Speakers placed directly against a wall will reverberate sound through the wall and into adjoining rooms. Also raise the speakers off the floor and place them on stands or small tables to reduce reverberations through the floor.

2 Lower the volume.

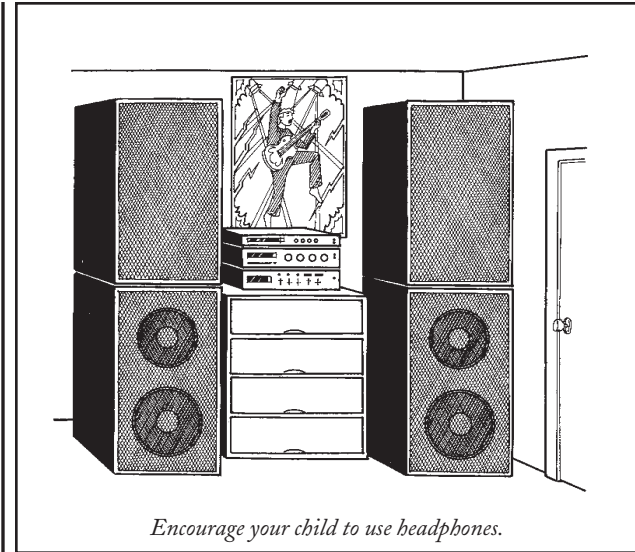
Turn down the volume 30 percent, then move the speakers closer to your teenager to provide him with the same volume of sound.

3 Disable bass-boosting features.

Bass-enhanced sound travels through most partitions more easily. Turn off the feature on the amplifier or equalizer.

4 Install carpeting.

A thick carpet with a rubber pad below it will absorb most sounds. Make sure it runs wall to wall. Do not hang carpeting or rugs on the walls. Soft, absorbent materials applied to walls change the acoustics of a room but rarely make it more soundproof.



5 Install a solid wood door.

Solid wood doors offer better soundproofing than hollow-core or recessed-panel doors.

6 Install weather stripping.

Sound "leaks" from a room through the space around the door. Add sponge rubber weather stripping seals on the top, bottom, and sides of all doors.

Be Aware

Studio-quality headphones make an excellent present for your teenager. Explain that they enhance the quality of the sound and can really be blasted; hope that headphones replace the speakers.

HOW TO COPE WITH YOUR TEENAGER'S MUSICAL PREFERENCES

- ★ **Buy yourself earplugs.**
- ★ **Create loud white noise.**

Run the vacuum or turn on a wave machine set at the tsunami level to relax when your teen turns on his music.
- ★ **Learn to be “down” with your teen’s music.**

It will weird him out and probably make him switch his preferences. Eagerly ask if he has the latest [*insert his favorite music group*] disc. Proudly show off the poster, T-shirt, and other memorabilia you have collected of said group. Sing along whenever he plays the group’s CDs.
- ★ **Dig up embarrassing “early years” information on your teen’s favorite group.**

Find humiliating photographs of the band when it was starting out. You are bound to come across lame hair and clothing styles. Reveal damning facts on the band such as any classical training, experiences with all-boy or all-girl bands, and appearances on network television talent-search programs.
- ★ **Say you heard the creepy neighbor’s preteen listening to the same music last week.**

**WORST-CASE
SCENARIO.**