

Sound Advice- An Ethical Framework

We have created this **ethical framework**, with our project participants, to support you with your own sound journey. We hope it is useful for staff, in support roles, and for anyone who would like to use the soundscapes and /or our toolkits.

You might wish to adapt, or add your own **care guidelines** to the framework.

- **Avoid making assumptions about another person's experience of a sound.**

Something you find soothing could be genuinely uncomfortable for somebody else.

- **Always ask permission to play sounds in a group setting.**

- **Always ask permission before recording sounds in your setting.**

Our Sounds Better groups have described anxieties around technology, being recorded or having unknown people listening in to conversations.

- **Offer an alternative space, so people can opt out of a sound activity in the main space.**

- **Provide ear defenders so people can stay in the space but opt out of listening to sounds.**

You will find a set of ear defenders in the Sounds Better Toolkits, or these can be purchased relatively cheaply.

- **Consider how we talk about sound and think about the diverse ways in which people might experience sound and noises.**

“How did you experience the sound?” rather than “Did you hear that...?”

- **Discuss your own ideas about the ethics of using sound, or ideas about how to make the toolkit more accessible for you or members of your group.**