

Persuasive Speech Outline

Sample #1

Core 201

Dr. ~~Mrs.~~ Easterling

The effects of Technology

- I. Attention Step
 - a. Is the rapid increase in technology to blame for an increase in those affected with behavioral, physiological and behavior disorders in physical education class?
- II. Need
 - a. The problem is that in the world today, technology is becoming more and more apart of our lives and we are focusing less on physical education especially with kids.
 - b. Here's the proof- 37.9% of people over the age of 20 in the United States are obese
 - c. Here's how it impacts your life- 9.4% of children aged 2-5 and 17.4% of children aged 6-11. Likely hood of your children becoming overweight is too high.
 - d. Some people say obesity isn't a real problem, yet today about 1/3 American kids and teens is overweight or obese.
 - e. I say they are wrong because - almost 1/3 children is overweight today, this is much higher than it has been and this correlates with too much technology, not enough physical activity/education.
- III. Satisfaction
 - a. Here's the solution - making technology less accessible at such an early age and reinforcing our physical education standards in schools.
 - b. Here's how the solution works - 1/3 children now enter school developmentally delayed, negatively impacting literacy and academic achievement. On the other hand movement enhances attention and learning ability. Use of technology under the age of 12 years is detrimental to child development and learning.
 - c. Here's the proof - Stimulation to a developing brain caused by overexposure to technologies (cell phones, internet, iPads, TV), has been shown to be associated with attention deficit, cognitive delays, impaired learning, increased impulsivity and decreased ability to self-regulate, e.g. tantrums
 - d. Some say this solution won't work - because technology is such a big part of our lives today, can't simply just remove it from our children's lives or limit our usage.
 - e. I say they're wrong, and here's why: 20 years ago children used to play outside all day, building forts, riding bikes, playing sports they would create imaginary games to keep themselves occupied. These children created their own form of play that didn't require expensive technology or parental supervision.

IV. Visualization

- a. Picture how much worse off we'll be if we don't move to use my solution.



- b. Picture how much better the world will be once we put my solution into place



V. Action

- a. Is the rapid increase in technology to blame for an increase in those affected with behavioral, physiological and behavior disorders in physical education class?
- b. We need to realize that technology is hurting our youth, it is causing mental restrictions as well as physical restrictions. Not only our youth is affected though, I challenge you to check yourself and consider how much time you spend using technology and to see if you can cut back.
- c. Because if you don't, the number of youths in America suffering from these issues will only continue. We are the ones who can prevent it from happening in the first place by restricting children's exposure to technology.
- d. But if you do listen to my solution then the likely hood of your child or any younger child that you care about becoming obese or suffering from a behavioral/physiological disorder is far less.