

Suicide speech outline

Literature



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Speech Outline

Topic: Suicide Specific

Purpose: To aware people about suicide and help them to find out if someone could be living this awful situation. By being aware all of us could save lives in danger.

Introduction: Attention

Getter: Suicide is the 3rd leading cause of death in the U. S. surpassed by accidents and homicide. (According to Centers for Diseases Control and Prevention)

Statement of Significance: Suicide or “ self-killing” or “ an act of taking one’s own life” according to Robert M. Martin.

Now committing suicide is very common in nowadays anyone could be in danger of doing it, your mom, dad, brother, sister, uncle, and aunt could be going through this hard stage. I will tell you the main causes of suicide, the signs of a suicidal person, and how could you help someone on need.

Preview: Today I will be talking about why people commit suicide, the signs and methods and finally how we can help someone that wants to commit suicide.

Transition: Now that I covered the significance let’s see why people do it

Body: I. Why do people commit suicide?

A. They think it’s killing themselves is the only way of his/her problems.

1. Usually when someone takes over hi/her life they aren't thinking straight because for example (when you were little and you went to the doctor and they wanted to give you an injection you would say no, because it would hurt. Now imagine wanting to end up with your own life)
2. Most of the times suicide is planned buy in other cases is not planned its just and instinct that people have and supposedly their way out of problems. Women attempt suicide more often than men, but men are 4 times more likely to commit suicide because men use more effective methods such as gun and hanging themselves.

B. Depression

1. Having some personal problems such as a breakup, a big fight with a loved one, parents getting a divorce, being an outcast in school or in other place, even an unwanted pregnancy could depress someone that much that suicide is their first thing in their heads and they end up doing it.
2. Having some personal issues is also a main cause of suicide such as being sexually abuse, homosexual preferences, and self- identity and a trauma (according to Edwin Shneidman) which includes poor health, example asthma, obesity, and multiple illness .

Transition: Now you know the main causes why do people commit suicide, now let's see the sings of a suicidal person and methods of suicide. II. Sings of a suicidal person and methods

A. Signs

1. The suicidal signs are easy to identify, and if you identify them early enough you could save a person's life that could be in danger.

2. According to the website kidshealth.org here are the signs of a suicidal person * talking about suicide or death in general * talking about "going away" * referring to things they "won't be needing" or giving away possessions * talking about feeling hopeless or feeling guilty pulling away from friends or family and losing the desire to go out * having no desire to take part in favorite things or activities * having trouble concentrating or thinking clearly * experiencing changes in eating or sleeping habits * engaging in self-destructive behavior (for ex. drinking, drugs, or cutting)

B. Methods

1. Top 10 suicidal methods according to listverse.com 10. Drowning 5. Carbon Monoxide Inhalation 9. Electric shock 4. Poison 8. Bleeding to death 3. Hanging 7. Jumping 2. Drug/ Alcohol Overdose 6. Suffocation 1. Gun Shot III. How could we help/ prevent suicide? A. If it's someone you know? 1. Don't leave a family, friend, or stranger alone trying to commit suicide. Try to help them in any kind of way you can by giving them advices and make the realize how suicide could affect everyone around them B. What if it's you? 1.

If suicide has come across your mind, don't just sit there get some help from a person you trust as soon as possible, or you could call the suicide line 24/7 1-800-SUICIDE or 1-800-999-9999. Remember that suicide is not the way out. Transition: So now you know if saving a life is in your hand do it right

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away and before it's too late. Conclusion: Before I finish remember that

Restatement of significance: It's important that we take any sign in consideration because our loved ones could be thinking of a suicide and we must protect them.

Review: I have covered why people commit suicide, the signs and methods and finally how we can help someone that wants to commit suicide, so once again keep these in mind you could save a life.

Closing Device: Just remember that suicide is not the way out.

References: 1. Robert M.

Martin Suicide: The Philosophical Issues New York: 1980 48-54 2. Edwin S. Shneidman Suicidology: Contemporary Developments New York 1976 1-14 3. Methods of suicide <http://listverse.com/health/top-10-ways-to-commit-suicide/> 24 June 2008 4. Suicide in general <http://kidsheath.org/parent/emotions/behaviors/suicide.html> 24 June 2008