

Five minute persuasive speech topics

[Health & Medicine](#), [Obesity](#)



Good persuasive speeches comprise three parts. Begin your speech with an attention-getter to hook the listeners. Once the listener becomes interested in the topic, outline the problem or the need of the issue and anticipate any counter-arguments. To drive the point home, present a call to action.

Persuasive speeches should be short, concise and to the point. You can give a good persuasive speech in just five minutes if you have the right topic.

Obesity in American Children To begin your speech about obesity in children, start with a staggering statistic that will resonate with the audience. For example, " According to the Centers for Disease Control, obesity rates have tripled in America's youth since 1980. Now one-third of America's children are considered overweight or obese." A compelling statement from a factual organization will have the audience craving more. For minutes two through four, supply additional facts that reflects the crisis in America. Discuss elements such as junk food, television and the loss of physical education programs in schools. In the last minute of the speech, provide a call to action. Encourage listeners to head to local schools, volunteer with boys and girls clubs, and educate children about the dangers of obesity.

Pro-Life vs. Pro-Choice A popular topic for persuasive speeches is the pro-life versus pro-choice debate. With so many deeply rooted on either side of the argument, it can also be one of the most difficult speeches in which to persuade the audience. For those willing to tackle the topic, it is imperative to research counter-arguments. When planning the speech, consider all possible rebuttals from the other side and openly discuss them during your speech. If you can face and overcome potential arguments during your speech, you

likely will be more successful than someone who does not anticipate disapproval.