

V.B Speech 101  
Kahn Spr. 05  
Informative Speech Outline

Specific Goal: To inform the audience about the high youth suicide rates.

Thesis Statement: It is crucial to become aware of high suicide rates among young people, understand reasons and prevent their further increase.

Introduction:

- I. Tanya didn't feel at home in her fundamentalist family and was stressed out when she twice attempted to take her life, at age 14 and again at age 16.
- II. Thousands of young American people, just like you, share the same confusion, self-doubt, and other fears while growing up that lead them to self-destruction.
- III. As a person who happened to deal with suicidal friend, I found the topic of suicide really worthy of being considered and researched.
- IV. It's crucial to become aware of high suicide rates among young people, understand reasons, and prevent their further increase.

Transition: To start, let's take a look at statistics.

Body:

- I. Today's youth suicide rates are one of the critical issues of our time.
  - A. Though suicide rates among young people nationwide remain stable they are still dramatically high.
    1. Youth suicide rates have slightly decreased for last decade. (McIntosh, J.L., October 16, 2004, 2002 Official final data, from American Association of Suicidology, <http://www.suicidology.org/> Pg .2)

SHOW VISUAL AID

2. Suicide is the third leading cause of death for 15-to-24-year-olds.(2002 Leading cause of death report, May 5, 2005, from Web-based Injury Statistics Query and Reporting System, <http://www.webappa.cdc.gov/> Pg. 3)

SHOW VISUAL AID

- B. Fatality rates have increased among youth suicide attempts.
      1. "Today, an estimated 276,000 kids between the ages of 14 and 17 try killing themselves each year, and more than 5,000 succeed..."(Merritt, N., 2000, Teen suicide is a serious problem, Teen suicide, p. 9)

2. "Every 2 hours and 15 minutes, a person under the age of 25 completes suicide." (American Association Suicidology, March 19, 2004, Youth suicide fact sheet,  
<http://www.suicidology.org/displaycommon.cfm?1&subarticlenbr=44>

Transition: Statistics are chilling, yet they don't tell us what makes those young people end their lives.

## II. Two significant factors among many others contribute to young people suicide.

### A. Depression is very common among young people.

1. "According to the National Institute of Mental Health, depression is most likely to appear for the first time between the ages of 15 and 19." (Woog, A.1997, Suicide, p.28)
2. "Many people who work with teenagers consider periodic, short-lived depression normal part of growing up... [unless teens] fail to realize that depression will always go away" (Ibid).

### B. Young people who deal with drugs and alcohol are at high risk of committing suicide.

1. Autopsy reports reveal that almost half the young people who commit suicide are under the influence of alcohol or other drugs shortly before death." (Woog, A. 1997, Suicide, p. 29)
2. "Drugs and alcohol become particularly lethal when combined with emotional depression and interpersonal loss—a romantic break-up...or the death of a loved one." (Merritt, N., 2000, Teen suicide is a serious problem, Teen suicide, p. 11)

Transition: For some teens, suicide appears to be a solution to their problems and stress, but if you look deeply you will see that it is a "cry for help."

## III. There is always a chance for us to prevent a suicidal person from committing suicide.

### A. Show the person that you really care.

1. Talk about your feelings and ask about his or her.
  - a. "I'm worried about you."
  - b. "You mean a lot to me. I want to help."
  - c. "I'm here if you need someone to talk to."

(Woog, A.1997, Suicide, p.72)

### 2. Don't hesitate to raise the subject...

- a. "Are you thinking about suicide?"
- b. "Do you really want to die?"
- c. "Do you want your problems to go away?" (73)

### B. Do not try to handle the situation on your own but get help.

1. Professional help is crucial when something as serious as suicide is considered.

- a. School counselor or social worker
- b. Therapist or psychiatrist
- c. Religious person

(Woog, A.1997, Suicide, p.73)

2. Become informed of those organizations that provide education and prevention programs.

a. American Association of Suicidology or American Psychiatric Association

b. Suicide Prevention Resource Center

c. Samaritans

(Ibid).

Transition: Many people may still wonder why this should concern them.

## Conclusion

- I. It's crucial to be aware of suicide rates among youth, so you could understand it better and help to save one's life.
- II. Suicide is a serious problem, but for many it's a problem that is preventable.
- III. Now 23, Tanya looks like typically college-age woman, who is married and on the third month of her pregnancy, who laughs easily, and who drives a car with a "No Fear" sticker on her windshield.

## References

American Association Suicidology, (2004, March 19) Youth suicide fact sheet. Retrieved May 7, 2005, from <http://www.suicidology.org/>

Center for Disease Control and Prevention. (2005, May 5). 2002 leading cause of death report. Web-based Injury Statistics Query and Reporting System. Retrieved May 7, 2005 from <http://www.webappa.cdc.gov/>

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Merritt, N., (2000). Teen suicide is a serious problem. In T.L. Roleff (Ed), Teen suicide (pp. 9-12). San Diego: Greenhoven Press, Inc.

Woog, A. (1997). Suicide. San Diego: Lucent Books, Inc.