

INFORMATIVE SPEECH ASSIGNMENT- Individual Outline

Group Members Names: **Regan Logwood, Sandreka Pixley, and Rajada Lloyd**

Topic: **Effects of Substance Abuse on physical and psychological health**

Pattern of Organization: **Topical**

Introduction:

Substance abuse is a serious issue within the United States. The number of deaths due to such has increased over the past few years. There are many unfortunate causes that lead one into substance abuse. Along with physical and psychological effects. These effects take a toll on the body and mind, forever changing the state in which you can properly function. An issue like these should not be ignored, instead properly cared for. We will be discussing the roots of substance abuse and the varying effects that take place. Substance abuse, which is known as a major killer in the United States, affects those through past predispositions of all sorts and neurological disorders.

Body of Speech 36 points (talks about it) (list main ideas to prove your assertion and supporting ideas to prove your main ideas).

Transition: **Now that we have a glimpse of how crucial drug abuse is lets get into the various roots of it all**

1st **Main Point** You must have 3 to 5 main points to support your thesis (direction statement)

First Supporting Point (to prove your main point – **Statistics of drug abuse/death reports**)

Next Supporting Point: **Root causes & reasons leading to drug abuse**

Next Supporting Point: **Discovering the signs of drug abuse**

Paragraph #1

As the years go by drug abuse has slowly killed and damaged the body of many individuals. Among all ages there were 67,637 drug overdose death reports in 2018. Many of which vary from opioids, needles, alcohol etc. There are a vast amount of situations that lead one into the harmful addiction of drug use. The first cause may include you having a genetic predisposition. Meaning that based on your genetic makeup there is an increased likelihood of one developing this habit or disease. Others include peer pressure or childhood trauma. We all know

that there are people who come from many different walks of life and their environment growing up may not have been the best. This eventually leads the individual into a downward spiral struggling to find something that eases or helps cope with the issues that have yet to be dealt with. With peer pressure, it can happen at any age in your life. There can be uncomfortable situations where the people around you will pressure or encourage you to do things you're not sure of. Along with that other causes include stress or a history of mental illness. The stress of life can become too overwhelming and potentially affect your mental health. That is why it is also important that we are able to recognize the signs. Which include neglecting responsibilities, financial trouble, drug seeking behavior, withdrawal symptoms or cravings.

Transition: After reviewing, the various causes and the effects of substance abuse psychological and physical its now important to know the short-term and long-term effects of abuse altogether. This is important especially in knowing how your life could change futuristically.

2nd Main Point: Short-term and long-term effects

First Supporting Point: Thought process: what does substance abuse do to your mind?

Next Supporting point: Short-term effects and what they do

Next Supporting Point: Long-term effects and what they do

Transition: Therefore, knowing the long-term and short-term effects of substance abuse it is important to know what types of treatment and rehabilitation can be offered.

3rd Main Point: Treatments and Rehabilitation

First Supporting Point: How to know that you need help as a substance abuser?

Signs/symptoms

Next Supporting Point: Types of treatments and rehabilitation

Programs, camps, counseling, etc.

Next Supporting Point: **The good and bad benefits of receiving treatment and rehabilitation**

Successful/unsuccessful rates

Transition: **Taking the factors into consideration that has been presented it is important to consider them because substance abuse is a life-changing factor that happens on a regular basis and you should be aware.**

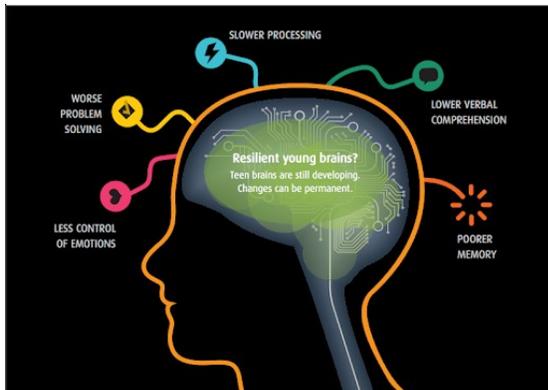
Visual Aid? (Include in outline at whatever point you intend to use it)

Conclusion:

In conclusion, there are so many different things to highlight concerning substance abuse. Things such as what the root causes are and how they affect your daily life. Especially, the long and short term effects concerning your physical and psychological health. It is important that we reach out for help and discover what works best for individuals in their road to recovery. Thank you for your time!

4) Works Cited (Consult MLA handout) 22 points

NOTE: DO NOT forget to include where you will use a visual aide and what it will be. **4 points**



1st Visual aid: used directly after 2nd main point

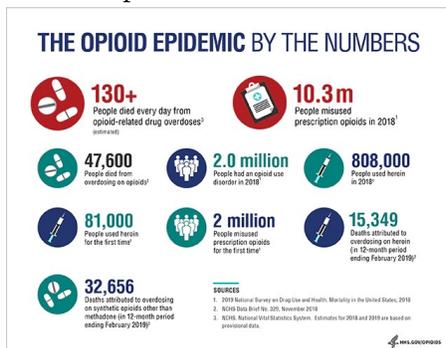
STATISTICS ON SUBSTANCE ABUSE

Divided according to 2015's census, drug abuse is split mostly among the following substances:



2nd visual aid: used directly after

1st main point



3rd visual aid: used directly after 1st main point

“Mental Health Effects.” *National Institute on Drug Abuse*, 15 June 2020,

www.drugabuse.gov/drug-topics/health-consequences-drug-misuse/mental-health-effects.

“The Physical & Mental Effects of Drug Abuse | Gateway Foundation.” *Gateway*, 14 July

2020, www.gatewayfoundation.org/faqs/effects-of-drug-abuse.

"Substance Abuse / Chemical Dependency." Substance Abuse / Chemical Dependency | Johns Hopkins Medicine. Web. 27 Sept. 2020.

<<https://www.hopkinsmedicine.org/health/conditions-and-diseases/substance-abuse-chemical-dependency>>.

Rehab, Elevate. "7 Signs Someone Is Struggling with Addiction." Elevate Addiction Services, 22 Sept. 2020, elevaterehab.org/7-signs-addiction/?gclid=EAIaIQobChMIsvze07GR7AIVLD2tBh1fLQfMEAAyAAEgJZ6fD_BwE.