

Informative Speech with PowerPoint

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General Purpose: To inform.

Specific Purpose: To inform my audience about body images.

Introduction

I. **Open with Impact:** We don't need Afghan-style burquas to disappear as women. We disappear in reverse- by revamping and revealing our bodies to meet externally imposed visions of female beauty. (Media awareness, 2006, Robin Gerber)

- A. The affect of trying to be skinny has on young women.
- B. How unhealthy eating has led to obesity.
- C. What affect the media and society has on body images.

II. **Thesis:** According to WebMD over 30% of adults are considered obese, and about 25% of adults are either anorexia or bulimic and more than 76% of Americans have unhealthy eating habits.

III. **Connect with Audience:** Do you care about your body image?

IV. **Preview:** Today I will be talking about how unhealthy eating leads to obesity, the affect the media and society has on body images, and the affect on trying to be skinny has on young women today.

Body

I. **Main Point:** How unhealthy eating, the media, and being skinny affects our body images.

- A. These are the facts (Facts about Eating Disorders, p. 206)
 - i. Because young girls try to look like their idols more than 75% of young girls are on diets.
 - ii. About 50% of 9-year-old girls have dieted.
 - iii. At least 1 million Americans develop an eating disorder each year.
 - iv. A girl with anorexia usually has a distorted body image which means she may actually be skinny but to herself she looks fat.
 - v. And a girl with bulimia will first stuff herself with a lot of food (binge) and then force herself to throw it up afterwards (purge).
 - vi. Ever since America Next Top Model, Baywatch and One Tree Hill many young girls are trying to look like their idols, and it is taking a toll on their bodies

B. These young girls do all this to their bodies just to be skinny.

(Signpost and transition: Now that you know how girls become bulimic or anorexic I will be telling you how unhealthy eating leads to obesity.)

II. **Main Point:** The reason for obesity is because Americans do not eat the right food.

A. These are some of the facts (CNN.com, 2005)

i. Everyday nearly one-third of U.S. children aged 4 to 19 eat fast food, which likely packs on about six extra pounds per year and increases the risk of obesity, a study of 6,212 youngsters found.

2. The highest levels of fast-food consumptions were found in youngsters with higher household income levels, boys, older children, blacks, and children living in the south.

3. Recent data suggest that nearly 15% of U.S. youngsters and almost one-third of adults are obese.

B. The reason Americans gain weight is because there is a fast food restaurant on every corner of the road.

C. Also fast food restraints are very accusable to Americans.

(Signpost and transition: The final aspect on body imaging that I will be talking about is the affect media and society has on body images.)

III. **Main Point:** The problem with the media and society is that they are brainwashing young girls to looking a specific way and it is affecting their body image.

A. Every time you turn on the T.V. you see really skinny models and advertisements to take diet pills to get the body you have always wanted.

B. The only time you see a heavy set person on T.V. is in a negative or demeaning way. They put heavy set people on T.V. to make fun of them.

C. Heavy set people do not get the respect that thinner people get.

D. Watching T.V. distorts the beauty of the female body by making it seem like you have to be skinny to get a boyfriend or to be liked.

Conclusion

I. **Summarize:** If we all just try and eat healthy and exercise we can get the body image that you want don't let the media or society impact your life. And when your hungry don't

stop at a fast food place instead have a salad. And don't judge others if you don't want to be judged.

- A. We should not let the media take over our life.
- B. Do you diet?
- C. Do you make funny of people who are not as skinny as you?
- D. Do you eat fast food?

II. **Close with impact:** No matter what we do everyday people will judge the heavy and everyday people will believe what is on T.V. and everyday people will thrive to be perfect, don't let that be you?

References

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