

The Speech Writer HIGH LEVEL 3

A

Speaker: Senior Student Activist  
 Intended Audience: Junior Female Phys. Ed. Students  
 Background Information: Know the basis of the disorders, but are curious about more details.  
 Venue: Classroom

B

- PAUSE Have you ever worried about your weight, wondered whether or not your pants looked too tight, or felt the need to diet after indulging in your most favourite food?
- EMPHASIS The obsession with thinness in society today is at every turn. More than half of teenage
- GRADUAL EMPHASIS girls are, or think they should be, on diets. Demands for perfection cause individuals to develop deadly disorders. These disorders result in unhealthy, unnatural habits. Victims are so focused on their images that they can not hear their bodies' screams for help, and do not realize they are slowly killing themselves. —
- LONGER PAUSE Our society displays thin, beautiful people everywhere in the media. Picture perfect people are presented, who naive individuals look up to and compare themselves
- PAUSE to. In studies it has been proven that girls who watch eight or more hours of television per week are much less satisfied with their bodies than girls who watch less. It has also been proven that overweight men are two to five times more common as television
- LOUDER/ EMPHASIS characters than overweight women, the media clearly implying women should be thin.
- EMPHASIS These images are not "the norm" of society, and are not the way healthy human beings
- SPEAK W/ SARASM MAKING QUOTATION SIGNS are supposed to look. This inevitably causes individuals to take extreme measures to change the way they look. Eating disorders are one of them.
- EMPHASIS
- SERIOUS TONE Eating disorders, which include anorexia nervosa and bulimia, are often ways
- VOICE UP perfectionists attempt to control their eating habits and weight. They turn the
- EMPHASIS nourishment of their bodies into a game of resistance and torture. In anorexia nervosa,
- VOICE UP the individual starves themselves until they are well below their ideal body weight. Mind
- SERIOUS TONE games develop. The victims continue to get thinner and thinner, to the point where they
- EMPHASIS are wasting away, but the disgusting, obese images they see of themselves will not
- SLOW TEMPO disappear. In bulimia nervosa, out of control eating episodes are followed by
- EMPHASIS

C

- EMPHASIS self-induced vomiting, use of laxatives, or other attempts to get rid of the food. This disorder causes the victim to slip into a rut of depression and slide out of control.
- PAUSE Ironically, this is the exact opposite of what they were initially trying to achieve.
- EMPHASIS Both these disorders eventually lead their victim to much more frightening consequences. Anorexics suffer from many medical complications, including the ceasing of menstruation, dry skin, thinning hair, brittle nails, sensitivity to cold temperatures, growth of fine hair on limbs, face and other body surfaces, as well as chronically low blood pressure and irregular heart rates. It is hard to imagine but these are just some of the obstacles individuals will have to come to terms with. Psychological problems develop as well, including anxiety and mood disorders. Bulimia, much like anorexia, shares many of the same consequences, but does have its own. One is the enlargement of the victims' salivary gland, giving their face a chubby appearance. Vomiting causes the dental enamel to erode from the victims' teeth, calluses to develop on their fingers, and an upset in the chemical balance of their bodily fluids. Finally, conditions causing disrupted heart rates and kidney failure could develop, both risking death.
- EMPHASIS Twenty percent of victims die as a result of their eating disorder, and
- VOICE DOWN approximately half of those deaths are suicides. Victims' feelings of guilt, self-revulsion,
- VOICE UP/ EMPHASIS and hopelessness are inevitable, and without help these people could potentially die.
- SERIOUS TONE
- EMPHASIS
- LONGER PAUSE
- EMPHASIS
- SOFTER TONE The story of Princess Diana and her struggle with bulimia is well known, and is inspiring to many individuals on their way to recovery. Often having someone to relate to makes all the difference. By the Princess' ability to reach out to the public she likely lit the way for many potential victims traveling the same dark, lonely path she had once traveled.

D

- Medical treatments for eating disorders have been around for a while, but were
- EMPHASIS not well developed until the early 1980s. Scientists still have much work, and remain in the research stage of eating disorder treatment. Evidence has been collected that indicates two psychological treatments are effective. Certain drugs have also been proven helpful. Clearly, scientists need to understand much more about how to improve the treatments and how to deal with the growing number of patients with eating disorders.
  - SERIOUS/LOUD
  - EMPHASIS
  - Anorexia and bulimia are on an increase at a disturbing rate. The best we can do
  - SERIOUS EMPHASIS is know that everyone is different, and differences bring variety to our society. We
  - EMPHASIS should try to see the other more important things about ourselves, outside our reflection
  - PAUSE
  - EMPHASIS in the mirror. Individuals with anorexia or bulimia need encouragement and love from their friends and family. With this they will learn how to love and value themselves.
  - SOFT TONE
  - VOICE UP
  - EMPHASIS Individuals can be helped, but it is of utmost importance for them to realize themselves that a healthy lifestyle is not what they are living. The Princess of Wales spoke wisely when she said, "the ultimate solution lies within the individual", as victims of eating disorders must show a desire for recovery before it is within reach. Help victims find their paths to living healthy lives.
  - VOICE UP
  - EMPHASIS

## HIGH LEVEL 3

## E

**Bibliography**

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[http://www.settelen.com/diana\\_eating\\_disorders.htm](http://www.settelen.com/diana_eating_disorders.htm). *Diana, Princess of Wales Speech on Eating Disorders*

[http://www.kidsource.com/nedo.Eating\\_Disorders\\_Warning\\_Signs](http://www.kidsource.com/nedo.Eating_Disorders_Warning_Signs). Kidsource Online, Inc. 2001

**Teacher's Notes****Knowledge/Understanding**

- The student demonstrates a high degree of understanding of the facts surrounding the chosen issue. The student uses a variety of informational details to describe both the physical and the emotional symptoms and consequences of eating disorders. The student also acknowledges that too little is known about effective treatment, while identifying some possible ways in which family members and friends can try to “Help victims find their paths to living healthy lives”.

**Thinking/Inquiry**

- The student supports the perspective taken using ideas of considerable relevance to the purpose and audience. The student argues that society has contributed to the causes of eating disorders by allowing unattainable physical ideals to be promoted as a norm for women. The student effectively analyses the role of media in making teenagers obsessed with body image and describes what is known about the underlying psychology of the disorders, as well as the dangers posed to the health of victims. The ideas presented are particularly relevant to an audience of “Junior Female Phys. Ed. Students”.

**Communication**

- The student organizes information and ideas with considerable appropriateness. The speech begins with a provocative question and some striking statistics (e.g., “More than half of teenage girls are, or think they should be, on diets”). The student uses a logical structure, progressing from hypotheses about causes, to descriptions of symptoms, side effects, and consequences, to a discussion of possible solutions.
- The student uses language and a voice that are appropriate to a considerable degree. The language is sometimes emotive, signalling the speaker’s concern (e.g., “bodies’ screams for help”), but the approach is primarily factual, in keeping with the stated purpose of educating young women about

the disorders (e.g., statistics that are relevant to the audience are highlighted: “girls who watch eight or more hours of television per week are much less satisfied with their bodies ...”).

**Application**

- The student uses oral presentation techniques with considerable effectiveness. A variety of techniques are used, including attention-getting questions (e.g., “Have you ever worried about your weight ...?”); short, emphatic sentences (e.g., “Eating disorders are one of them”); and celebrated examples (e.g., “The story of Princess Diana and her struggle with bulimia ...”).
- The student builds in speaker notes with considerable effectiveness. The notes cover timing (e.g., “Pause”), emphasis and volume (e.g., “voice up”), tone (e.g., “sarcasm”), and body language (e.g., “Making quotation signs”).
- The student predicts a resolution that is realistic and effective to a considerable degree. After acknowledging that much more needs to be known about treatment, the student proposes several effective strategies that centre on building self-esteem (e.g., “Individuals with anorexia or bulimia need encouragement and love from their friends and family. With this they will learn how to love and value themselves”).

**Comments**

This work is representative of a high level-3 performance. The student demonstrates a considerable degree of achievement of the expectations in the Thinking/Inquiry, Communication, and Application categories of knowledge and skills. However, in the Knowledge/Understanding category, the student demonstrates a high degree of achievement – i.e., achievement that is more characteristic of level 4.

The result is a well-written, informative, and persuasive speech that describes the causes, symptoms, and effects of eating disorders, provides supporting statistical data, and suggests some credible responses to the problem.

**Next Steps**

In order to improve his or her performance, the student needs to:

- provide more specific details about the treatments and support currently available for victims of eating disorders;
- proofread carefully to eliminate errors in grammar (e.g., “who naive individuals look up to”; “the individual starves themselves”).