1. Introduction:

* *Create a catchy introduction/lead and a way to get your audience’s attention (picture, survey, stat, question, narrative, video, etc.)*

1. Share the Research—state the problem:

* *The first part of your speech should be focused on what you learned about your topic from the research paper. It is a good idea to pick the top 2-3 things you should know and share those stats and facts.*

1. Your Plan/Proposal for Change:

* *Move onto your solution and what your plan is. Remember, the more specific the better! Talk about costs, materials, next steps, goals, who to talk to, contact info, etc.*

1. Closing:

* *Give a conclusion by stating your goal, sharing your contact info, answering questions, and perhaps revisiting your lead.*

***Ideas/Notes:***

<https://prezi.com/xhtml0dzgj6j/harper-creek-hat-day-tanning-awareness/?utm_campaign=share&utm_medium=copy>

1. Create a catchy introduction/lead and a way to get your audience’s attention (picture, survey, stat, question, narrative, video, etc.)

Take a good look at this picture and think about what you see *(ZOOM: start with picture of really tan woman).* Take about 10-15 seconds to really look at the way she looks *(pause for 10-15 seconds).* Now turn to the person next to you and share what you think…*(15-20 second share).*

Please raise your hand if you noted that this woman is tan…really, really tan. Now, raise your hand if you think her tan looks good. Not many of you would agree her tan skin looks beautiful or healthy. This is just one of the many instances of why tanning is becoming a social issue and something I want to help address at Harper Creek.

1. The first part of your speech should be focused on what you learned about your topic from the research paper. It is a good idea to pick the top 2-3 things you should know and share those stats and facts.

Before I talk about a way to help with the tanning issue, I want to make sure you all know why tanning is a problem. There are three things you need to know about tanning: tanning is never safe; tanning can impact anyone, any age; and the statistics don’t lie!

The first thing is that tanning is never safe—no matter if you are indoors or outdoors. Some people think that tanning inside a salon on a tanning bed is different than the dangerous rays of the sun and can’t give you cancer, but research from the Center of Disease Control Prevention says that, “Indoor tanning has been linked with skin cancers including melanoma (the deadliest type of skin cancer), squamous cell carcinoma, and cancers of the eye (ocular melanoma) (“Is Indoor Tanning”). No matter what type of light you expose your skin to—whether it is the sunshine or a tanning blub, the cancer risks will always be there.

Another thing you need to know is these types of cancer can impact anyone, no matter your age. Teens seem to think that tanning is a great way to look good and the risks of cancer will never impact them. CNN did an article about how doctors want to push more laws to ban tanning use by teenagers because of this unhealthy mindset. They aren’t doing this to be mean; they are doing this because more and more teens are increasing their risks of getting cancer. A girl named Samantha Hessel was 19 and went to the tanner every day. Then, in her freshmen year of college she found out she had melanoma -- the deadliest form of skin cancer (Park). Remember, she was only 19 years old!

One more thing you need to know is the scary statistics. Consider these stats published by the Skin Cancer Foundation: “those who use sun beds before age 30 increase their lifetime risk of [melanoma](http://www.skincancer.org/skin-cancer-information/melanoma), the deadliest form of skin cancer, by 75 percent” (“Tanning Beds”). 75% is a scary statistic and shows that tanning at a young age can have dangerous results for you later on in life.

1. Move onto your solution and what your plan is. Remember, the more specific the better! Talk about costs, materials, next steps, goals, who to talk to, contact info, etc.

As you can see tanning is a social issue, especially for young people. I know that every year when spring break rolls around, I hear more and more teens in the building talk about how they need to tan or plan to get tan for the spring and summer; therefore, I want to do something to stop this hazardous behavior. I want to create a “NO TANNING” hat day to bring awareness to this issue as well as raise money for the Skin Cancer Foundation.

I want students to be allowed to wear hats in school for one day if they make a donation. In order to make this possible, I have to come up with some of the important details *(read list off prezi).*

The first thing is what day to host this. I would like to do this the week before spring break. I would need to ask our principal what day would be best, but if we do this before spring break, we can help kids see the importance of wearing a hat to cover up your face, as well as wearing sun screen and avoiding the tanning beds.

The next thing I would need to do is set up a table during both lunches to sell paper bracelets that students would need to wear on the actual hat day to prove they paid for the privilege. There will be a small cost to do this because we will need to order the bracelets first. Here are some costs and materials to consider. The bracelets cost $8.79 for a box 0f 500, plus a shipping cost of$12.79, for a grand total of $21. 58. I think 500 would be more than enough for our school numbers, and if this project is a success, we could also recycle the bracelets next year. <http://www.allamericanwristbands.com/eshop/10Expand.asp?ProductCode=10221A>

Because these are costs that need to be covered before we can start to make a profit, I want to ask Student Senate for help. We would pay them back later on when we started to sell the bracelets before the hat day. I want to charge $2.00 for each person and bracelet. If we sell all 500 bracelets, we could make a profit of $1000 dollars. We would take out the $21.58 debt to pay back Student Senate and we could donate the rest of the money to the Skin Cancer Foundation.

When we set up the table, I would like to set it up for 3-5 days to get the most profit. I would also like to keep a jar out for kids to make extra donations if they want to. I also want to create a couple posters with powerful statistics about skin cancer and tanning for kids to read when they come to the table as well as post flyers around the school. I have created the flyer already and would like to show it to you (explain genre #2: FLYER). As you can see this flyer would state the price and some important facts.

These posters and flyers could be free if we have permission from Mr. Montague to use poster paper in the teacher work room and art supplies from the art teachers, as well as print off copies of the flyers in the library. The Skin Cancer Foundation website has great stats and tips that we could use to write on the posters, and we could see about getting Student Senate or student volunteers, like seniors who need service hours, to make the posters and run the table during lunches. Finally, I want to ask Mr. Rio if he would do a HCTV segment to help get kids to buy the bracelets and also share important facts or statistics during 3rd hour about tanning and skin cancer on the actual hat day.

1. Give a conclusion by stating your goal, sharing your contact info, answering questions, and perhaps revisiting your lead.

My goals are to sell all 500 bracelets and really make teens at Harper Creek aware of the tanning issue. I think selling bracelets, utilizing HCTV, and letting kids wear hats for one school day will be a great way to do it. My next steps are going to be talking to Mr. Montague to get permission as well as Mrs. Hilarides to find out how much Student Senate can help. Here is my contact information if you have any more questions, concerns, or suggestions.

I want to take one final moment to look at this lady’s picture one last time. Now ask yourself…is this what I want to look like in ten years? Do I really want to increase my risk of cancer by 75%? I think most of us would agree, NO, but we may not realize the dangers when we tan, so maybe Harper Creek’s Hat Day will help change that.

Are there any questions? Thank you for your time.

Notes/Reflections on the Sample Speech: