

Name: _____ Date: _____

Reverse Outline Activity

Persuasive Speech Excerpt

Most of us walk into school every day carrying, on top of our regular backpacks, an invisible backpack filled with stress, anxiety, and frustration. We smile and say, "I'm fine," but inside, those feelings keep piling up, making the zipper struggle to close. Instead of finding ways to release the weight, we scroll through social media, binge-watch TV, or distract ourselves in other ways that don't actually help. When we don't have a healthy outlet for our emotions, they don't disappear, they just keep piling up inside our invisible backpacks. If we don't learn how to handle all the heavy emotions that come with being a teenager, we risk collapsing under the weight of it all.

The teenage years are some of the most emotionally intense years of our lives. We're trying to figure out who we are while balancing school, friendships, family expectations, sports, jobs, the state of the world, and, if we're lucky, first love. According to Dr. Gene Beresin, a child and adolescent psychiatrist at Mass General Brigham, teenagers struggle with the tension between fitting in and maintaining their identity, managing academic pressure, and coping with uncertainty about the future. He explains that adolescents often don't have enough time or space to fully process what they're experiencing.

Without healthy coping mechanisms, the stressors of adolescence can take a serious toll on mental health. The *Betterhelp* article "How to Recognize Unhealthy Coping Mechanisms in Teens" explains that teenagers who lack effective ways to manage stress may begin to self-isolate to the point where they struggle to relate to others, engage in risky behaviors, or even harm themselves. Ignoring bad feelings doesn't weaken them, it strengthens them.

I know how overwhelming it can feel when emotions start to build up with no clear release. A couple of weeks ago, I felt completely overwhelmed. I was watching the news about ICE in Minneapolis, and it left me feeling scared and helpless. At the same time, I was dealing with the pressure of an important soccer game and midterm exams. I felt like I was about to shut down. Instead of numbing out on my phone, I went into my room, picked up my ukulele, and started playing random chords. I wasn't trying to write something impressive, I just needed an outlet. I ended up writing:

*I'm sorting through the noise inside
Wondering how I am supposed to deal
Am I in a lucid dream?
'Cause none of this feels real*

Writing those lines didn't magically solve everything, but it helped me understand what was going on inside instead of being swallowed by it. It gave shape to what had felt chaotic. It gave me relief.

Claim

What the issue is and why it matters	
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Explanation of Issue

Main Idea 1	Evidence (anecdote, expert/authority opinion, facts, and/or statistic) Explanation of evidence (if present)
Main Idea 2	Evidence (anecdote, expert opinion, facts, and/or statistic) Explanation of evidence (if present)

Rhetorical Appeal(s) in Issue Section of Speech

- ☐ Ethos
- ☐ Pathos
- ☐ Logos

Why do you think the writer uses these appeals here?