

## Demonstration Speech Topic Outline (Sample)

Type of Speech – Demonstration Name Connie Fidant

Purpose of the Speech – To show the proper steps in brushing teeth

Date the Outline Is Due – The Date of the Presentation Speech Is Due – Speeches Begin November 19

### I. Introduction:

A. Attention Getter – “Did you know that drinking pop seems to be the most significant cause for increased teen cavities and obesity? It is important to have good dental care to ensure a winning smile and avoid those nasty cavities.

B. Preview of Main Points – There are eight steps in my process for good oral health care and fewer than 10 items are necessary.

*Transition – The best place to brush your teeth would be in the bathroom; although, there are more products available that will enable you to brush your teeth anywhere. **Let me show you what is necessary to brush teeth properly.***

### II. Body:

A. Gather your materials:

1. Toothbrush – Change every 6 months (show some)
2. Toothpaste – A variety of types (show some)
3. Mouthwash
4. Floss – A variety of types (show some)
5. Teeth wipes
6. Best place to brush your teeth would be in a bathroom.

*Transition – Now that we have reviewed the necessary materials to brush your teeth, let me cover the necessary steps in this process.*

B. Steps in Brushing the Teeth

1. Apply toothpaste
2. Rinse with cold water
3. Brush in a circular motion
4. Rinse the toothbrush and continue to brush in a circular motion all teeth
5. Brush the tongue
6. Rinse and shake your toothbrush
7. Floss between your teeth
8. Optional to use mouthwash

*Transition – Let me demonstrate the steps to brushing your teeth.*

C. Demonstrate the 8 steps.

### **III. Conclusion:**

A. Summary of Main Steps – It is easy to have a beautiful smile by following these simple 8 steps. There are many new products available that will also help to make your smile whiter than ever.

B. Closing Statement – Clincher - Most 19 year olds drink 868 cans of pop per year with about 10 teaspoons of sugar per can. You can avoid all that sugar making a dent in your smile with good oral care.

### **Bibliography**

"How to Brush Teeth Properly." *E-how Health*. E-how.com, 11 May 2011. Web. 20 Oct. 2011. <[http://www.ehow.com/how\\_2213194\\_brush-teeth-properly.html](http://www.ehow.com/how_2213194_brush-teeth-properly.html)>.

"Teen Dental Health." *Family Dental Gentle Care*. Dr. Dan Peterson, 1998-2008. Web. 20 Oct. 2011. <[http://www.dentalgentlecare.com/teen\\_dental\\_health.htm](http://www.dentalgentlecare.com/teen_dental_health.htm)>.