

Topics for Informative Speeches

Informative Speeches may be of three types: Description, Definition or Demonstration. The following topics, arranged in 5 categories, are presented as a guide.

- General Subjects
 - Popular Themes
 - Topics Based on Students' Own Lives
 - Topics for "how-to" Speeches
 - Selected Topics of Speeches given by Students in previous SP 108 classes
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General Subjects

*The list below is designed to help you select a topic, but be aware that many of these subjects are broad and would need to be narrowed for a classroom speech. For example, **advertising** could be narrowed to **political attack ads** or **tobacco ads**.*

- Abandoned children
- Abuse of animals
- Abuse of children
- Abuse of medication
- Abuse of spouse
- Abuse of the elderly
- Academic dishonesty
- Academic freedom
- Accidents, aircraft
- Accidents, fraudulent
- Accidents, industrial
- Accidents, prevention
- Accidents, sports
- Accidents, traffic
- Acid rain
- Acid Reflux
- Addiction to drugs
- Adoption of children
- Adoption of wild animals
- Advertising
- Aerobic exercise
- African killer bee
- Age and discrimination
- Age and intelligence
- Agricultural pests
- AIDS
- Air bags, automobile
- Air pollution
- Alcohol and drugs
- Alternative fuels
- Alternative imprisonment
- Alternative medicine
- Alzheimer's disease
- Amusement parks, safety
- American Football
- Animal communication
- Animal experimentation
- Animal extinction
- Animal training
- Anti-theft devices for cars
- Antibiotics
- Antioxidants
- Antismoking movement
- Anxiety attacks
- Aquariums
- Architectural design
- Art therapy
- Art treasures
- Assassinations
- Assisted suicide
- Asteroids
- Astronauts
- Athletes, nutrition
- Athletes, psychology
- Athletes, women
- Auctions
- Automobiles, electric
- Automobiles, safety
- Back pain
- Bald eagle
- Beekeeping
- Behavior, compulsive
- Behavior, Type A
- Bicycles, commuting
- Billboards
- Biotechnology & genetics
- Bird-watching
- Blood banks
- Blood pressure
- Bombings
- Bone marrow donation
- Books and censorship

- Burglary protection
- Caffeine
- Calcium
- Cancer
- Capital punishment
- Car theft
- Cave drawings
- Cell phone etiquette
- Censorship in the arts
- Charities
- Checking accounts
- Child labor laws
- Child support
- Children and war
- Children of AIDS patients
- Children of the mentally ill
- Cholesterol
- Chronic fatigue syndrome
- City planning
- Civil liberties
- Clean water
- Climatic changes
- Cloning
- Cocaine
- College athletes
- College costs
- College campus crimes
- Common cold
- Communication, family
- Communication, medicine
- Commuting
- Computer fraud
- Computer graphics
- Computer viruses
- Con artists
- Consumer protection
- Contamination of water
- Coral reef ecology
- Cosmetic surgery
- Cosmic rays
- Coyotes
- Credit card fraud
- Credit card misuse
- Crime prevention
- Criminal behavior
- Cults
- Day care centers
- Death, accidental
- Debt relief
- Deep-sea ecology
- Deficit spending
- Depletion of ozone layer
- Depression, mental
- Desalination of water
- Designated drivers
- Diabetes
- Diagnosis, ultrasonic
- Diet and nutrition
- Digital music
- Digital television
- Dinosaur discoveries
- Disaster victims
- Discrimination, AIDS
- Discrimination, disabilities
- Discrimination, gays & lesbians
- Discrimination, gender
- Discrimination, weight
- DNA fingerprints
- Dog racing
- Dolphins
- Drinking and driving
- Dyslexia
- Earth-friendly products
- Earthquakes
- Elderly drivers
- Electronic books
- Electronic mail (e-mail)
- Electronic music
- Employee crimes
- Endangered species
- Environmental protection
- Epidemics
- Ethics, business
- Ethics, medical
- Ethnic cleansing
- Euphemisms
- Euthanasia
- Evidence, criminal
- Expert witnesses
- False memory syndrome
- Family therapy
- Family violence
- Famines
- Fashion design
- Fetal alcohol syndrome
- Fiber optics
- Fingerprints
- Fire ants
- Firefighting
- Flea markets
- Folk medicine
- Food allergy
- Food poisoning
- Forest conservation
- Forgery
- Fossils
- Foster parents
- Galaxies
- Gambling
- Gardening

- Generic drugs
- Genetic engineering
- Geothermal power
- Gerrymander
- Glaucoma
- Global warming
- Glue-sniffing
- Gold discoveries
- Gorillas
- Government secrecy
- Grand jury
- Gray wolves
- Great Wall of China
- Green movement
- Greenhouse effect
- Grief
- Grizzly bear
- Groundwater pollution
- Growth hormones
- Guerrilla warfare
- Gullah dialect
- Gun control
- Gymnastics
- Habitual criminals
- Hailstorms
- Haiti
- Hallucinations
- Hallucinogenic drugs
- Ham radio
- Handwriting
- Harassment, sexual
- Hate crimes
- Hay fever
- Hazardous materials
- Hazing
- Headaches
- Health care reform
- Health foods
- Health of workers
- Hearing impairments
- Heart disease
- Heart transplants
- Hemophilia
- Hepatitis
- Herbal medicine
- Heredity of disease
- Heroin
- High blood pressure
- High speed trains
- Highway safety
- Hijacking of automobiles
- Historic preservation
- HIV infections
- Holistic medicine
- Holocaust, Jewish
- Holocaust, Native American
- Home accidents
- Home design
- Home schooling
- Homeless persons
- Homeopathy
- Homophobia
- Homosexuality
- Honeybees
- Horse-racing
- Housefly
- Hunger
- Hunting
- Hurricanes
- Hydrogen as fuel
- Hydroponics
- Hyperactive children
- Hypnotism
- Illegal aliens
- Illiteracy
- Immigrants
- Immune system
- In vitro fertilization
- Income tax
- Incurable diseases
- Indoor air pollution
- Industrial diseases
- Industrial robots
- Inequality of income
- Influenza
- Injuries, treatment
- Insanity defense
- Insect-eating plants
- Insects as food
- Insomnia
- Insurance, car
- Insurance, health
- Insurance, life
- Intelligence tests
- International language
- Internet privacy
- Intolerance
- Invasion of privacy
- Investments
- Iron deficiency diseases
- Jails, overcrowding
- Jet lag
- Jewels
- Job hunting
- Job sharing
- Junk in space
- Junk mail
- Juries
- Juvenile delinquents
- Kangaroos

- Kidnapping, parental
- Killer bees
- Kleptomania
- Labor disputes
- Laboratories, testing
- Lakes, pollution
- Landfills
- Landlords and tenants
- Language disorders
- Laser surgery
- Latchkey children
- Layoffs
- Lead poisoning
- Learning disabilities
- Legalization of drugs
- Libel and slander
- Lie detectors
- Lightning
- Limousines
- Living trusts
- Living wills
- Loans, student
- Low-calorie diet
- Low-cholesterol diet
- Low-fat diet
- LSD
- Macrobiotic diet
- Mafia
- Magic
- Mail-order catalogs
- Mandatory sentences
- Manic-depression
- Maps
- Marathon running
- Marijuana
- Marine aquariums
- Marine pollution
- Marriage customs
- Mass murder
- Massage
- Math anxiety
- Medical errors
- Medicinal plants
- Medicine, preventive
- Melanoma
- Memory techniques
- Mental disorders
- Mental retardation
- Meteorites
- Metric system
- Microsurgery
- Microwave cookery
- Midwifery
- Migraines
- Migrant labor
- Military weapons
- Militias
- Misdiagnosis
- Moon, exploration
- Moonlighting
- Motorcycle gangs
- Mound-builders
- Mouth, diseases
- Multiple personality
- Multiple sclerosis
- Murders, serial
- Muscular dystrophy
- Mushrooms
- Music therapy
- Mythology
- Names, geographic
- Names, personal
- Narcotic laws
- National parks
- Naturopathy
- Neo-Nazis
- Neanderthals
- Nicotine addiction
- No-fault auto insurance
- Nuclear energy
- Nuclear proliferation
- Nursing homes
- Obsessive-compulsive disorder
- Occupational therapy
- Ocean dumping
- Ocean fishing
- Older workers
- Online auctions
- Online investing
- Open adoption
- Opium
- Optical fibers
- Oral tradition
- Ordination of women
- Organically grown food
- Organized crime
- Outer space, exploration
- Ozone layer
- Pain relievers
- Pandas
- Parent-child relations
- Performance art
- Pesticides
- Phobias
- Plants, extinction
- Plants, medicinal
- Plea bargaining
- Poaching
- Police, job stress
- Political advertising

- Pollution
 - Polygraphs
 - Poverty
 - Prehistoric animals
 - Prehistoric painting
 - Premature infants
 - Primates
 - Prisons
 - Product safety
 - Psychiatric drugs
 - Quit-smoking programs
 - Radiation therapy
 - Radio astronomy
 - Rain forests
 - Rare animals
 - Recovering addicts
 - Renewable resources
 - Rescue work
 - Robots
 - Satellites
 - Savant syndrome
 - Scams
 - Schizophrenia
 - Scientific fraud
 - Sea farming
 - Seafood contamination
 - Self-defense
 - Serotonin
 - Sick-building syndrome
 - Sled dog racing
 - Sleep, research
 - Smuggling
 - Soil erosion
 - Solar power
 - Space exploration
 - Spam & junk e-mail
 - Speech disorders
 - Sports injuries
 - Stalking
 - Steroids
 - Suicide
 - Sunken treasure
 - Survival skills
 - Tattoos or Body Art
 - Taxes
 - Teenage crime
 - Terrorism
 - Tornadoes
 - Toxic wastes
 - Urban homesteading
 - Victims of crime
 - Volcanoes
 - Water purification
 - Weather forecasting
 - Wildlife rescue
 - Wind power
 - World cup Football or Soccer
 - Women's rights
 - X-rays
 - Year-round education
 - Zoological parks
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Popular Themes

The themes below are perennially popular with all kinds of audiences. A sampling of topics is given.

Health and Longevity

Almost everyone is concerned about being fit and healthy.

- Good remedies for bad colds
- Coping with depression
- How to get a good night's sleep
- How to prevent cancer
- Anorexia nervosa
- First aid for choking victims
- Diets
- Exercise Programs

Personal Happiness

What person doesn't want tips on how to gain or enhance happiness?

- Finding a creative hobby

- Ingredients for a happy marriage
- How to win friends
- Finding fulfillment through volunteer work
- How to appreciate a work of art
- Overcoming shyness

Recreation

People like ideas on how to enjoy leisure activities such as sports, hobbies, movies and TV shows, dining out, and travel.

- The best restaurants in town
- The best carnivals—from New Orleans to Rio
- Touring Europe on a bicycle
- Hang-gliding
- Unsung but fabulous movies
- Walking trips in Great Britain and Ireland
- Watching silent movies
- My favorite monuments & useums in Washington, DC

Money and Security

Many people want to make money, find bargains, and gain financial security.

- How to get a good job
- How to get a raise
- How to earn \$1,000 a month in your spare time
- The fine art of haggling at a flea market
- How to start a childcare business

Adventure

People love adventure stories. You don't have to limit yourself to spectacular deeds done by celebrities, such as an astronaut's walk on the moon. Your speech can deal with more down-to-earth drama, as experienced by you or by friends and relatives.

- Giving birth the Lamaze way
- Surviving a tornado
- Enduring boot camp in the military
- Confronting a mugger
- Shooting the rapids of a wild river
- Immigrating to the United States
- Working as a Peace Corp Volunteer
- Game hunting an Alaska
- Poker playing in Las Vegas

Exotic Information

Audiences enjoy hearing unusual facts and theories.

- The possibility of life on other planets
- Homemade herbal remedies of Native Americans
- The incredible intelligence of bees
- The search for Atlantis
- The last Tsar of Russia
- Famous people who accurately predicted the date of their death
- The sex life of lobsters
- Raising chickens in the suburbs

Personalities

You don't have to limit yourself to famous people. A zany hometown "character," family member or, someone who inspires you would also be interesting.

- Simon Bolivar
 - Martin Luther King, Jr.
 - Evita Peron
 - Princess Diana
 - Anne Frank
 - José Carreras
 - Louis Armstrong
 - Rachel Carson
 - Malcolm X
 - Chief Seattle
 - Yo-Yo Ma
 - H.H. Dalai Lama
 - Toni Morrison
 - Zora Neale Huston
 - Albert Schweitzer
 - Antonio Vivaldi
 - Christopher Columbus
 - Edward James Olmos
 - Joan of Arc
 - Virginia Woolf
 - Charles Lindbergh
 - Sacagawea
 - John F. Kennedy
 - Abraham Lincoln
 - Amy Tan
 - Pelé
 - Sojourner Truth
 - Jackie Robinson
 - Lee Iaccocca
 - Nelson Mandela
 - Mahatma Gandhi
 - Amelia Earhart
 - Winston Churchill
 - Franklin D. Roosevelt
 - Cesar Chavez
 - Mother Teresa
 - Akio Morita
 - Socrates
 - Eleanor Roosevelt
 - Albert Einstein
 - Mikhail Baryshnikov
 - Tecumseh
 - Aretha Franklin
 - Jose Marti
 - Fidel Castro
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Topics Based on Students' Own Lives

In looking for topics, some students overlook fascinating aspects of their own lives. Here is a sampling of topics that students have derived from their personal experiences.

- The advantages of home fitness equipment over membership in a spa or gym
- How to survive if stranded in the wilderness
- The history of surfing
- The satisfactions of growing a flower garden
- Calligraphy—a relaxing, inexpensive hobby
- How to make one of Spain's favorite dishes
- How to make and use dandelion oil to relieve physical ailments
- The stress and joys of working in a high-volume restaurant
- Training for and competing in bicycle races
- Surviving a triple-trauma car accident
- How to keep a car in good running condition
- How to travel abroad on limited means
- Collecting sports cards as a financial investment
- Rock collecting as a hobby
- The value of yoga
- An explanation of cerebral palsy
- Rock climbing as a safe sport
- A demonstration of Korean Taekwondo karate
- How to buy a used car

- Using a mountain bike for transportation and exercise
 - The basics of the water sport called windsurfing
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Topics for "How-to" Speeches

These are sample topics for brief process speeches. Whatever topic you choose, get your instructor's permission before bringing animals, babies, small children, and food materials into the classroom. (Needless to say, you should not even think about bringing weapons or illegal substances.)

How-to:

- avoid athletic injuries
- avoid food poisoning
- to restring a guitar
- avoid home burglary
- avoid repetitive stress
- child-proof a home
- choose healthy snacks
- choose low-fat alternative foods
- choose the best computer for your needs and budget
- exercise properly
- identify poisonous insects
- identify native plants
- open a coconut
- perform the Heimlich maneuver
- to fold a t-shirt Chinese style
- clean a room hotel-style
- to prevent a fire in your home

Historical Dates & Celebrations

- Cinco de Maya
 - Independence Day
 - Chinese New Year
 - President's Day
 - Juneteenth
 - Yom Kippur
 - Christmas
 - Ramadan
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Topics presented by other SP 108 students

- Differences between an Indian and American wedding
- Chocolate's journey to America
- The French Paradox
- Dangers of drag racing
- Avoiding or living with male hair loss
- How to get a driver's license
- How to apply for and get a car loan

- Amateur photography
- How to prevent a fire in your home
- Five easy steps to making smoothies
- How to make a three-milk flan
- Avoiding male hair loss
- How to assemble a pool table
- Cleaning a room hotel style
- The saving nature of IV's
- How to prevent heart disease
- The basics of amateur photography
- Key steps to trade marking a product
- Bone marrow donation
- How to restring a guitar
- Arboriculture
- How to raise exotic dogs
- Ethiopian Cuisine
- Advantages of breastfeeding a child
- Four "must see" places in Spain
- How to manage stress
- Vietnamese New Year customs
- Preparing for and running a marathon

Source: Compiled from www.hawaii.edu/mauispeech/html/infotopichelp.html. Some modification and additions have been done.