

Research Paper Outline

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Period _____

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I. Introduction

- A. Smoking causes 20% of all death in the United States each year (Kaufman).
- B. Effects of smoking are serious
 - i. Smoking can be deadly
 - ii. Chemical ingredients hazardous to health (Wood).
 - iii. Difficult habit to break
 - iv. Smoking habit can lead to many cancers and heart disease (Kaufman).
- C. Young people are bombarded with advertisements and media tempting them to begin the smoking habit.
- D. Many Americans believe they have the right to smoke
 - i. Their choice to smoke leads to preventable diseases (“Ban Smoking”).
 - ii. Not smoking would create a healthier America
- E: (Thesis Statement/ Complete Sentence): For the benefit of Americans’ health, cigarette sales must be banned in the United States.**

II. Cancer, often resulting from smoking, is the single most cause of preventable death in the U.S. (“Smoking is Harmful”).

- A. Studies show that smoking can be linked to cancer (“Smoking is Harmful”).
 - i. Smoking can be related to cancers of the mouth, throat, voice box, and esophagus (“Smoking is Harmful”).
 - ii. Also contributes to breast and uterine cancer (“Smoking is Harmful”).
 - iii. Cigarette companies do indicate the cancer warning in advertisements and on cartons, yet people still choose to smoke.
- B. The increase in sales of cigarettes and the increase in lung cancer is not a coincidence (Wood).
 - i. Evarts Graham, a prominent physician said, ““There is a parallel between the sale of cigarettes and the incidence of cancer of the lung” (qtd. in Wood).
 - ii. Normal lung function/ clean lung and cilia (Wood).
 - iii. When someone breathes in toxic air, the cilia soon begins to disappear allowing toxic substances to get into the lungs (Wood).
 - iv. Without cilia, lung cancer is possible (Wood).

III. Smokers increase their risk of developing cancer of the lips, gums, tongue, pharynx, larynx, trachea, lungs and other organs due to the addictive properties in cigarettes (“Ban Smoking”).

- A. Lung cancer has now surpassed breast cancer as the leading cause of cancer deaths among women (Kaufman).
 - i. Breast cancer may be linked to smoking (Kaufman).
 - ii. U.S. and Britain both have seen breast cancer and smoking connection (Kaufman).

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- B. Smoking is one of the most addictive habits which makes the cancer risk especially high (“Smoking is Harmful”).
 - i. “Smoking is more addictive than crack cocaine” (“Smoking is Harmful”).
 - ii. Hard work is required to quit smoking (Wood).
 - iii. Most people have seen commercials, television shows or even seen first-hand the hardship of ending this addictive habit.
 - iv. Many aspects of a person’s social, emotional and physical make-up determine if they will be able to quit (“Ban Smoking”).
 - v. Many cannot quit due to the addictive chemicals and are thus more susceptible to cancer (Wood).

IV. Smoking can cause many serious health problems as a result of tobacco advertising.

- A. The Surgeons General Committee concluded that cigarette smoking is a health hazard of sufficient importance to the US to warrant remedial action (“Report: Ban Smoking”).
 - i. “One hundred percent of smokers will eventually develop bronchitis, laryngitis, pharyngitis, sinusitis, and some degree of emphysema” (“Smoking is Harmful”).
 - ii. Smoking can also increase the risk of having a heart attack or stroke. (“Smoking is Harmful”).
- B. Many people smoke and have health issues because cigarettes are the most heavily advertised product in the U.S. (“Report: Ban Smoking”).
 - i. Advertisements encourage people to smoke and continue smoking (“Report: Ban Smoking”).
 - ii. Some people wonder if pictures of camels on cigarette packages and media showing attractive, young women and men smoking promotes smoking at a young age.
 - iii. If the percent of people smoking decreases, many cigarette companies will lose a lot of money (“Report: Ban Smoking”).
 - iv. However, the healthcare industry will save money with less cancer-ridden patients (Wood).

V. Mass media typically promotes teen smoking, while some media companies are effectively preventing the habit.

- A. Cigarettes are one of the most highly marketed products, and teens often buy into the marketing (“Media”).
 - i. In 2005, advertisers spent \$13.5 on marketing cigarettes (“Media”).
 - ii. “To reach young people, the industry's advertising techniques specifically target the psychological pressures common to many youth, such as the desire to be popular and accepted by peers” (“Media”).
 - iii. The internet, magazine, music, television shows, and movies are methods of advertising smoking to teens.
- B. A few media companies and organizations are combating teen smoking.
 - i. The “Truth” youth smoking prevention campaign helped lead to the 22% drop in teen smoking rates from 2000-2002 (“Media”).
 - ii. Advertisements which show the disturbingly real consequence of smoking

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- have also been successful (“Media”).
- iii. An oxygen tank, wrinkled skin, stained teeth, and yellow fingers do not appeal to most teenagers.

VI. Peers and social groups reinforce the smoking habit.

- A. Smoking is a social activity for many teens.
 - i. The habit provides a gateway to conversation, friendship, and a shared secret among teens (“Teens and Smoking”).
 - ii. Teens also feel older and rebellious when smoking; the media is partially to blame for these feelings (“Teens and Smoking”).
 - iii. Smoking helps reinforce peer groups at school: the smokers vs. the non-smokers (“Teens and Smoking”).
- B. The addictive properties of nicotine can be celebrated in peer groups.
 - i. Teens who want to lose weight may share with one another the appetite-suppressant quality of cigarettes (“Teens and Smoking”).
 - ii. They may share the mental and physical stimulating effects of cigarette-smoking (“Teens and Smoking”).
- C. Teens who smoke daily are more likely to use other drugs, thus creating another peer group with a sense of belonging

VII. There are many legislations currently taking place to try to ban smoking for good.

- A. The Family Smoking Prevention and Tobacco Control Act was signed January 5, 2010 (Wood).
 - i. This will allow the Food and Drug Administration to impose strict new controls on the making and marketing of products that will eventually kill half of their users (Wood).
 - ii. This law bans most tobacco flavorings which attract many first time smokers. (Wood).
 - iii. “This bill is not for a one-year or two-year splash, but for a long term impact,” said Mathew L. Myers. (qtd. in Kaufman).
- B. This act also band colorful smoking advertisements and advertisements within 1,000 feet of schools. (Kaufman).
 - i. The Congressional Budget Office has estimated that the new law will reduce youth smoking by 11% and adult smoking by 2%. (Wood).
 - ii. “This is a historic step changing the nature of tobacco in society forever,” said Clifford E. Douglas about the Family Smoking Prevention and Tobacco control act (qtd. in Wood).

VIII. Conclusion

- A. Americans have proven themselves slaves to the smoking habit; therefore, the only alternative is to ban the sale of cigarettes in the United States.
- B. As a result of smoking, the incidences of cancer are soaring.
- C. Americans’ tax-payer dollars are utilized to treat patients with cancer and other smoking-related illnesses because not everyone can afford medical care.

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- i. If Americans would choose not to smoke, these tax dollars could be used for other important causes.
 - ii. However, tobacco companies have continually included addictive nicotine in their cigarettes, making tax-dollars for health costs related to smoking necessary.
- D. Many states are banning public smoking, but Americans can still obtain cigarettes and smoke outside or in their homes.
- E. Citizens must write to their state representatives, requesting the prohibition of the sale of cigarettes.
- F. Concerned Americans must ask themselves, “Which is more important: the revenue from cigarette sales or human lives?”

Scroll down to the next page to see the corresponding Works Cited page.

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Works Cited

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Parenthetical Citations for Above Works Cited Entries:

(“Ban Smoking”)

(Kaufman)

(“Media”)

(“Report: Ban”)

(“Smoking is Harmful”)

(“Teen Smoking”)

(Wood)

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