

# PERSUASIVE ESSAY SAMPLES

## Why Students Should Eat Breakfast Every Day

A lot of people, especially young people, go through the day without having breakfast. Many people believe that it is not necessary, or they say that they don't have time for that, and begin their day with no meal. **I believe that everyone should eat breakfast before going to their activities. The purpose of this paper is to show the importance of breakfast, especially for students.** (THESIS STATEMENT)

**The first reason** why you should eat breakfast before going to school is for your health. When you skip breakfast and go to school, you are looking for a disease because it's not healthy to have an empty stomach all day long. It's very important to have a meal and not let your stomach work empty. All you are going to get is gastritis and a lot of problems with your health if you don't eat breakfast.

**Another reason** for eating breakfast is because you need food for to do well in your classes. Your body and your brain are not going to function as good as they could because you have no energy and no strength. When you try to learn something and have nothing in your stomach, you are going to have a lot of trouble succeeding. A lot of people think that they should not eat because they are going to feel tired, but that's not true. Breakfast is not a very big meal, and on the contrary, you're going to feel tired if you don't have breakfast because you have spent the entire previous night without food.

**The last reason** to have breakfast every day is because you can avoid diseases if you eat some breakfast in the morning. If you don't eat, you are going to get sick, and these diseases will have a stronger effect on you because you're going to get sick easier than people who have breakfast every day.

You have to realize that breakfast is the most important meal of the day, and you cannot skip it without consequences for your health, your school and your defense mechanism. It is better to wake up earlier and have a good breakfast that run to school without eating anything. It is time for you to do something for your health, and eating breakfast is the better way to start your day.

## We Should Not All Be Uniform!

Every day, millions of teenagers spend between six and eight hours in America's high schools. They sit at their desks, listen to their teachers, and do their school work. In some of these schools, however, they are also forced to dress in school uniforms. This restriction is really too much. In America's high schools, students should not be forced to wear uniforms because they take away a student's sense of individuality, they do not allow for self-expression, and they absolutely do not save families any money.

First of all, students should not wear uniforms because they take away a student's sense of individuality. Imagine this: 30 students sit in desks in a small classroom. Each student wears tan pants and a white shirt. They sit with their school books and papers in front of them. They all look exactly alike. Does this seem right? Of course not! We are all individuals! We are unique in many different ways. Why try to make all students look alike? This idea is supported by testimony from a 17-year-old student forced to wear uniforms. Her story was reported in National Catholic Reporter of March, 2002, and she said, "Everyone

hated it. It completely killed any sense of individuality any one of us had. Everyone looked the same. It was sad to watch". Clearly, students with experience in wearing uniforms feel that they take away a sense of individuality.

Next, school uniforms do not allow students to express themselves. Teenagers are at an age where they are trying to establish their identity. Is it fair to prevent them from exploring? self-expression by making them wear uniforms? By taking away a student's right to choose what to wear, we also take away the opportunity to express oneself. For example, if a young woman is very interested in becoming a fashion designer, she may begin to take home economics classes and train herself to make clothes and create patterns. If that were true, she would definitely want to wear her own creations to school; this would allow her to show off her achievements and gauge her peers' responses to her newly created clothes. However, if she were a student who was forced to wear uniforms, she would not be able to express herself in this manner. To take that right away from America's youth is an injustice.

Finally, some schools tell parents that uniforms are a good idea because they save family's money. This is not necessarily true. It is logical to say that when teenagers come home from school, they want to change out of the clothes that they were forced to wear to school. Well, what are they going to change into? They will want clothes of their own choice, of course. This means that parents would still have to provide their children with clothes that fit current trends, plus they would have to buy a separate set of clothes for their children to wear to school each day. While it is possible that some teenagers may not want designer clothes in addition to their school uniforms, it is very unlikely.

In conclusion, in our public schools, students should not be forced to wear uniforms. This is because they take away a student's sense of individuality, they do not allow for self-expression, and they do not save families any money. There are already plenty of restrictions upon high school students, and these rules and regulations are acceptable because they help maintain order on a daily basis. However, mandating school uniforms would not be a helpful regulation. Uniforms may seem like a good idea at first, but in the end they would do more harm than good.