**“FOR” side**

*On va suivre la logique LEET*

**FIRST PERSON :**

Ladies and Gentlemen, I couldn’t be gladder to be with you today to discuss what doesn’t need to be discussed. The obvious and unquestionable reality that bad words aren’t bad! And by the end of this debate, you will be completely convinced by that.

**Argument 1 :**

***Label:*** It has been a long damn year. But you know what could help you ease your pain? Swearing.

***Explanation:*** Scientifically speaking, swearing is good for you. It [reduces pain](https://protect-us.mimecast.com/s/10RRCjRBR6sD6zzvIYaQra?domain=mzellner.com) and [enlivens our emotional discourse](https://protect-us.mimecast.com/s/lSloCkRgRXsALDDphy3zbG?domain=books.google.co.uk). We know that its effects are as [physiological as psychological](https://protect-us.mimecast.com/s/IjSyClY0YEHm9WWvuDWc6H?domain=steinhardt.nyu.edu); it raises our heart rate and [releases adrenaline](https://protect-us.mimecast.com/s/hDxkCmZkZNs80VVrIEvUdY?domain=psychologytoday.com).

***Example :*** Research conducted involved [asking volunteers to hold their hand in iced water](https://www.ncbi.nlm.nih.gov/pubmed/19590391) for as long as they could tolerate, while repeating a swear word. The same set of participants experienced the iced water test on a separate occasion, but this time they repeated a neutral word like “wooden” or “flat”. The heart rate of both sets of participants was monitored.

What was found was that those who swore resisted the pain of ice longer, rated it as less painful, and showed a greater increase in heart rate comparing to those who repeated a neutral word.

This suggests they had an emotional response to swearing and an activation of the fight or flight response: a natural defence mechanism that not only releases adrenaline and quickens the pulse, but also includes a natural pain relief known as [stress-induced analgesia](https://www.sciencedirect.com/science/article/pii/S0301008209000574).

***Tieback :*** Swearing is a natural (and free) painkiller ! No need for drugs or medicine. Just a few four-letter words and you’ll be fine.

**Argument 2 :**

***Label :*** “Under certain circumstances, profanity provides a relief denied even to prayer.” said Mark Twain

***Explanation :*** The use of bad words helps reduce stress and anxiety. Lalochezia is the term used to describe the emotional relief gained by using indecent or vulgar language. Scientists think that this relief is a reason why we’ve evolved to curse in the first place, because it’s a way for us to express strong emotions, like anger and frustration, without having to throw a punch or act out.

What I mean is that, most of the time, swearing is an emotive reaction. When we are frustrated, surprised or angry, cursing offers us an emotional release. In other words, swearing is cathartic, it gives us a way to express our emotions and to vent, according to psychologist [Timothy Jay](http://www.mcla.edu/Academics/undergraduate/psychology/faculty/timothyjay/index), one of the world's leading curse researchers. "It also communicates very effectively, almost immediately, our feelings," Jay [told](http://time.com/4602680/profanity-research-why-we-swear/) *TIME*. "And other words don’t do that."

Moreover, it is confirmed that there is a two-way relationship between swearing and emotion. Not only can swearing provoke an emotional response, as shown with the iced water study, but emotional stimulation can also facilitate greater swearing fluency.

***Example :*** One study found that swearing helped drivers better overcome their frustration on the road whenever a pedestrian illegally crossed the street.

In another study, a group of participants were asked to play a first-person shooter video game in order to generate emotional stimulation in the laboratory while another group was asked to play a golf video game. Next, the participants undertook the [swearing fluency task](https://www.sciencedirect.com/science/article/pii/S038800011400151X). As predicted, the participants who played the shooting game were able to list a greater number of swear words than those who played the golf game.

***Tieback:*** So, if frustration and annoyance take over, do not ever hurt the wall… or your fist ! Just shout out some curse words, and you’ll be fine! Also, keep in mind that language is a sophisticated toolkit, and swearing is a part of it.

**Argument 3:**

***Label:*** Finally, swearing won’t just help you reduce stress and anxiety, it will also help you get more fit

***Explanation:*** Swearing could be the key to improving workouts and helps undergoing intensive workouts without feeling the pain it inflicts upon us.

***Example:*** Researchers asked people to curse while riding a stationary bike and holding a device that measured handgrip strength. Turns out participants pedalled faster and gripped stronger while spewing their favourite expletives. Another study, reported on NBC News, found that using swear words while exercising can lead to a boost in strength and performance.

***Tieback:*** Care to lose some extra holiday weight? Well, swear away! That’s all for me! Thank you for listening!

**SECOND PERSON :**

Thank you Younes. I also thank my teammate Thibault for his excellent opening statements and will make sure to develop more strong and concise arguments, to keep my team on the winning track. In fact, choosing swearing over violence has many other benefits…

**Argument 1:**

***Label:*** Swearing makes you seem more honest to others

***Explanation:*** Studies show that people who curse are perceived as more genuine and sincere. And researchers have found that people who can list the most swear words also come across as more honest when they are measured on a lie scale and have a higher degree of integrity.

***Example:*** Researchers examined the relationship between swearing and truth-telling in a multi-part [study](https://www.mentalfloss.com/article/90604/no-sht-people-who-swear-more-may-also-be-more-honest-study-says) published in 2017. They interviewed participants, asking them for their favourite swear words, how often they swore, and why. Then they evaluated the participants' trustworthiness and found that those who swore tended to lie less. The data also suggested that "people regard profanity more as a tool for the expression of their genuine emotions, rather than being antisocial and harmful."

***Tieback:*** So no, don’t worry, you won’t necessarily come off as a nasty person for letting out a swear word. On the contrary, you might come off as genuine.

**Argument 2 :**

***Label:*** Furthermore, swearing is actually a sign of more intelligence scientists say…sorry Medhi

***Explanation :*** A [common assumption](https://www.scientificamerican.com/article/is-swearing-a-sign-of-a-limited-vocabulary/) is that people swear because they lack the vocabulary, education or even intelligence to express themselves in other ways. In other words, when language fails, we curse. To deconstruct this myth, in 2015, a research team explored another possibility, that “fluency is fluency,” regardless of linguistic content. The psychologists found that an individual’s fluency in the English language was linked to fluency in swearing. In other words, swearing may actually be a sign of greater intellect and a more robust vocabulary. If you swear more, you are likely to have a higher verbal intelligence

***Example:*** In the study, the researchers asked volunteers to think of as many words beginning with a certain letter of the alphabet as possible in one minute. Afterwards, they tasked the volunteers to rattle off as many swear words as they could within the same time frame. By comparing the scores in both fluency experiments, the scientists found that those who scored higher in verbal fluency were also better equipped to spout off obscenities.

People who are good at producing language are good at producing swear words. It’s not because they don’t have language, it’s because they have a whole toolbox full of words.

***Tieback :*** So you see ! Swearing appears to be a feature of language that an articulate speaker can use in order to communicate with maximum effectiveness. Do not feel bad for letting a bad word slip out…

**Argument 3 :**

***Label:*** And let’s put things into perspective guys! There is no value to a word being positive or negative until you're in a social environment.

***Explanation:*** Words only become bad when they are used to instil negative consequences, they are not necessarily bad words themselves. Context also plays a big role. Sex might be a taboo subject, but not in a gynaecologist’s office. Try insulting someone using medical terms and your victim will probably just be confused: “Did you just call me a *reproductive organ head*?” Among friends, you might curse quite casually and jokingly, but the same words would come across as terribly insulting during a job interview.

***Example:*** Let’s take the word faggot, for instance. This word was initially used to describe [sticks](https://dictionary.cambridge.org/dictionary/english/sticks) of [wood](https://dictionary.cambridge.org/dictionary/english/wood), [tied](https://dictionary.cambridge.org/dictionary/english/tie) together and used as [fuel](https://dictionary.cambridge.org/dictionary/english/fuel) for a [fire](https://dictionary.cambridge.org/dictionary/english/fire). Over time, it became a [pejorative](https://en.wikipedia.org/wiki/Pejorative) term used primarily to refer to a [gay](https://en.wikipedia.org/wiki/Gay) man and is also considered very [offensive](https://dictionary.cambridge.org/dictionary/english/offensive) when it is used by [people](https://dictionary.cambridge.org/dictionary/english/people) who are not [gay](https://dictionary.cambridge.org/dictionary/english/gay). See people? Context is key!

***Tieback:*** To put in a nutshell, a word is what you make it. That is all for me, thank you for listening.

**THIRD PERSON:**

Thank you Younes. I would also love to thank my other teammates (name the two other teammates who spoke before) for their outstanding statements and will make sure to end our argumentation on a high note to ensure getting out victorious! Just so you know, when used properly, swearing can lead to tighter bonds and a harmonious environment…

**Argument 1 :**

***Label:*** Swearing helps you bond with your co-workers

***Explanation:*** Swearing is a good indication as to how close another person feels to the person who swore and whether they consider them part of their intimate social group. It indicates membership to an exclusive social circle. In a soap factory in New Zealand, it was found that in-member groups were only willing to swear with one another, but not with outsiders. Thus, swearing is used to express group membership, and is not class dependent.

In fact, Time Magazine mentioned that swearing has even been proven to create more productive workplaces by inspiring teamwork and improving workplace atmospheres. Workers also reported that they would rather hear swearing than absolute silence.

Some might even consider swearing to be polite under certain circumstances such as complimenting: for example “This debate’s motion is fucking brilliant!” The taboo word is used to strongly intensify the quality of their work.

***Example:*** Going back to this social experiment mentioned above, researchers recorded 35 hours of conversation among a team of soap factory workers in New Zealand. An analysis of their conversations suggested that forms of the F-word were used to express friendliness and solidarity, as well as a means to fix or ease situations involving complaints or refused requests. The team coordinator described all the swearing and joking around as "a 'we know each [other] well' thing … no one really took offense.'' Turns out, using the F-word helped them express politeness, ease tension and bond with each other.

***Tieback:*** In sum, swearing is a symbol of acceptance and inclusiveness. We’re not saying you should go and curse out your boss, although a little swearing here and there can’t hurt

**Argument 2 :**

***Label:*** Also, you guys should know that swearing makes people like you, especially if you’re in politics.

***Explanation/Example:*** According to research, swearing can make you more persuasive and that is why politicians use it a lot in their speeches. Politicians who let loose and swear may have hit upon a way to connect with their voters.

One theory is that politicians earn "[covert prestige](http://www.ello.uos.de/field.php/Sociolinguistics/Standardandprestige)" with their use of foul language. Covert prestige refers to language appreciated by a group of people that might not be acceptable to most others. [Michael Adams](https://english.indiana.edu/about/faculty/adams-michael.html), an English professor at Indiana University Bloomington, [told](https://www.pbs.org/newshour/politics/democrats-swearing-heres) PBS NewsHour that politicians often seek covert prestige by using "local political dialect" to address to certain voters.

Swearing also makes politicians seem more relatable, according to a [2014 study](http://journals.sagepub.com/doi/abs/10.1177/0261927X14533198?journalCode=jlsa) of 110 Italian participants. One study of Italians found that when fictional politicians swore in a blog post, voters liked them more because they were seen as more informal

***Tieback:*** Looks like profanity is a powerful tool to connect with people and spice up your speech. Therefore, don’t shy away from backing up your speeches with a few curse words!

**Argument 3/Conclusion:**

Now that we’ve covered the benefits of swearing, embrace it appropriately! Use your favourite swear words to express yourself, strengthen yourself mentally against pain or liven up a boring discussion. Don’t feel bad if your few “choice words” aren’t approved by the social norm. If we share these swearing benefits with the world, soon everyone will be lightly swearing “for their health”. Because, sometimes dropping a well-timed F-bomb might actually be good for you. So curse if you must and thank you!