

# Cause and Effect Essay Outline Sample

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Here is a sample outline on the causes and effects of bullying.

## 1. Introduction

- Bullying can turn victims into bullies.

## 2. Main Body

- Cause #1 & Effect of Cause #1: Some of the main causes of bullying are problems at home -> One of the long-term effects of bullying is self-destructive behavior
- Cause #2 & Effect of Cause #2: Self-destructive behavior often turns victims of bullying into bullies themselves -> Bullying can develop psychological post-trauma disorders
- Cause #3 & Effect of Cause #3: Psychological post-trauma disorders often cause problems in victims' own families -> This results in unfriendly home environments for children and may trigger another level of bullying

## 3. Conclusion

- The causes and effects of bullying are so closely related that they can create a vicious circle of trauma that result in more bullying, which makes handling this issue especially difficult.