

Speech Presentation guidelines

Ensure that your speech includes all the following:

Introduction – Your introduction should include an attention-getter, a thesis, why the audience should listen, a credibility statement, and a preview of the main points.

Body of the Speech – The body of your speech should focus on providing key information about the topic. Use your imagination to present a speech that is interesting and informative.

Conclusion – Restate your thesis and main points. You should also provide a memorable closing statement.

The presentation should be between 5 and 8 minutes long. You should start with a short introduction of your name, the school you attend and the form you are in if you are in school.

The speech should have a minimum of THREE main points.

The speech should be delivered extemporaneously. This means that it should not be read from a script.

Search for “Speech Delivery Styles” on the internet for more information and hints.

Practice your speech – Practicing the speech will assist in reducing anxiety and boosting confidence.

Use delivery skills - Using facial expressions, hand gestures, body movement, and head movement and visual aids helps to engage your audience.

Submit your final speech outline. Once you register detailed instructions will be sent to you.

Judging criteria:

Contestants will give a presentation of between 5 and 8 minutes on the theme, *Mental Health in an Unequal World* concentrating on any ONE of the subtopics listed below. The contestants must present without a script or notes and may include charts, pictures, and other aids. and will be judged according to the judging rules outlined below.

The speech should contain information gathered from research on the topic, but detailed statistics are not expected. Contestants should cover as many aspects of the subject as possible to form the major portion of the presentation. Personal experience and the speaker’s own opinion may also be included but should NOT be a major part of the speech.

Rules for judging:

Total points = 100

Information and research content, including the variety and quality, and organization of content – **50 points**

Audibility, fluency, and clarity of speech – **10 points**

Appropriate use of visual aids and creativity in engaging the audience – **20 points**

Quality of video production and editing – **10 points**

Length of speech within the time limits – **10 points** with points deducted for presentations longer than 8 minutes or shorter than 5 minutes

Subtopics for Mental Health in an Unequal World

1. Primary school students
2. High School students
3. Tertiary level students
4. Out of school youth
5. Older persons including those in care facilities
6. People with severe mental health problems
7. Homeless people
8. Unemployed people
9. People who are facing wage cuts
10. Self-employed people
11. “Catch and kill” workers
12. Adult Victims of domestic abuse
13. Child victims of domestic abuse
14. Incarcerated people