



# Jack Petchey's "SPEAK OUT" Challenge!

The world's biggest youth speaking event



## TEACHER INFORMATION - REGIONAL FINALS

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Venue:** \_\_\_\_\_ **Time:** 4.00pm to 8.30pm

Please could you put this date in the **school diary**. Your speaker and reserve need to participate in both the workshop and the speech competition.

At **4pm**, all **Speakers** and **Reserves** will take part in a **"Speakers' Workshop"** prior to the competition. Its purpose is to boost confidence, revise techniques and put everyone at ease. Drinks and finger food will be provided.

The Regional Final will commence at **6pm** with refreshments, followed by the speech competition at **6.30pm** prompt. The event will finish at **8.30pm**. Year 10's from all state secondary schools are participating.

**Speakers and Reserves should arrive at the venue at 4 pm.**

THANK YOU for your help so far. How can you help during this next phase?

Here are our **"Top Tips for Teachers to Help their Finalists"**.

1. Give your speaker and reserve speaker **opportunities** to practise their speeches, for example:
  - At year and school assemblies
  - In front of the class
  - In front of you
2. Give them feedback, based on the workbook tips (Page 6) and the Challenge! triangle of **delivery, content** and **structure**.
3. Support them by ensuring they record the competition date in their **planner** and by making sure that someone accompanies them to the Workshop/Regional Final (if you are unable to do this another teacher/parent/carer may be able to).
4. Ensure that your finalist has a speech of between 2 and 3 minutes in duration. (Any speeches dealing with potentially controversial subjects such as race, religion or sex must be treated in a mature and sensitive manner).
5. Encourage them to invite all their **family/friends and supporters**; it will help the speaker on the night and we have seen competitors regret not doing so. Why not invite the Head Teacher and Governors as Regional Finals are great places to network and meet colleagues and community leaders.
6. Make sure your Finalist looks the part on the night (**neat school uniform**) and that the Reserve speaker is "ready and willing" in case they are chosen on the night.
7. Celebrate their achievement with photos and an article in the school magazine and website. **The Regional Finals** are prestigious events with MPs, Mayors and local media attending. Only **700** students from **20,000** will speak at a Regional Final.

And don't forget to look out for Jack Petchey's "Speak Out" Challenge! in the media. So far it has been featured on BBC 2's The Culture Show, the Guardian, TES, Radio 4's Today programme and the Learning Curve, BBC5 Live and BBC News 24 and has inspired the BBC2 series The Speaker.

*Please turn over for more specific speech tips for the students*

For further ideas: [www.speakoutchallenge.com](http://www.speakoutchallenge.com)  
[www.speakerstrust.org](http://www.speakerstrust.org)



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## TOP TIPS TO IMPROVE YOUR FINAL PERFORMANCE

- **Clarity** - Make sure you are clear about these two things:
  - That you know what your **central message** is
  - Why this speech is important to you. Why did you pick **this topic** rather than a different one?
- **Content** - Don't waffle - include **relevant, accurate and interesting** facts and information to explain your topic. Ensure that you convey a positive message that will engage the audience.
- **Practise** - The best speakers practise until they are **100% comfortable**, so that they can relax and focus on the audience
  - At school** - Your teacher will give you an opportunity to practise your speech
  - At home** - If you have a video camera, use it. In any case, rehearse and ask the family for feedback
- **Humour** - Remember, **"When the audience laughs, the audience listens"** ...and so do the **judges**. Many speeches will be on serious subjects and occasional humour **can add surprise** and increase the impact of the message
- **Mentors** - Find out who **last year's** Challenge! Champion was in your school and ask them for advice. Also ask one of your teachers to mentor you, to try ideas and suggest improvements. However, do make sure the speech comes from your heart
- **Stories** - The audience always remember **people, places and events**. Use facts and figures of course, but do see if you can use a story or stories in your speech to add impact
- **Creative** - There will be many good speakers at the final, so think about how to make your speech a **little different**. How can you make your **introduction unique** and your conclusion memorable? Would the use of a **prop** add to the dramatic effect?
- **Time** - You have only about **2½ minutes** to make an impact, so make sure you use this time to drive home your points. Note: The average speaker uses 135 words a minute when speaking
- **Movement** - You can certainly move but don't pace, which distracts the audience. When moving, **move with purpose**
- **Final Tip** - It will be a night you will always remember. You may be a little nervous before you speak and that is natural and helpful. Just smile, enjoy the experience and remember...  
**THE MOST IMPORTANT TIP... BE YOURSELF**

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P.S. The average is 12 supporters per pupil in our experience, so bring your friends and family.