



Jack Petchey's "SPEAK OUT" Challenge!

The world's biggest youth speaking event



STUDENT INFORMATION - REGIONAL FINAL

CONGRATULATIONS on getting to your Regional Final!

Day: _____ **Date:** _____

Venue: _____ **Time: 4.00pm to 8.30pm**

Arrival time for speakers/reserves: 4.00pm sharp. You will have a Workshop and meet all the other speakers, allowing you time to relax and get used to the stage

Arrival time for guests/families and supporters: 6.00pm for refreshments

How many other speakers will be taking part? There will be approximately 16 students representing the best speakers from all the state schools in your region

What happens if I am a Reserve? You will take part in the workshop and may be picked to speak.

Will there be prizes? All speakers will receive a framed certificate, and there will be prizes for the first 3 placed – **the winner will receive an iPod Touch, 2nd and 3rd places will receive iTunes Vouchers.**

Should I continue practising? Definitely, the more you speak the better you get. Check out the tips on the reverse page and watch previous winners' videos at www.speakoutchallenge.com

What should I wear? School uniform

Who will decide the winners on the night? The judges will be drawn from the business, educational, sporting and voluntary sectors in your borough

Can I bring guests and supporters with me? Yes. Invite your parents/carers & friends. They will be a great help to you plus there is a **best supported prize**

RULES

- **Topic** - The speech topic can be the same as you gave in the school or you can develop a new speech, it is up to you. Do pick a subject you feel strongly about
- **Time** - The speech should be a **minimum of 2 minutes** to a **maximum of 3 minutes**
- **Note** - Notes should not be used

JUDGING

The judging will be based on the 3 parts of the **triangle (maximum 30 points for each)**:

- **Content** – Accurate facts and information, original ideas, interesting stories, a positive message
- **Delivery** - Vocal variety, pace, body language, eye contact, movement, passion
- **Structure** - Good 'hook' at the beginning and message or challenge at the end

For further ideas: www.speakoutchallenge.com
www.speakerstrust.org



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TOP TIPS TO IMPROVE YOUR FINAL PERFORMANCE

- **Clarity** - Make sure you are clear about these two things:
 1. That you know what your **central message** is
 2. 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

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

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