

# STUDENT INFORMATION

## Regional Final

Date:

Time: 4pm to 8.30pm

Venue:

Please make an immediate note of this date and circulate it to all your potential supporters.

**Congratulations** on being selected to represent your school at a Regional Final. Every year over **25,000 young people** take part in Jack Petchey's Speak Out Challenge and **only the top 2% make it** to a Regional Final. This sheet contains some important information regarding the competition as well as some top tips to help you practise your speech.

### What to expect at your Regional Final

#### Schedule

**4pm** - Arrive with your teacher for a compulsory workshop designed to boost your confidence. We will brief you on the order of events and technical elements such as microphone use. Refreshments will be provided.

**6pm** - Light refreshments will be provided for all guests including your supporters.

**6.20pm** - Guests will begin to be seated.

**6.30pm** - The event will start promptly.

**8.30pm** - The event will conclude.

#### Who will be there?

**You and your teacher** - Wear your school uniform. If your school doesn't have a uniform, please dress professionally.

**Your supporters** - make sure you invite your family and friends, the applause of your supporters can make all the difference on the night.

**Other Finalists** - there will usually be 15 - 20 Year 10 students speaking at each event.

**The Speak Out Challenge Team** - there will be a whole team of people making sure the event runs smoothly, including a Host and a Trainer. They are there to support you, so ask any questions that you have.

**Judges** - The competition will be judged by a panel of VIP judges from the a variety of businesses and professions in your region.

**Media** - There will be a professional photographer and your photos will be available on [jpspeakoutchallenge.com](http://jpspeakoutchallenge.com) after the event. We will also issue a press release after the event so do keep an eye out for your name in the local papers!

#### Rules

**Topic** - We recommend that the speech topic is the same you delivered during the training day. This speech has already shown it has winning qualities - now concentrate on fine tuning your content, structure, delivery and positive message. Remember this speech may be posted online so think carefully about your topic and what you chose to share with the audience and people online. The judges will be looking for speeches with a positive message.

**Delivery** - Please remember to be yourself; public speaking is not rap, poetry or spoken word. Speeches that are mainly rap, poetry or spoken word will be awarded no marks in the delivery category.

**Positivity** - At this stage of the competition, your speech will be judged on the positive impact it has on the audience. This doesn't mean you can't take on challenging subjects, but your audience wants to hear your solutions.

**Time** - The speech should be a minimum of 1½ minutes up to a maximum of 3 minutes. If your speech is under or over time you will receive a 4-point penalty.

**Notes** - Notes should not be used.

#### Judging

The judging will be based on the Speak Out Communication Triangle and the Positive Impact of your speech. Content, Delivery, Structure and Positive Impact will each be worth 20 points. **You are the next generation of decision makers and this is your chance to make positive change. Negative speeches will be marked down, speeches with a positive message score higher.**

#### Content



Accurate facts and information, original ideas, interesting stories, a positive message.

#### Delivery



Use of voice and body language to increase the impact of the speech.

#### Structure



A 'hook' at the beginning. Carefully crafted content. A message or challenge at the end.

#### Positive Impact



Changing the way the audience think, feel or act for the better. Positive messages that inspire change.

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**SpeakersTrust**  
Speak and Be Heard

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## How to prepare for your Regional Final

Two weeks before your Regional Final event you will be invited to a digital workshop to help you hone your speech. This is your chance to meet the other finalists and ask any questions about the Regional Final. Your teacher will share the workshop details with you.



### Content

**Clarity** - Be clear about the purpose of your speech. Do you want to inspire, amuse or inform?

**Evidence** - Make sure any facts and information are accurate and relevant – double check your sources.

**Stories** - The audience will always remember people, places and events so try to include a story that illustrates your message.

**Message** - What is your key message? Remember, a positive message will be marked higher.



### Delivery

**Voice** - Work on your vocal variety, pace of speaking and use of pauses.

**Body language** - Check your eye contact, use of gestures and how you are standing on the stage.

**Practise** - Practise until you feel comfortable. Practise at home in front of friends and family. Practise at school in front of teachers and other students.

**Timing** - Take care to time your speech. Remember to make allowance for pauses and the audience's reaction. Your speech should be a minimum of 1½ minutes to a maximum of 3 minutes. There is a penalty system if you run over or under time.

**Nerves** - You may feel nervous. This is natural, take a deep breath, smile and speak from the heart.

**Be yourself** - Listen to the advice and feedback you have been given but hold on to your voice, your passion, your sense of humour and your convictions. Remember public speaking is about being yourself - it is not poetry, rap or spoken word. Speeches that are mainly rap, poetry or spoken word will receive no marks in this criteria.



### Structure

**Keep it simple** - Make sure your overall structure is clear enough for your audience to follow and simple enough for you to remember.

**Opening** - Will your introduction hook the audience? Use your first few seconds well. First impressions can be very strong.

**Body of the speech** - Does the body of your speech flow or develop naturally? Use clear simple examples that support your message. Make sure that facts are accurate.

**Closing** - Does your speech end with a strong positive message, a clear lesson or a convincing challenge? End clearly; end memorably; end well!



### Positive Impact

**Share solutions** - If you wish to highlight a problem in society or tackle a challenging topic, make sure you are sharing ideas for solving this problem,

**Call to action** - Your audience will feel inspired to make positive change if you share something they can do to make a difference.

**Personal Commitments** - Your own commitment to making a positive change can inspire your audience to do the same.

## REMEMBER

**Stride**  
with confidence

**Stand**  
strong

**Smile**  
to engage

**Speak**  
with clarity

**Stay**  
for applause



Use this QR code to access digital resources that will help you prepare

If you can't use a QR code you can visit this page on our website:  
[jpspeakoutchallenge.com/for-students](https://jpspeakoutchallenge.com/for-students)

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