



POWERED BY SPEECH

ENTRY GUIDELINES

- aged 13-18
- no longer than 3 minutes
- individual entry only
- must be filmed in a single take in well lit room and taken against a plain wall showing 3/4 of your body



*the lighter area should be visible on your video



JUDGING CRITERIA

You will not be judged by the quality of the video. You will be judged on:

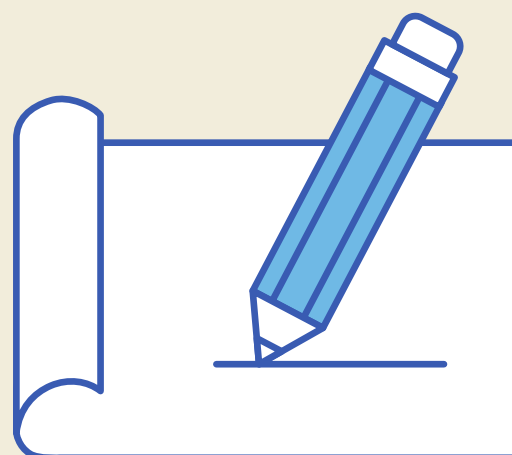
- quality of your speech content
- gestures, expressions & eye contact
- poise and posture
- how confident your delivery is

SPEECH CATEGORIES

Personal Stories: an experience that has shaped you into the person you are today (e.g. living with a disability, being mixed race while growing up)

Law & Politics: a case that has revolutionised the way we currently see law, unjust laws and policies

Untold Stories: stories that don't make the headlines (e.g. the struggles of homeless people in your town)



TIPS & TRICKS

1. Be prepared: make your speech well before the deadline!
2. Try not to speak too quickly - remember that 3 minutes is a long time.
3. Stand tall and confident - wear something smart, not your pyjamas!
4. Add in a bit of humour if it suits your theme!



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