

## Fact Sheet: Health & Safety Speaking and 4-H Topic Speaking

### **Tips for all 2024 Speaking Contest Participants**

Choose a topic that you are excited about and/or familiar with personally.

\*\*Use note cards are permitted for **key topics, facts or statistics**. Make sure you include statistics and cite your sources. **Do NOT read** your speech.

*\*Participants giving their 1<sup>st</sup> through 8<sup>th</sup> speech, who feel it absolutely necessary, may use **a maximum***

***of two 3 ½ x 5 inch index cards.** Speeches without index cards may be evaluated higher.*

*\*Participants giving **any 9<sup>th</sup> speech and above are discouraged from using any index cards.***

Full or half sheets of notebook paper are not permitted in any contest.

>>Participants must show any note cards being used at registration<<

**Practice your speech frequently before the contest so you are comfortable delivering it.**

**Make sure your speech is *long enough to meet requirements.***

Work with a speaking coach BEFORE the contest. Call Vickie Davis at 622-5522 to schedule a convenient time to practice with any of the speaking coaches.

### **\*\*2024 Contests – Sunday, June 9, 6 pm at Frontier Power Meeting Room\*\***

**\*\*Register with the Extension Office no later than Friday, June 7, 2024.**

HEALTH & SAFETY SPEAKING- county contest with option for area & state competition

Junior Individual Division: ♦ 8-13 yrs as of 1/1/14---Speeches 2 ½ - 3 ½ min.

Senior Individual Division: ♦ 14 yrs & older as of 1/1/14---speeches 4 - 5 1/2 minutes

No props, costumes, or posters allowed in either individual division.

Team Talk/Skit Contest of 2-5 members. Skit of 5-8 minutes is required and created/prepared by the members on a topic of health or safety reflecting family living in the home, farm, highway, or public place. Use of props is allowed in skit competition only, however no posters or printed material. Trademarked or "brand names" of products should not be used on props, costumes, or mentioned in the skit. ***Each team member must have a speaking part of at least 1 minute.*** Costumes allowed as long as members are fully clothed and wearing shoes.

***\*\*No further competition in this contest beyond county level.\*\****

**4-H TOPICS**—4-H PROJECT or 4-H ACTIVITY (camp, horse, environmental, modeling, etc.)

**\*\*Topics on health or safety must participate in the Health & Safety Speaking Contest. \*\***

Junior Individual Division: ♦ 8-13 yrs. as of 1/1/13---Speeches 2 ½ - 3 ½ min.

Senior Individual Division: ♦ 14 yrs. & older as of 1/1/13---Speeches 4 - 5 ½ min.

***\*\*No further competition in this contest beyond county level.\*\****

**CLOVERBUD RECITALS** – non-competitive; all participants receive a participation memento  
Cloverbuds start by reciting the 4-H Pledge with hand motions and the 4-H Motto. An adult or older 4-H member may sit in the front row to prompt Cloverbud(s) if necessary. *See the Cloverbud Speaking Fact Sheet for information about the 2<sup>nd</sup> and subsequent presentations.* Cloverbuds will receive a participation memento at the end of the evening. **Cloverbud presentations do not count toward speaking incentive awards.** We want Cloverbuds to see other 4-Hers in successful speaking opportunities and to become comfortable speaking in front of a friendly audience.



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