



May 2019

To: Health and Safety Speaking Contest Participants

From: Jamie L. McConnell
Extension Educator, 4-H Youth Development

Thank you for signing up to participate in the county Health & Safety Speaking Contest on **June 18**. We will begin at **5:00 p.m.** at the John McIntire Library, 220 N. 5th Street, Zanesville in Meeting Room B. For participating, you will receive a \$10 Walmart gift card.

Please visit <http://go.osu.edu/speakingcontests> to download resources that will help you prepare for the contest. If you have any questions, feel free to contact me at mccconnell.210@osu.edu or 740-454-0144. Good Luck!

General Rules

1. Contestants are to select a topic of human health or safety that affects family living, whether it is in the home, on the farm, on the highway, or in public places. A local example and supporting statistics (with sources cited) are required.
2. Speeches should be written/prepared by the 4-H member giving the speech.
3. Speeches are to be within the necessary time limits. Those over or under will be penalized. No time credit is given for questions from the audience.
 - a. Junior Contestants (those who are 13 years of age or younger as of January 1 of the current year): Speeches should be 2 ½ minutes to 3 ½ minutes in length.
 - b. Senior Contestants (those who are 14 years of age or older as of January 1 of the current year): Speeches should be 4 to 5 ½ minutes in length.
 - c. Team or Skit: Consisting of two to five members, 5 to 8 minutes in length.
4. If desired, contestants may have notes or a prompter (verbal cue from someone) at the time they present their talks at the county contest. **No scripts, note cards, verbal cues, or signaling are allowed if you advance to the area or state competition.**
5. No visual aids of any kind may be used, with the exception of team/skits. Team and skits may use props.
6. Music, singing, or dancing should not be used as part of the speech.
7. Appropriate dress is required for all 4-H individual and team participants, including shoes. Costumes are not permitted with individual talks. For team/skit talks, costumes are allowed as long as participants are fully clothed and wearing shoes.
8. A member who has been a winner in the area contest prior to the current year is eligible to compete again in the area contest as long as he/she did not win the State Fair Health and Safety Speaking Contest previously.
9. All participants in the county contest can take part in the area contest to be held at the 4-H Center in Columbus. Area winners advance to the state contest. The sponsor for area and state contests is the Ohio Rural Electric Cooperatives, Inc.