



4-H Public Speaking Contest

Sequatchie County



State Contest Guidelines

- Select a topic that interests you and you will enjoy talking about.
 - After you have selected a topic, learn as much as possible about your subject. Gather information from several different sources, such as your school or city library, your local 4-H Office, or by asking an expert on the subject. For example, if you did your speech on fire safety, you could visit your local fire department and get information on the number of fires in your community last year.
- Your speech can be informative, persuasive or entertaining.
- When giving your speech, use note cards unless you are confident that you have your speech memorized.
- You may not use props or visual aids during your speech.
- The length of speeches should be:
 - 4th grade: 2-3 minutes
 - 5th grade: 3-5 minutes
 - 6th-8th grade: 3-5 minutes
 - 9th-12th grade: 5-7 minutes (high school speeches must include 4-H)

Video Submission Guidelines

1. Videos must be in landscape view (horizontal).
2. Ensure that both you are at the center of the frame.
3. Record when lighting (natural or artificial) is best to increase video quality.
4. Keep camera still: If available – use a tripod or steady surface.
5. Upload video
 1. To your 4-H Google classroom
 2. Or email sdbarker@utk.edu





4-H Public Speaking Contest

X County

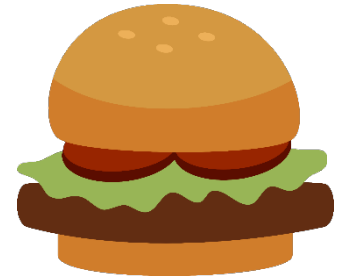


Tips & Tricks

The Hamburger Approach to Speech Writing

1. Introduction = Top Bun

- State the purpose of the speech.
- Grab the audience's attention.
- **Make it interesting!!!**



2. Main Points = Meat

- Tell what idea(s) or topic(s) you are going to discuss.

3. Details & Specific Examples = Lettuce & Cheese

- Use details (facts or statistics) to support your main point(s).
- Include quotes and personal experiences to make your speech interesting.

4. Conclusion = Bottom Bun

- Re-state the main ideas
- Refer back to your opening statement
- Find a creative ending
- The last thing you say is what your audience remembers the most!



Reminders:

- Speak loud and clear. Take your time.
- Make eye contact with your audience.
- Stand up straight, do not slouch!
- Keep your hands still.
- Practice, Practice, Practice!!