



# 4-H HEALTH AND SAFETY SPEAKING CONTEST

REFER TO PRE-FAIR SCHEDULE FOR DATE & TIME

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Health and safety talks enable a young person to develop public speaking skills and increase the awareness of health and safety. This contest is open to all 4-H members.

## **RULES:**

1. Select one phase of health or safety that affects family living, whether it is in the home, on the farm, on the highway, or in public places.
2. Classes are divided as follows:
  - a. Junior Individuals (age 13 or under as of January 1).
  - b. Junior Team (age 13 or under as of January 1).
  - c. Senior Individuals (age 14 and over as of January 1).
  - d. Senior Team (age 14 and over as of January 1).
3. Senior contestants' speeches are to be 4.0 to 5.5 minutes in length. Speeches under 4.0 or over 5.5 minutes will be penalized 10 points. Prompters may not be used.
4. Junior contestants' speeches are to be 2.5 to 3.5 minutes in length. Speeches over 3.5 minutes will be penalized 10 points.
5. Appropriate dress is required for all 4-H public speaking participants. The use of costumes, props or visual aids will not be permitted.
6. The top two scoring individuals from the senior classes, regardless of sex, and the top scoring individual from the junior class will represent Scioto County in the District Health and Safety Speaking Contest. The highest scoring senior boy and highest scoring senior girl giving a 4-H horse speech will be sent to the State 4-H Horse Public Speaking Contest. Horse speeches must be 7 to 10 minutes in length. 4-H'ers must be enrolled in the 4-H horse project. Criteria for scoring is different than general health and safety speaking talks. See 4-H horse advisors for more information.
7. Participants must enter through the Extension Office by the date specified on pre-fair schedule.
8. Refer to score sheet on next page for scoring criteria (Exception: Horse Public Speaking).