

## 4-H HEALTH AND SAFETY SPEAKING CONTEST GUIDELINES

1. Junior contestants are youth who are age eight and in third grade to 13 years old as of January 1<sup>st</sup> of the current year. Senior contestants are youth 14 years of age or over as of January 1<sup>st</sup> of the current year.
2. Contestants are to select a topic of 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. Speeches should be written/prepared by the 4-H member giving the speech. Contestants should not include music, singing, or dancing as part of their speech. Contestants who do so will be penalized 5 points.
3. Each contestant must bring a legibly written or typed copy of their talk to the contest.
4. Senior division contestants' speeches are to be 4.0 to 5.5 minutes in length. Senior division speeches under 4.0 or over 5.5 minutes will be penalized 10 points. Junior division speeches are to be 2.5 to 3.5 minutes with a 10 point deduction if over 3.5 minutes or under 2.5 minutes.
5. Prompters (scripts, note cards, verbal cues) and props may not be used when the contestant is speaking. No visual aids or props are permitted. Trademarked or "brand names" of products should not be used or mentioned. Note cards will not be permitted in the junior or senior divisions at the area or state contests.
6. Appropriate dress is required for all 4-H Public Speaking participants. The use of costumes is not permitted. All participants must wear shoes. A five point deduction will be made for dress or shoe infractions.
7. Verbal profanity or inappropriate words written on clothing or visual aids/props is prohibited.
8. Judges will select the top winners based upon the following criteria: 30% Content; 30% Organization; and 40% Delivery.

## 4-H HEALTH AND SAFETY TALK/SKIT GUIDELINES

1. Teams shall consist of 4-H members who are eight years old and in the third grade and older on January 1<sup>st</sup> of the current year. Each team must consist of two to five current 4-H members.
2. Each team must bring a legibly written or typed copy of their talk.
3. Teams are to select a topic of Health or Safety that affects family living, whether it is in the home, on the farm, on the highway or in a public place. Team talks/skits should be prepared by the 4-H members participating in the team talk/skit. A local example and supporting statistics (with sources cited) are required.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



[darke.osu.edu](http://darke.osu.edu)

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [cfaesdiversity.osu.edu](http://cfaesdiversity.osu.edu). For an accessible format of this publication, visit [cfaes.osu.edu/accessibility](http://cfaes.osu.edu/accessibility).

4. The time limit for each team shall be five to eight minutes. Each member of the team must participate with at least one minute of speaking time. Teams going over eight minutes or under five minutes OR those not meeting the one minute speaking time requirement for each team member will be penalized 10 points.
5. Prompters (scripts, verbal coaching, and note cards) may not be used during the skit.
6. Props may be used for the team talks/skits, but no posters or printed materials that are used to prompt participants will be allowed. Trademarked or “brand names” of products should not be used on props, costumes, or mentioned in the skit.
7. Live animals are not considered props and are not permitted to be used in team talks/skits.
8. Appropriate dress is required for all 4-H team talks/skits participants. The use of costumes will be allowed as long as all participants are fully clothed and wearing shoes.
8. Verbal profanity or inappropriate words written on clothing or visual aids/props is prohibited.
9. Judges will evaluate all teams based on the following criteria: 30% Content; 30% Organization; 20% Visual Delivery; and 20% Vocal Delivery.

### **DEMONSTRATIONS/ILLUSTRATED TALKS PRESENTATIONS GUIDELINES**

1. No individual member may participate in more than one class.
2. An individual who has participated in one of these classes in a previous year will be expected to present a different presentation than he or she gave previously.
3. A team presentation consists of two people sharing the speaking and teaching role. When members of a team fall in to different age categories, they will participate in the older division.
5. A member may select any topic for his or her presentation. However, no large animals may be used. Any small animal (under 20 pounds) used must meet the Ohio Department of Agriculture Livestock Health Requirements. Current health and shot records must be carried with the animal. Animals must remain caged or leashed before and after presentation.
6. Firearms, bows, arrows, and weapons are not permitted.
7. Judges will evaluate all presentations using the following criteria: appearance, topic, delivery, content, and materials.
8. Members who use PowerPoint within an Illustrated Talk or Demonstration (J-3 through J-5) should use the technology to supplement their delivery. The presentation may not consist solely of a pre-recorded narration. The member is required to provide a live delivery of the topic.

### **CLASSES: Presentation Division**

#### **Illustrated Talk or Demonstration---without use of computer technology**

**J-1 Junior Individual (age 8-10)**

**J-2 Junior Team (age 8-10)**

- The presenter uses appropriate props and other visual aides to teach others about a subject or how to do something.
- May use charts, posters, or pictures to deliver their Illustrated Talk or to stress points within their Demonstration.
- PowerPoint or computer generated messages are not used in these classes.
- Presenters are evaluated on their ability to convey information and teach on a particular topic.
- Presentations should be 5-7 minutes in length with points deducted for times over or under.

#### **Illustrated Talks or Demonstrations---with or without the use of Computer Technology**

**J-3 Intermediate Individual (age 11-13)**

**J-4 Intermediate Team (age 11-13)**

**J-5 Senior Individual (age 14 and up)**

**J-6 Senior Team (age 14 and up)**

- The presenter uses appropriate props and/or computer generated visual aides to teach others about a particular topic, practice, procedure, scientific principle, or phenomenon. Use of computer generated visuals is NOT required.
- Examples:
  - A demonstration may be delivered in this category. PowerPoint type slides or Prezi *may be used* in addition to other props to help present their message.
  - An Illustrated Talk may be delivered in this category, with the member(s) using PowerPoint or Prezi type technology to present all or part of the visual message; *must be* accompanied by live narration
- Requires live speech delivered along with any PowerPoint, Prezi, poster or other message. (No pre-recorded narration.)
- Presentations are evaluated on the members' communication skills and their ability to effectively use technology within their Illustrated Talk or Demonstration.
- Presentations should be 8-10 minutes in length. Points will be deducted for those under or over.

### **MARKETING DIVISION RULES**

1. A member may enter only one class in the marketing division.
2. Use of copyrighted or protected characters or logos is not permitted, with the exception of the 4-H emblem. If used, the 4-H emblem must be used correctly. See [http://www.nifa.usda.gov/nea/family/res/pdfs/using\\_the\\_4h\\_name.pdf](http://www.nifa.usda.gov/nea/family/res/pdfs/using_the_4h_name.pdf) for guidelines.

### **CLASSES: Marketing Division**

**J-7 Junior Individual (age 8-10) – Thank You Card *without* the use of computer graphics or scrapbooking tools**

**J-8 Junior Individual (age 8-10) – Thank you Card *with* the use of computer graphics or scrapbooking tools**

- This should be an original “thank you” card with artwork on the cover. An inside message is not required, but may be included at the discretion of the designer. Inside messages will not be judged. Use of the 4-H emblem is strongly encouraged, but not required.

- Card should be on 8 ½ x 11 white cardstock, folded once.
- Art and message must be the original work of the member.
- Member may use any medium, including crayon, chalk, pen and ink, pencil, markers, etc. No use of computers or scrapbooking tools in creating entries in Class J-7. Designs must be hand-lettered and drawn or cut by hand.
- When using 4-H logo that is downloaded it must go into the graphics division.
- Artwork or lettering created with the aid of scrapbooking tools or computers is permitted in J-& provided the design is the original work of the member. No commercially designed clipart may be used.
- These designs must be able to be duplicated.
- Member's name, age, and county should be neatly printed in the lower right-hand corner of the back of the card.
- Evaluation will be based on the quality, creativity, and originality of the design and the originality of the message.
- At the discretion of the judges, the winning design(s) may be printed on cards to be sold benefit the Ohio 4-H Foundation.

**J-9 Intermediate Individual (age 11-13) – Holiday Card – *without* the use of computer graphics or scrapbooking tools**

**J-10 Intermediate Individual (age 11-13) – Holiday Card – *with* the use of computer graphics or scrapbooking tools**

- Entries in J-8 and J-9 should be an original "Holiday" card with artwork on the cover. An inside message is not required, but may be included at the discretion of the designer. Inside messages will not be judged. Use of the 4-H emblem is strongly encouraged, but not required.
- Card should be on 8 ½ x 11 white cardstock, folded once.
- Art and message must be the original work of the member.
- Member may use any medium, including crayon, chalk, pen and ink, pencil, markers, etc. No use of computers or scrapbooking tools in creating entries in Class J-9. Designs must be hand-lettered and drawn or cut by hand.
- When using 4-H logo that is downloaded it must go into the graphics division.
- Artwork or lettering created with the aid of scrapbooking tools or computers is permitted in J-9 provided the design is the original work of the member. No commercially designed clipart may be used.
- These designs must be able to be duplicated.
- Evaluation will be based on the quality, creativity, and originality of the design.
- At the discretion of the judges, the winning design(s) may be made into cards to be sold to benefit the Ohio 4-H Foundation.

**J-11 Senior Individual (age 14 and up) – 4-H Infomercial Promoting 4-H**

- This is a video "short" that promotes the 4-H program.
- This must be a fully automated, stand-alone video presentation with sound and narration as appropriate. Think "YouTube." The video should include recorded visual, sound, and narration to convey a message.
- The video should be the original work of the member making the entry.
- Images in the video should be appropriate for promoting 4-H. Use pictures of youth who are of 4-H age; when possible, show the diversity of membership, projects, and activities; show youth exercising appropriate safety practices (i.e. wearing helmets on horseback).
- The video should be 2-4 minutes long. Penalties will be assessed for videos less than 2 minutes or longer than 4 minutes.

- Videos must be submitted on a DVD, flash drive or posted as an unlisted video on YouTube. Unlisted videos must be shared with the State 4-H Office by sending the link via email to Sally McClaskey ([mcclaskey.12@osu.edu](mailto:mcclaskey.12@osu.edu)). The video must play using QuickTime Player or Windows Media Player.
- The member's name, age, and county must be neatly written on the DVD, along with presentation title.
- Evaluation will be based on the quality and originality of the message, which should persuade the viewer to action, as well as on the creative and professional use of technology.
- At the discretion of the judges, the winning video(s) may be used by the State 4-H Office to promote 4-H throughout Ohio.