My First Speech

TIPS FOR STUDENTS

Keep it simple – use a steady camera and clear sound but, above all, have fun!

My First Speech competition aims to raise awareness of the federal Parliament among young Australians by encouraging students to voice their opinions as if they were making their first speech in the House of Representatives.

The competition is open to Year 10 to 12 Australian school students.

Get inspired

- Read transcripts and watch videos of first speeches by Members of the House of Representatives.
- Find out about current political issues through newspaper articles, radio news broadcasts, online news sites, forums and blogs.
- Look at famous, historical speeches from politicians and political figures from around the world.
- You can find links to everything you need to get inspired at: www.aph.gov.au/myfirstspeech

Write your speech

- Select your main topic and research it thoroughly.
- Decide on the point you most want to make, what you want your audience to remember and make it the central theme of your speech.
- Your speech should be no longer than 3 minutes.
- After you have written a draft of your speech, read it out loud to see how it sounds.
- Refine your key points and stay on theme. You can even use repetition to drive home the message if you wish.

Make the video

- If possible, ask a friend or your school's media department to help you video your speech.
- Rehearse your speech. If you are using notes, try to look up to the camera as much as possible.
- You should be framed in the video as a mid or close shot, if possible.
- Move the camera as little as possible, avoid zooming and preferably use a tripod.
- Clear sound is important when recording speech. The best plan when filming is to use a separate microphone placed close to your mouth. If using the microphone on the camera, place the camera as close to you as possible.
- Make sure there is enough artificial or natural light in the room when filming.
- Get some quality feedback. Ask someone who is going to be honest to have a critical look at your final production.

Judging criteria

Keep in mind how your entry will be judged, which includes creativity, originality, and presentation skills. See *Judging Criteria* for more details.