**North Carolina 4-H Presentation Guidelines: 4-H Public Speaking Rules and Regulations**

Public speaking is something that every 4-H member must learn at some point during their 4-H Career and or their life. Learning to be a good speaker is something that will be useful throughout a 4-H members lifetime. Good public speakers are made, not born. Everyone can do it. A big part of a 4-H’ers career is learning those public speaking life skills.

**Goals are to:**

* Develop skills for communications about issues that are real in life
* Learn how to organize a speech
* Learn how to prepare a speech
* Learn how to present themselves to other people
* Develop Self-Confidence

**Eligibility**

* Each participant must be a registered 4-H member.
* They must be active in 4-HOnline.
* Each county will be able to enter 2 per age per category.

**Regulations**

* The speech can pertain to any area that a 4-H’er desires as long as it is 4-H appropriate. Should a topic be considered controversial, talk with the 4-H leader and Agent when appropriate before the contest.
* Note cards containing key word outlines are permitted.
* No visual aids or posters are allowed.
* Judges are not allowed to ask questions.

**Age Categories:**

* 8-10
* 11-13
* 14-18
* Age is determined as of January 1st of the current year

**Time Limit:**

* 5-7 Minutes

**Dress Code:**

Professional dress attire is appropriate for the Public Speaking Category